



Gym Beginner Health Assistant

Name:

Weight (kg):

Height (cm):

Goal:

Generate Plan



Gym Beginner Health Assistant

Name: A

Weight (kg): 60

Height (cm): 170

Goal: Muscle Gain

Generate Plan

Hello AI!

BMI: 20.76 (Normal)

Workout Plan:

- Day 1: Chest + Triceps
- Day 2: Back + Biceps
- Day 3: Legs
- Day 4: Shoulders + Core
- Day 5: Full Body Strength

Diet Plan:

- Breakfast: Eggs + Banana
- Lunch: Rice + Paneer/Chicken
- Dinner: Chapati + Chicken
- Snacks: Milk + Nuts

Daily Water Intake: 1.98 Litres