

A collage of health and fitness items arranged around a central dark grey rectangular area. The items include: a green apple, an orange, and a red apple in the top left; a blue water bottle and a red and white measuring tape in the top center; a pair of blue and yellow sneakers in the top right; a blue towel in the middle right; a bunch of green spinach in the bottom right; a pile of oatmeal, blueberries, and strawberries in the bottom center; a bunch of cherry tomatoes and a strawberry in the bottom left; and a pair of blue dumbbells (one labeled '1.5KG') in the middle left.

# My Metabolic Mastery Profile



# Table of Contents Slide Number



Nutrition Summary	3
My Diet Type	4
My Daily Portion Tracker	5
Focus Food List	6
Sample Meal Plan Template	7
Nutrition Tips	8
My Rest Rx	9
My Exercise F.I.T.T.	10
My Daily F.I.T.T. Tracker	11
My Stress Stage	12
My Supplement Type	13
My Metabolic Mastery Profile: D.R.E.S.S. Dashboard	14
Your Support Team	15
Member Portal Tour	16
Mobile App	17
Connect with us!	18-19

# My Nutrition Summary

## My Info

Age		Activity Level	
Gender		Goal	
Height		My Diet Type	
Weight		My Supplement Type	

## My Numbers

BMI		BMR		Calorie Range	
-----	--	-----	--	---------------	--

## My Portions

Proteins		Fats		Carbs		Water (8oz glasses)
						½ body weight in ounces Max 100 oz