

Certificate of Verification

This is to certify that the meal plan generation algorithm within the application **RepEat** has been reviewed and verified by a licensed Nutritionist Dietitian.

The established daily calorie intake ranges for the following user goals are confirmed to be based on sound nutritional principles:

- **Weight Loss:** 1200 – 1500 kcal
- **Muscle Gain (Lean):** 2100 – 2300 kcal
- **Muscle Gain (Bulk):** 2500 – 2800 kcal

This certificate confirms that the specified calorie targets are appropriate estimations for the stated goals.

Verified By:



Celeste B. Palad, RND, MPA

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