

Fitness Dashboard

Monitor. Improve. Transform.



03:10 PM

Last Dashboard update



100

Clients

20

Trainers

4M

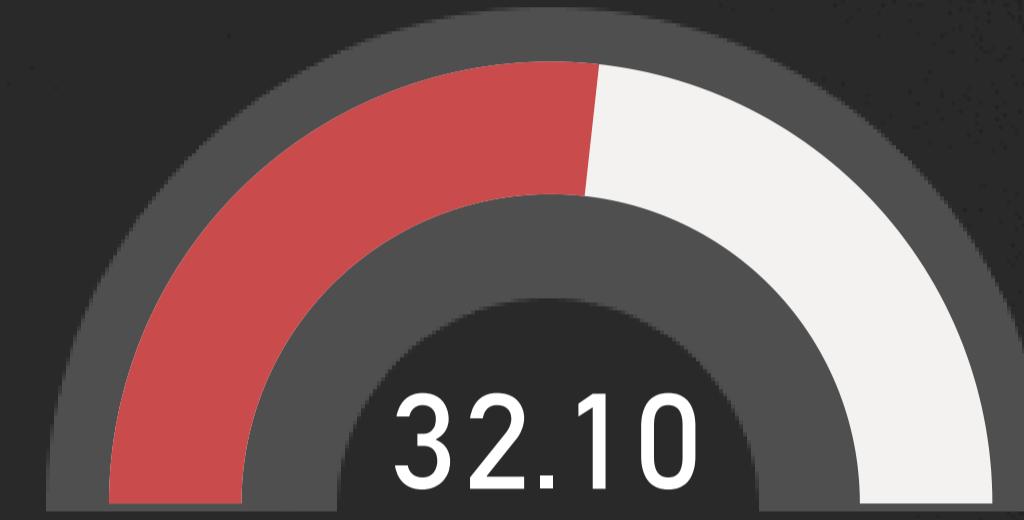
Revenue

1M

Expenses

BMI(Body Mass Index)

Obese



Your Calories Result

BMR (Basal Metabolic Rate)	579.37
TDEE(Total Daily Energy Expenditure)	695.25
Calories Maintenance	695.25
Mid Weight Loss Calories	639.63
Weight Loss Calories	590.96
Extreme Weight Loss	486.67

Calorie Calculator

Female

Male

A calorie calculator estimates how many calories your body needs each day based on your age, gender, height, weight, and activity level.

It helps you understand how much energy you should consume to maintain, lose, or gain weight.

Activity Type

Sedentary: little or no exercise



Select Your Age

39

Select Your Height

5.50

Select Your Weight

90.10