

Fitness Report

Predicted Calories Burned: 107.44 kcal

Recommended Water Intake: 700.0 ml

Recommended Workout: Weight Loss

WORKOUT CHART WITH DIET TIPS

Workout	Diet Tips
30 Minute Morning walk or 10 min warmup <ul style="list-style-type: none">• 10 BURPEES• 15 PUSHUPS• 20 CRUNCHES• 25 SQUATS• 20 MOUNTAIN CLIMBERS• 20 SUMO SQUATS• 20 JUMPING JACKS• 60 SEC WALL SIT• 01 MINUTE PLANK HOLD• REPEAT 3X• COOL DOWN 5 MIN	<ul style="list-style-type: none">• High Protein and fiber with every Meal• Eat home cooked food but eat less.• No Sugar, or Liquid Calories• 8 glass of warm water intake everyday.• Eat Fruits after breakfast• Don't eat after 7:30 PM• No junk Food• Sleep for 8 – 9 hr daily.

@nehafunandfitness

Double Tap 