



My Personal Profile

Name: _____ Today's date: _____

Age: _____ Male Female Height (in.): _____ Weight (lb.): _____ Waist size (in.): _____

BMI: _____ RMR: _____ Calories needed to maintain weight: _____
(Refer to chart on website)

■ **What is your preferred type of eating:** (Check all that apply)

- No preference Reduced fat
 Reduced carbohydrate Vegan
 Balanced diet Anything that's fast!

■ **Who do you usually cook for:**

- Just myself
 Myself and partner
 Myself and family

■ **My physical activity level is:** (Check one)

- Sedentary Moderately active Active

- **Sedentary** means a lifestyle that includes only the light physical activity associated with typical day-to-day life.
- **Moderately active** means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.
- **Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

■ **What is your reason (motivation) for being a healthier you:**

- My doctor told me To look good on vacation
 To improve my health To look good for a wedding
 To please my family To look good for a special event
 To improve sports performance Other reason: _____
 To lose my last 10 pounds _____

■ **A healthy weight range for my height is:** (Based on the BMI chart) _____

■ **Estimated daily calorie needs, my goal:** _____

■ **Who in my life will support me in the process?** _____

■ **Who in my life may hinder my progress?** _____

■ **DISCLAIMER**

None of the advice in your weight loss profile is to be regarded as a substitute for medical advice. Webworkout101 is not a physician and cannot accept responsibility for illness arising out of the failure to seek such medical advice. If in doubt, please see your doctor.