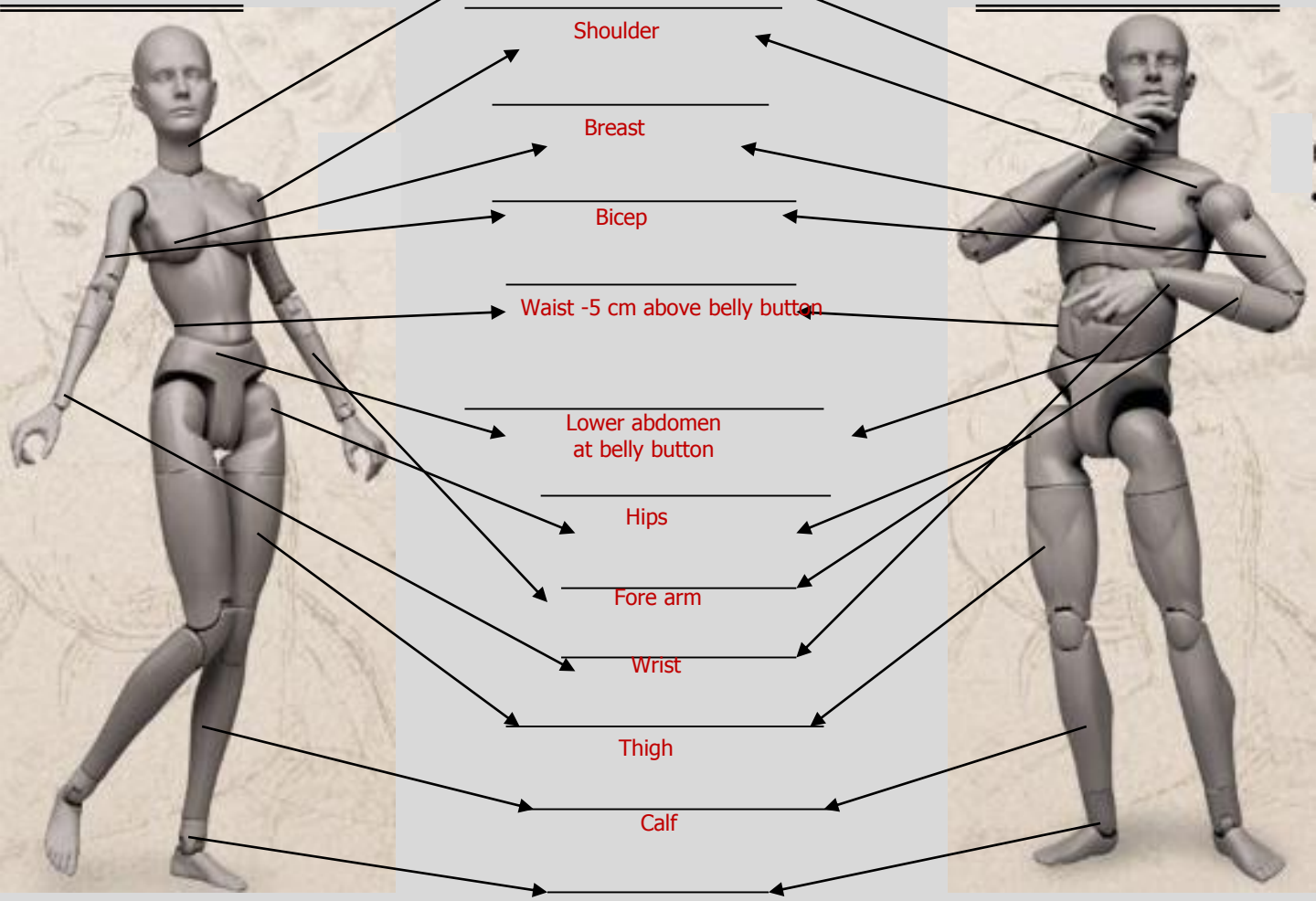
MassAnon
Healthy Slimming

Name: _____ Male/Female: ____ Age: ____

Length: _____ cm



Weight: _____kg

Target weight: _____kg

Blood pressure _____ / _____

Heart beat _____

Activity Level

Sedentary little or no activity	Light active 1 – 3 days per week	Moderate exercise / sport	Very active 5 – 6 days p w	Extra active hard work/sport