Daily Fitness Inventory

Client Name:	Week Start Date:

Basal Metabolic Rate Calculator

Activity Level	High	Medium	Low
BMR = WT x 10.8	BMR x 1.5	BMR x 1.4	BMR x 1.3
Daily Calories Required			

Daily Nutritional Intake

	SUN		MON		TUE		WED		THU		FRI		SAT	
	Fat	Cal	Fat	Cal	Fat	Cal	Fat	Cal	Fat	Cal	Fat	Cal	Fat	Cal
Breakfast														
Lunch														
Dinner														
TOTAL														
Weight (Morning)														
Waist Size (Inches)														
Aerobics (Minutes)														
Aerobic Pulse														
Resting Pulse														

Blood Pressure							