Date:

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_

Height:

\_\_­\_ft \_\_\_in \_\_\_\_\_cm

1Use your height to find a weight that's in a healthy range.

(<http://www.everydayhealth.com/publicsite/bmi_calculator_chart.aspx>) 140lbs

(<http://www.research-on-obesity.com/overweight-calculator.html>) (<http://www.halls.md/ideal-weight/body.htm>)

2Heart rate calculator

<http://k2.kirtland.cc.mi.us/~balbachl/trainrat.htm>

<http://www.healthchecksystems.com/heart.asp>

<http://exercise.bizcalcs.com/Calculator.asp?Calc=Target-Heart-Rate>

<http://health.discovery.com/centers/articles/articles.html?chrome=c14a&article=LC_120&center=p05>

\*<http://www.americanheart.org/presenter.jhtml?identifier=4736>

<http://wiki.answers.com/Q/What_is_the_best_way_to_lose_weight_quickly_if_you_are_19_and_weigh_around_250_pounds>

3Diet and Calories intake

<http://www.mypyramid.gov/>

<http://www.freedieting.com/tools/calorie_calculator.htm>

<http://www.shapefit.com/dailycalorie-calc.html>

4Exercise

Warm up and stretching

<http://www.wellnessletter.com/html/fw/fwFit02Stretching.html>

Treadmill

<http://www.ehow.com/how_2227158_safely-start-exercising-treadmill.html>

Weight:

\_\_\_\_\_lbs \_\_\_\_\_kg

Body Mass Index:

BMI: \_\_\_\_

Under 18.5 - Underweight

18.524.9 - Normal

2529.9 - Overweight

30 or more - Obese

My ideal weight:

\_\_\_\_\_ Lbs \_\_\_\_\_kg

1My weight should be:

\_\_\_\_\_lbs \_\_\_\_\_ kg

(Height in cm) - 100 = \_\_\_kg (this should be your ideal weight)

Waist Measurement:

\_\_\_\_\_ inches \_\_\_\_\_ cm

My ideal Waist Measurement:

\_\_\_\_\_ inches \_\_\_\_\_ cm

2Heart Rate:

Resting Heart Rate (RHR): \_\_\_

>Take your pulse for one minute the first thing

in the morning before getting out of bed

> A resting heart rate for women is considered “normal”

if it is between about 70-80 beats per minute.

> Here's how to figure out your target heart rate:

220 minus your age = Your maximum heart rate  
Maximum heart rate x 0.5 = Low end of your target heart-rate range  
Maximum heart rate x 0.7 =High end of your target heart-rate range

Maximum Heart Rate (MHR): \_\_\_

MHR = 220 - Age x .70 =

Maximum Training Heart Rate: \_\_\_

Don't go over your maximum heart rate (this is what u r trying to reach)

Minimum Training Rate: \_\_\_

Maximum heart rate x 0.7 = (this is your aim first)

Things I Need to Do

Sleep

* Sleep 7-8 hours a night

Go to sleep at the same time and try to wake up at the same time

Goals & Feeling

Keep a food log

Exercise log

Meal Planner

To do list

Day schedule

Diary of Feelings

4Exercise

* Need @ least 30 minutes of Aerobics exercise

> Intake small amount of food before running

30 min of stretching morning exercise

Stretch at least three times a week to maintain flexibility.

5 min pace walk

20 min run/aerobic exercise

Try to maintain your target heart rate for about 20 minutes of your workout.

Exercise 3-5 times a week

5 min to cool down/walk

5 min stretch after exercise

> It’s best to run in the morning or during the day

>Recommended a nice aerobic activity in the morning to awaken the day and increase fresh blood around the body from sleeping the night before.

3Eat right and Healthy

* Plan your meals weekly
* Choose healthy foods
* Calories intake: \_\_\_\_ per day

**Calculating Women BMR:**  
 655 + (4.3 x weight in pounds)

+ (4.7 x height in inches)

- (4.7 x age in years) =

> BMR predicts your metabolism

* Eat 5 times a day

> About 350 calories per meal

> 350 x 5 = 1750