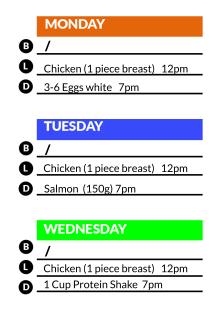
# 3.DAY | MEAL PLAN



- ✓ TAKE A SCALE MEASURMENT BEFORE START.
- ✓ AFTER 3 DAYS TAKE

  SCALE MEASURMENT AGAIN.

## **YOUR NAME** (Weight Loss)

### KG|-

#### BMI | -

-Body Mass Index is a person weight in kilograms divided by the square of height in metres.

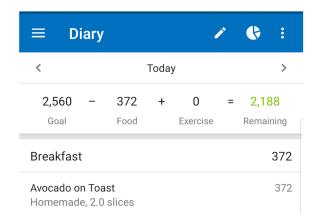


### **BMR** | - (Average for woman is around 1500)

-Basal metabolic rate) is the number of calories required to keep your body functioning at rest, also known as your metabolism.

### **APPLICATION** | myfitnesspal.com (free)

-Keeping a food diary helps you understand your habits and increases your likelihood of hitting your goals.



#### **NOTE:**

-Everything that you intake during day have own calorie (coffe, milk..) be conciuous of that, because everything counts.

<b>2,560</b> Goal	-	<b>807</b> Food	+	0 Exercise	=	1,753 Remaining
Snacks						60
ness nescafe, 6.	0 grai	m				25
Honey Lime Tea Drink Vita, 100.0 ml						35

