



## Program Registration / Tracking Set-up

Name:

Date:

Phone Number:

Email:

Date of birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Gender M / F

Height \_\_\_\_ ft. \_\_\_\_ in.

Activity level: \_\_\_\_\_ (1, 2, 3)

Level 1 (Low) = Inactive lifestyle (sedentary job and lifestyle; exercise < 3x per week)

Level 2 = Moderately active lifestyle (sedentary job with moderate exercise > 3x per week) OR (physically active job with low intensity-moderate exercise < 3 x per week)

Level 3 = Intense physical activity : Workouts > 10 hours per week; OR Physically active job with sports or workouts 5x per week

Body Type: Standard

Athlete (More than 3 years at activity level 3)

Online tracking sites: [my.tanita.com](http://my.tanita.com) (to view body composition analysis)

[Loselt.com](http://Loselt.com) (to record nutrition and exercise for evaluation)

\*Please provide me with a password you are willing to share that can be the same password for both tracking sites. I will use your email as your username to create on-line accounts. If you already have a Loselt account, you will need to provide that password or change it for the time we are working together.

Password: \_\_\_\_\_