

MY PERSONAL PROFILE

Date	<input type="text"/>
Current Weight (kilos)	<input type="text"/>
Waist (cms)	<input type="text"/>
Height (metres)	<input type="text"/>
Hips (cms)	<input type="text"/>
Waist to Hip Ratio (WHR) refer page ()	<input type="text"/>
(WHR) = Waist divided by Hip	
Body Mass Index (BMI) refer page ()	<input type="text"/>
(BMI) = Weight divided by height squared	
Resting Metabolic Rate (RMR) refer page ()	<input type="text"/>
(RMR) = Weight multiplied by 22	
Calorie Expenditure Rating (CER) refer page ()	<input type="text"/>
(CER) = RMR multiplied by Activity percentage	
Target Weight refer BMI Tables	<input type="text"/>

Use this page to record your personal details.

It will be interesting to refer back to when you reach your target weight.