

Meal Plan

Exercise Compliance

Nutrition Compliance

Body Weight

Trainer's Notes

Full Body 2

Priming #5

Garrett's Profile

Assigned to trainer: FLIGHT FIT

Assigned to location: FLIGHT

Email: GWillingham777@gmail.com

Phone number: 6783651014

Age: 25

Date of birth: 26 Jul 1994

Height: 6 ft

Gender: Male

Activity level: Lightly Active

Added on: 9 Feb 2020

Setup account on: 10 Feb 2020

Timezone: (GMT-05:00) Eastern Time (US & Canada)

Calendar visibility: Sees All Scheduled Items

Units: Weight (Lbs); Distance (Miles); Body Stats (Inches)

Garrett's Profile (continued)

Garrett's Profile (continued)