BMR□TDEE□BMI

- BMR:□□□□
- TDEE: □□□□□□
- BMI□□□□□□□□□□□□□□
- □□□□□□□□□
- □□□□□□□□□□
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- □□□□□□□□□□□

BMR:□□□

□□□

TDEE: [illegible]

BMR [illegible]

TDEE [illegible]

BMI□□□□□□□□□□□□□□

BMI □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□

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□□90□□□□□□□15%□□□□□□□70□□□□□□40%□□□□□□BMI□□□□□□□□□□□□□□□□

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□□BMI□TDEE□BMR□□□BMR□TDEE□□□□□□□□□□□

□□□□□BMR□TDEE□□□□□□□□□□□□□□□□□□□

1. □□□□□□□□□□□□□□□□□□□□

[illegible]

[illegible]

[illegible] 1.036

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[illegible] 90%[illegible]

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