

8 Factors That Impact Your Eating Plan & Results



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| <p>Ectomorph Mesomorph Endomorph</p> <p>BODY TYPE</p> <p>How does each of these body types impact how you eat?</p> | <p>20s 30s 40s 50s 60s</p> <p>AGE</p> <p>Why does it get harder as we get older and what can you do about it?</p> | <p>Male Female</p> <p>GENDER</p> <p>What difference does it make if you're a male or female?</p> | <p>EATING HABITS</p> <p>How does your current and past eating habits affect your plan?</p> |
| <p>TRAINING STATUS</p> <p>What does your current activity and training level mean for results?</p> | <p>% Body Fat % Lean Muscle</p> <p>BODY COMPOSITION</p> <p>How does body composition play a role in eating and results?</p> | <p>METABOLISM</p> <p>Is your metabolism slowing down your progress?</p> | <p>MOTIVATION</p> <p>How can you stay motivated and consistent?</p> |