

Profiling Beauty Health and Wellness Center Calorie Tracker



Class Name	Enter the Time Duration of the Class (in Minutes)	Enter Your Weight	Calories Burned
Hot Yoga/Express Hot Yoga			0
Hot Yoga Flow			0
Blended Hot Yoga			0
Hot Yoga + Pilates			0
Detox Flow			0
Power Hot Yoga			0
Lean Body Barre			0
Bikini Ready Barre			0

Find your normal Base Metabolic Rate (the calories burned just for your body weight)

Age	Weight (In Pounds)	Height (in Inches)	YOUR BMR

Women

Men