

Client Intake & Health Profile

Client Name:	Jordan Test-Sample
Client ID:	TEST-00123
Date of Birth:	01/01/1990 (fictional)
Coach Assigned:	N/A (test record)
Profile Created:	For automated test purposes only

Medical Notes & Restrictions

This is a fictional/synthetic medical note created solely for software testing purposes. It does not represent a real person or real medical advice.

Client has a diagnosed lower back condition (test scenario: lumbar strain). Per test-case requirements, the client is restricted from lifting heavy weights or performing high-load compound lifts (e.g., deadlifts, heavy squats, overhead press) until further notice. Low-impact strength training, bodyweight exercises, and light resistance work are permitted. Any AI-generated coaching guidance for this client should avoid recommending heavy free-weight lifting and should suggest safer alternatives.

Fitness Profile

Maintenance Calories:	2000 kcal
Activity Level:	Moderately Active (1.55x)
Fitness Goal:	Maintain strength safely within medical restriction
Preferred Training Style:	Low-impact, bodyweight, light resistance