

Your Metabolic Rate Results



What you burn



How much to eat

Exercise

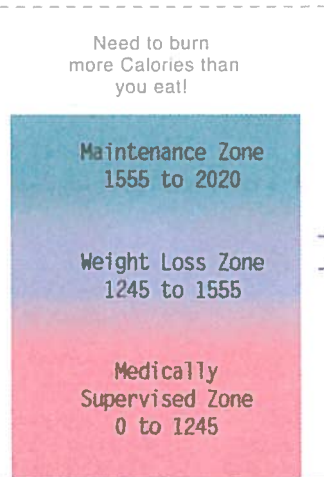
This is an estimate of the number of Calories you would burn with 30 minutes at a moderate exercise level.

Lifestyle & Activity

This is the number of calories you burn performing your daily activities...working, playing, eating, etc. Activity accounts for a significant portion of the calories you burn each day.

Resting Metabolic Rate

Today we measured your Metabolic Rate. This is the number of Calories your body burns everyday at rest.



Daily Calories
as recommended by
Health Care Provider

Most people need to eat below their Metabolic Rate in order to successfully lose weight. Consult with your Health Care Provider to determine the precise caloric intake recommended with your particular weight loss plan.

* Total = REE + Lifestyle + Exercise



How does your metabolism compare?

Compared to a typical person of similar sex, age, height and weight, your metabolic rate is:

FAST (+21%)



CAUTION: If you think you may not have sealed your nose or mouth around the mouthpiece, or if you exercised or ate a large meal beforehand, you may want to repeat the test (ask about correct test preparation).

*Note: NORMAL is considered to be +/- 10% the predicted value.

Caregiver's Instructions

Next Test Date:

Exercise Type:

Exercise Freq/Duration:

Measured REE: 6.51 kJoule/day (1555 kcal/day)
 Predicted REE: 5.39 kJoule/day (1287 kcal/day)
 Estimated TEE: 8.46 kJoule/day (2020 kcal/day)
 VO2: 226 ml/min (4.10 ml/kg/min)
 FeO2: 16.51 % expired oxygen
 Minute Volume: 6.90 Liters / min
 Tidal Volume: 518 ml
 Respiratory Rate: 13.8 breaths / min
 Test Duration: 10.1 min

Note: Estimated TEE = 1.30 x REE

Age: 41 years
 Gender: Female
 Height: 161 cm (5 ft 3 in)
 Weight: 55.0 kg (121 lbs)
 BMI: 21.2

Test ID: 3
 SN: 14399

Name:
 Date:
 Caregiver: