

# Your Metabolic Rate Results



## What you burn



## How much to eat

### Exercise

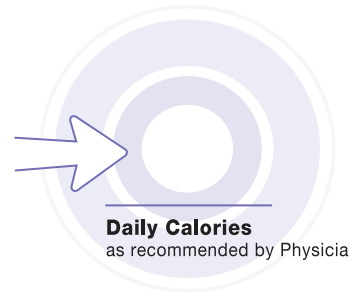
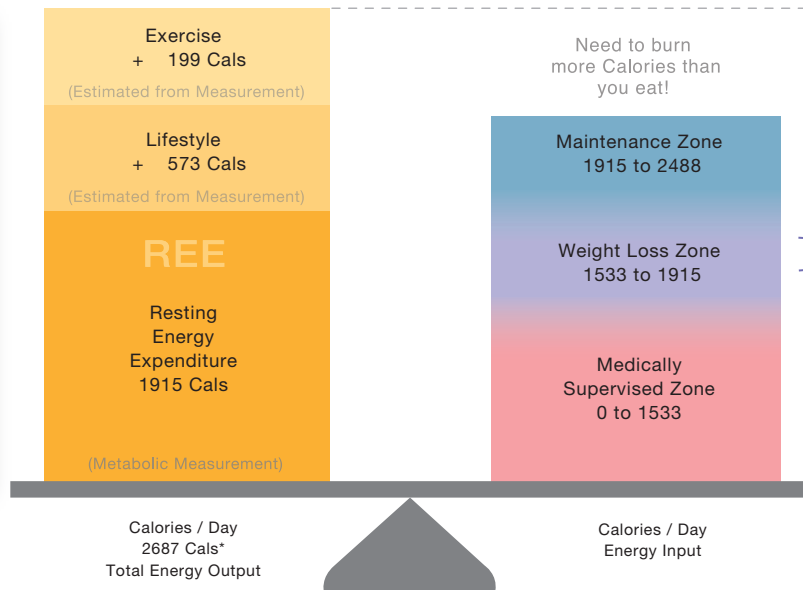
This is an estimate of the number of Calories you would burn with 30 minutes at a moderate exercise level.

### 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.



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



## 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: .....	8.02 kJoule/day ( 1915 kcal/day )
Predicted REE: .....	6.63 kJoule/day ( 1585 kcal/day )
Estimated TEE: .....	10.41 kJoule/day (2488 kcal/day )
VO <sub>2</sub> : .....	278 ml/min ( 3.31 ml/kg/min )
FeO <sub>2</sub> : .....	16.06 % expired oxygen
Minute Volume: .....	8.12 Liters / min
Tidal Volume: .....	792 ml
Respiratory Rate: .....	10.4 breaths / min
Test Duration: .....	10.0 minutes

Note: Estimated TEE = 1.30 x REE

Data

Age:	40 years
Gender:	Female
Height:	170 cm ( 5 ft 7 in )
Weight:	83.9 kg ( 185 lbs )
BMI:	29.0
Test ID:	41
SN:	10253

Name:  
Date:  
Caregiver:

Stats