Your Metabolic Rate Results

**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.

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**What you burn**

- **Exercise**
  - + 199 Cals
  - (Estimated from Measurement)
- **Lifestyle**
  - + 573 Cals
  - (Estimated from Measurement)

**REE**
- **Resting Energy Expenditure**
  - 1915 Cals
  - (Metabolic Measurement)

**How much to eat**

- **Maintenance Zone**
  - 1915 to 2488
- **Weight Loss Zone**
  - 1533 to 1915
- **Medically Supervised Zone**
  - 0 to 1533

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**Calories / Day**
- 2687 Cals*

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**Estimated TEE**
- = 1.30 x REE

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**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

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*Note: Estimated TEE = 1.30 x REE

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**Caregiver’s Instructions**

**Next Test Date:**

**Exercise Type:**

**Exercise Freq/Duration:**

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**Data**

**Stats**

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CAUTION: Consult your physician before starting any weightloss or fitness program.