

These are **Your** measured daily caloric zones found from **Your** Metabolic Rate Test.

Your Energy Balance Results

There is one basic truth to weight loss: You need to burn more than you eat. Target Metabolic Zones tell you exactly how to do that. The following results of your test show you precisely how many calories your body actually burns, and calculates how many calories you should eat to lose or maintain your weight.

What you burn

How much you eat

Exercise

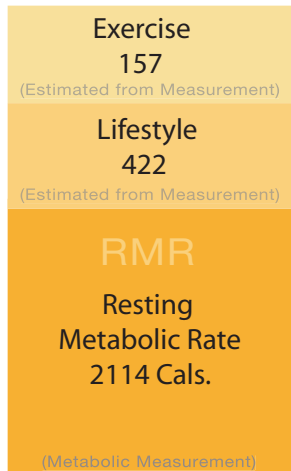
This is an estimate of the number of Calories you would burn with 30 minutes at a moderate exercise level.

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.



Need to burn more Calories than you eat!



Maintenance Zone

Once you reach your goal weight, this is how many calories your body needs to maintain your weight.

Weight Loss Zone

Comfortable weight loss comes from eating slightly less Calories than your body needs. By eating healthy foods throughout the day you should not feel hungry.

Medically Supervised Zone

Very low calorie diets should only be done under medical supervision. Supervision is required to ensure adequate nutrition, and to monitor and treat the potential slowing of metabolic rate.

Calories / Day
Energy Output
2693 Cals

Calories / Day
Energy Input

Coach's Interpretation



Time to reach your goal weight 14 weeks
If you add exercise 12 weeks

*Based on measured metabolic rate, assumes a moderate level for 30 minutes a day

Target daily calories: ▶



How does your metabolism compare? Compared to a typical person of similar sex, age, height and weight, your metabolic rate is:

Normal (-6%)



FAST Metabolism: People with "FAST" metabolic rates burn MORE calories than normal. CAUTION: If you just recently exercised, ate a large meal, or were not in a restful state during the test, you may want to repeat the test (ask about correct test preparation).

SLOW Metabolism: People with "SLOW" metabolic rates burn FEWER calories than normal. CAUTION: If you think you may not have sealed your nose or mouth during the test, you should repeat the test. You want to ensure your measured Caloric Zones are correct.

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

Next Test Date:

Exercise Goal:

Age: 28
Gender: Male
Height: 183 cm (6 ft 0 in)
Weight: 108 kg (238 lbs)
Goal Weight: 92 kg (203 lbs)
BMI: 32.3

Name:
Date:
Caregiver:



Body Composition Effective Fat Free Mass.

NOTE: Body composition is estimated from your metabolic rate. If you just recently exercised, ate a large meal, or were not in a restful state during the test, your body composition estimate may indicate a falsely LOW Effective Fat Free Mass.