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.

---

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

- **FAST (+21%)**
- **SLOW**
- **PREDICTIVE NORMAL**
- **FAST**

**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.

---

**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

---

**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.

---

**Caregiver’s Instructions**

**Next Test Date:**

**Exercise Type:**

**Exercise Freq/Duration:**

---

**Data**

- **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

---

**Stats**

**Caregiver:**
**Name:**
**Date:**

---

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