

METABOLIX

RESTING METABOLIC ASSESSMENT

NAME	AGE	HEIGHT	WEIGHT	GENDER	TEST RECORDED
BRAD HOWELL	39	175CM	78KG	MALE	01/11/2020

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Thank you for testing with Metabolix. During your Resting Metabolic Assessment we measured your Resting Metabolic Rate (RMR), daily caloric requirements and metabolic efficiency. Your results are listed below.

RESTING METABOLIC RATE

Energy used by your organs.

2,216 K/CAL/DAY

DAILY ACTIVITY EXPENDITURE

Energy used performing daily activities.

443 K/CAL/DAY

DAILY EXERCISE EXPENDITURE

Energy used performing daily exercise.

340 K/CAL/DAY

WEIGHT MAINTENANCE

Daily caloric intake required to maintain weight.

3,000 k/kal

WEIGHT LOSS

Daily caloric intake required to lose weight.

2,556 k/kal

HOW DOES YOUR METABOLISM COMPARE?

This is how your metabolism compares to the average given your height, weight and gender.

SLOW

NORMAL

FAST

RESTING METABOLIC RATE (RMR)

Metabolic rate is a measure of how much food, or fat, is converted to energy in a day. Resting metabolic rate (RMR) is the measurement of how much food, or energy, is required to maintain basic body functions such as heartbeat, breathing, and maintenance of body heat while you are in a state of rest. That energy is expressed in calories per day. So an RMR test shows how many calories you burn at rest, doing nothing more than sitting in a chair.

DAILY ACTIVITY EXPENDITURE

Daily activity expenditure refers to the amount of calories you burn performing regular daily tasks. This figure is added to your RMR to establish your total daily calorie requirements.

EXERCISE EXPENDITURE

Exercise expenditure refers to the amount of calories you burn performing daily exercise. This figure is added to your RMR and Daily Activity Expenditure to establish your total daily calorie requirements.

DISCLAIMER

The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a doctor. Always consult your doctor or qualified health professional on any matters regarding your health.

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GOALS, SO PLEASE TAG US IN YOUR UPDATES.

