



# Resting Metabolic Rate Report

LAST NAME First Name PID 111111  
Long date



## WHAT YOU BURN Total Daily Energy Expenditure (TDEE) Calories/day

**Resting Metabolic Rate (RMR)**

**What we measured today.**  
The daily calories you burn to sustain life at rest.

**1740**

60-65%

**Structured Physical Activity**

**Estimated calories you may burn during a 30-60 min session of continuous moderate intensity cardio.**

**300 – 600**

15-30%

**Activities of Daily Living & Thermic Effect of Feeding**

**Calories you burn doing everyday activities** including washing dishes, brushing teeth as well as the calories you burn eating and digesting food.

10%



## HOW MUCH TO EAT Total Energy Input Calories/day

1740 - 1990

**Calorie zone for Healthy weight loss**

**Creating a caloric deficit will help you lose fat** comfortably without compromising your health & exercise performance.

2190 - 2390

**Calorie zone for Maintenance**

**Eating as many calories as you burn will lead to weight maintenance.**

2690 - 2990

**Calorie zone for Lean Mass Gain**

**Creating a caloric surplus will help you gradually gain lean mass & enhance your exercise performance.**



## SUMMARY Recommended Daily Protein: xxx g/day

**YOU BURN**

2190

During the days you **DON'T** work out

2790

During the days you **work out**

**YOU SHOULD EAT**

1740

During the days you **DON'T** work out

1990

During the days you **work out**

The assessment is intended for information purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Consult your doctor before engaging in an exercise program and/or changing your diet as a result of the information provided by this assessment. Participating in any workout regimen may result in an increased risk of physical injury based on the nature, frequency, intensity and duration of the workout regime.