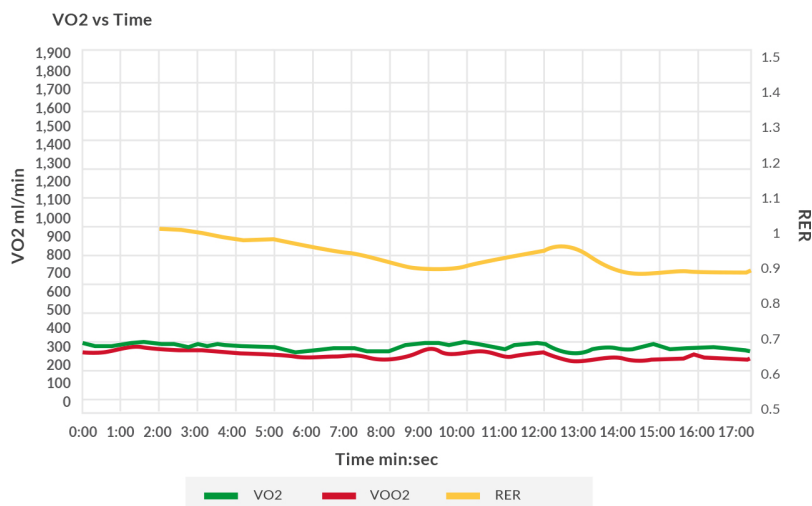


RESTING METABOLISM

Resting Energy Expenditure (REE) is the amount of energy the body needs to maintain its respiratory, digestive and cardiovascular systems and typically accounts for around 60-70% of Total Energy Expenditure (TEE). Respiratory Quotient (RQ) is an objective assessment of carbon dioxide production to oxygen consumption at rest, which allows for a quantitative assessment of substrate utilization or your body's preferred fuel source at rest. In conjunction with REE and your activity, this data is utilized to develop an individualized & data-driven nutrition program.



RESULTS:

RESTING ENERGY EXPENDITURE (REE)

Measured	Predicted	Percentage	
2704	2577	105%	
Substrate Utilization	RQ	Fat%	CHO%
	0.92	26.8	73.2

The ideal fat oxidation is roughly 70%+ to optimize body composition management, sustainable energy production & minimize cellular free radical damage.

DATA-DRIVEN CALORIC RECOMMENDATIONS:

Goal	Daily Caloric Intake
Sustainable Fat Loss	3556
Maintain Current Weight	4056
Sustainable Weight Gain	4556

Sustainable body composition changes are based on 1-2 pounds/week, which is ideal for long term sustainability and maintaining a functional metabolism.