

THE FITTEST YOU

Name:

YOUR METABOLISM. MEASURED.

Daily Caloric Burn

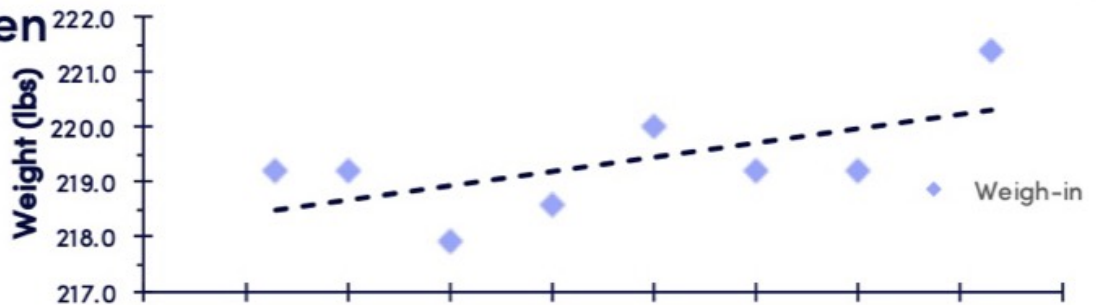
1918 cal/day



Calories Eaten

2800 cal/day

Trendline of +1.8 lbs
per week indicates
surplus of 882 calories
per day



Calorie Intake by Objective

Currently eating
2800 cal/day

1670	1726	1918	2110	2111+
Max Safe Fat Loss (-0.5 lbs/week)	Burn Fat, Build Muscle (-0.4 lbs/week)	Maintenance	Build Muscle (+0.4 lbs/week)	Gain Weight (> +0.5 lbs/week)

Energy Budget

Basal Metabolic Rate:
1670 cal/day

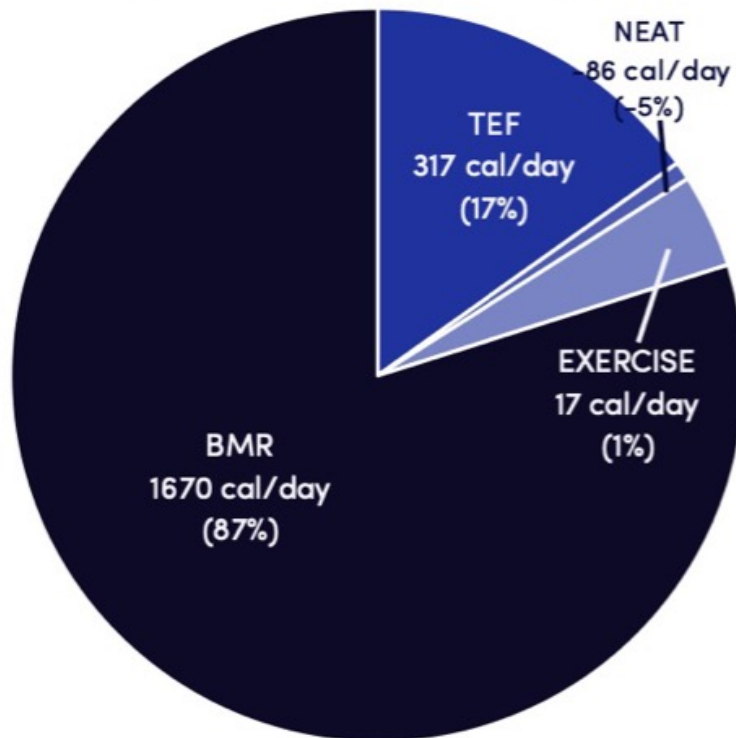
Activity:
248 cal/day

Physical Activity Level

1.15					
Sedentary	Lightly Active	Moderately Active	Highly Active	Athlete	Overreaching (>2.5)

THE FITTEST YOU

Complete Energy Budget



BMR: Basal Metabolic Rate

Calories burned at complete rest.

TEF: Thermic Effect of Food

Calories burned while digesting food.

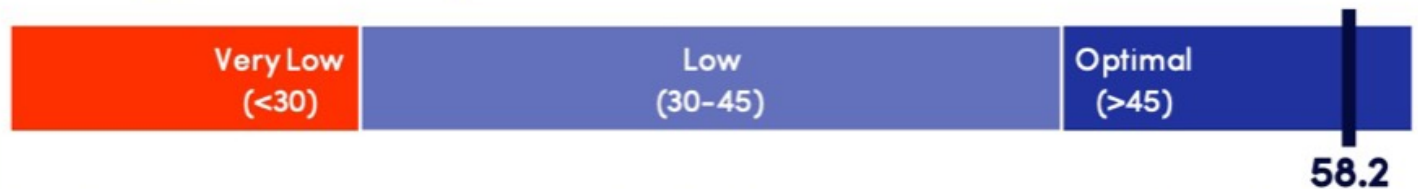
EXERCISE

Calories burned during your logged workouts.

NEAT: Non-Exercise Activity Thermogenesis

Calories burned by non-exercise activity (e.g. work and daily life).

Energy Availability – (non-exercise calories eaten per kilogram of lean body mass)



You likely have adequate energy to fuel all of your non-exercise physiological functions.

Training Sustainability – Currently at 3% of sustainable limit



You're training sustainably and are currently 2257 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition – Weight: 219.2 lbs

Fat Free Mass:
105.5 lbs

Fat Mass:
113.7 lbs

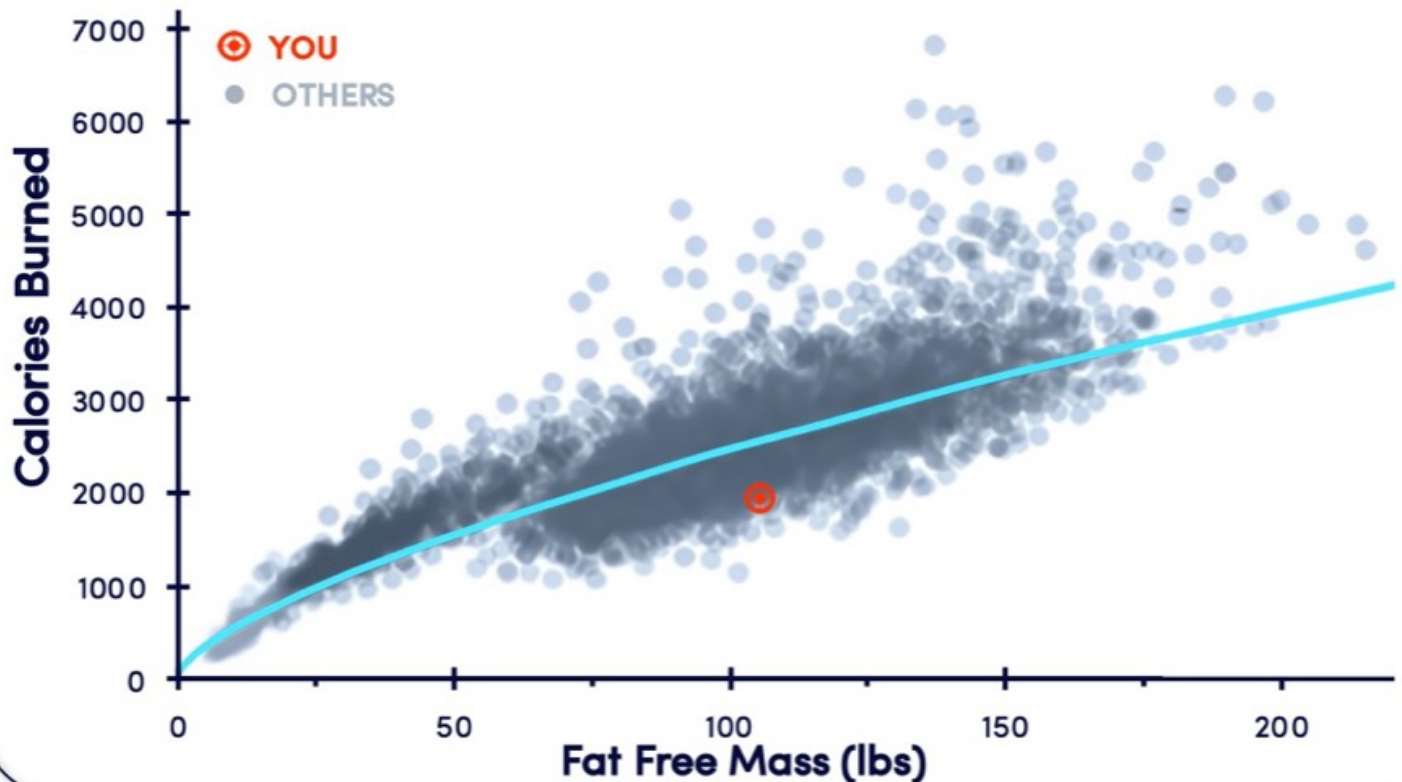
Body Fat Percentage – Higher than 90% of peers

51.9%

Hydration – Water Throughput: 2.8 Liters/day

Total Body Water: 35%

How do you compare to the scientific literature?



Disclaimer:

The present Assessment/Report is intended for information purposes only and under no circumstances should it be considered a substitute for professional medical advice, diagnosis or treatment. You need to consult your physician and/or family doctor prior to engaging in any exercise program and/or changing your diet and/or habits as a result of the information provided by the present Assessment/Report. The Fittest You makes no representation that the present Assessment/Report will result in any improvement of your health and fitness status. You agree that participating in any workout regimen, physical exercise, or activity may result in an increased risk of physical injury based on the nature, frequency, intensity, and duration of the workout regimen, physical exercise, or activity. You agree that if you participate in any workout regimen, physical exercise, or activity, you do so at your own risk and you assume the risk of any and all injury and/or damage you may suffer.

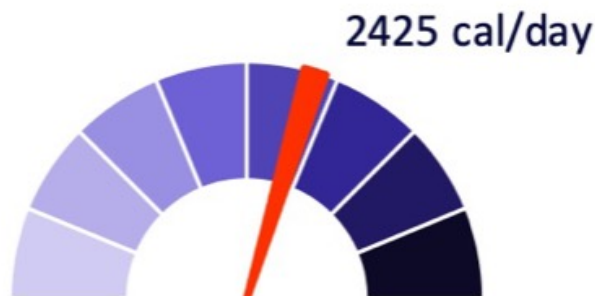
THE FITTEST YOU

Name:

Test Period:

YOUR METABOLISM. MEASURED.

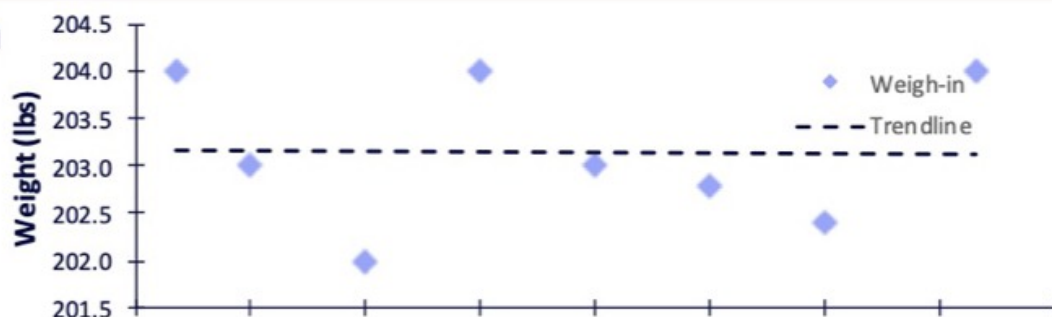
Daily Caloric Burn



Calories Eaten

2405 cal/day

Trendline of +0.0 lbs per week indicates deficit of 20 calories per day



Calorie Intake by Objective

Currently eating
2405 cal/day

1819	2183	2425	2668	2669+
Max Safe Fat Loss (-1.2 lbs/week)	Burn Fat, Build Muscle (-0.5 lbs/week)	Maintenance	Build Muscle (+0.5 lbs/week)	Gain Weight (> +0.6 lbs/week)

Energy Budget

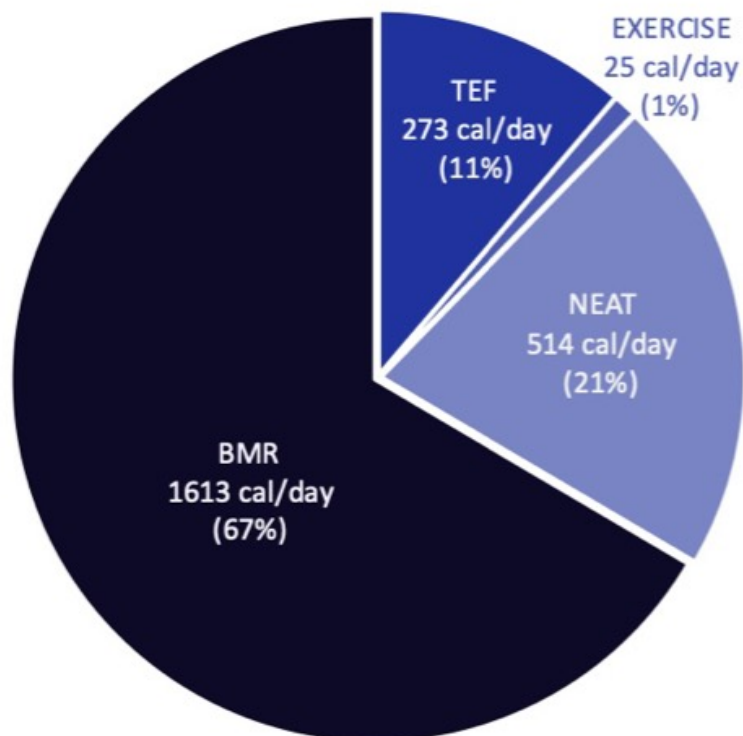
Basal Metabolic Rate: 1613 cal/day	Activity: 812 cal/day
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Physical Activity Level

1.50					
Sedentary	Lightly Active	Moderately Active	Highly Active	Athlete	Overreaching (>2.5)

THE FITTEST YOU

Complete Energy Budget



BMR: Basal Metabolic Rate

Calories burned at complete rest.

TEF: Thermic Effect of Food

Calories burned while digesting food.

EXERCISE

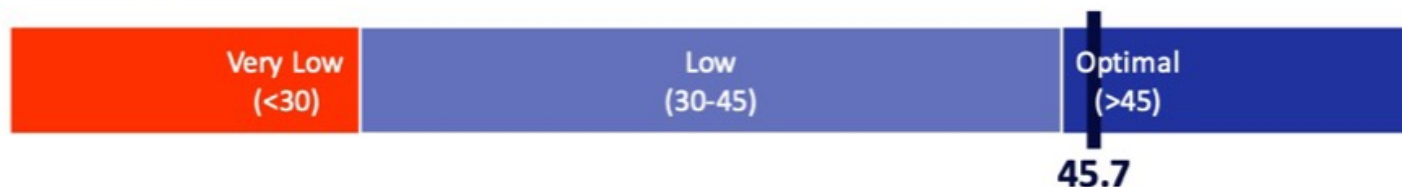
Calories burned during your logged workouts.

NEAT: Non-Exercise Activity Thermogenesis

Calories burned by non-exercise activity (e.g. work and daily life).

Energy Availability -

(non-exercise calories eaten per kilogram of lean body mass)



You likely have adequate energy to fuel all of your non-exercise physiological functions. For a full discussion of energy availability, see our results interpretation page.

Training Sustainability -

Currently at 29% of sustainable limit



You're training sustainably and are currently 1609 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition - Weight: 204.0 lbs

Fat Free Mass:
114.8 lbs

Fat Mass:
89.2 lbs

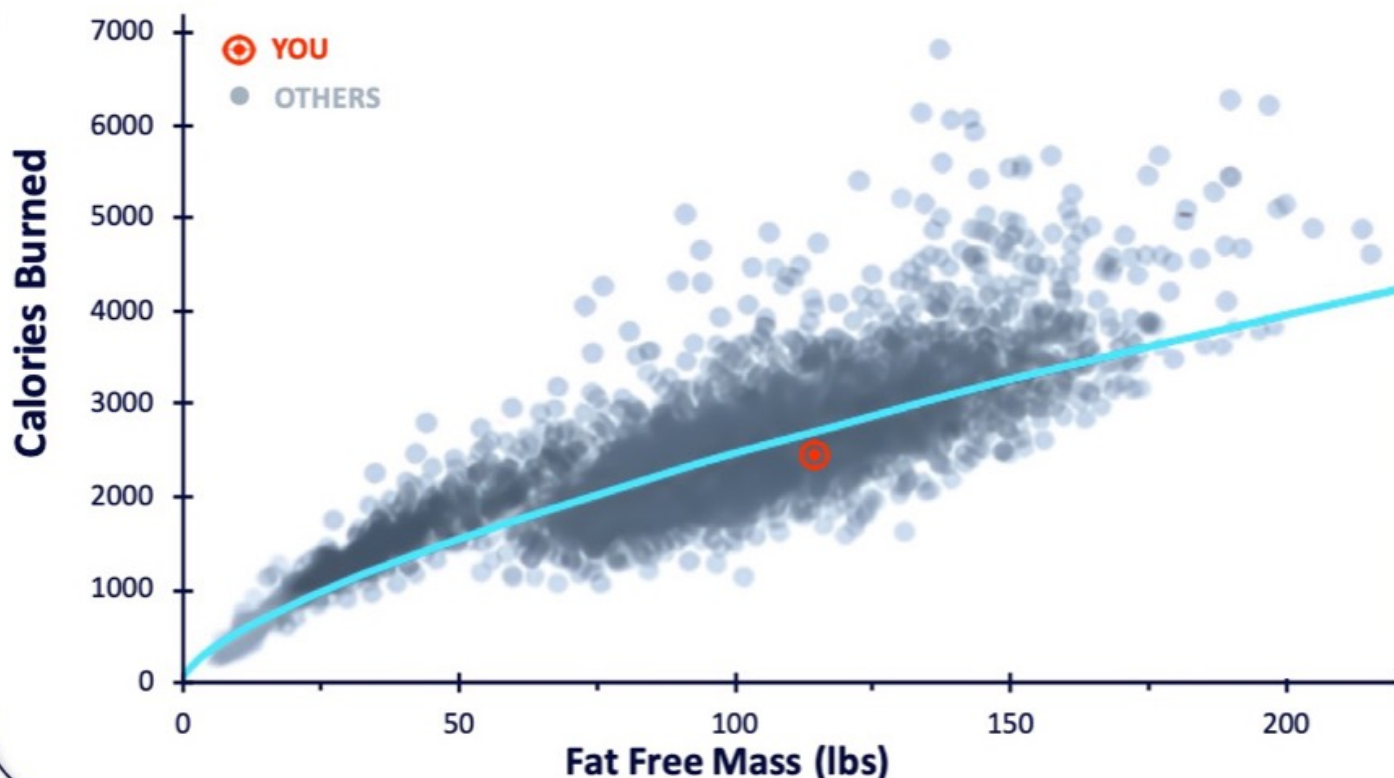
Body Fat Percentage - Higher than 68% of peers

43.7%

Hydration - Water Throughput: 3.3 Liters/day

Total Body Water: 41%

How do you compare to the scientific literature?



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