

THE FITTEST YOU

Name:
Test Period:

YOUR METABOLISM. MEASURED.

Daily Caloric Burn

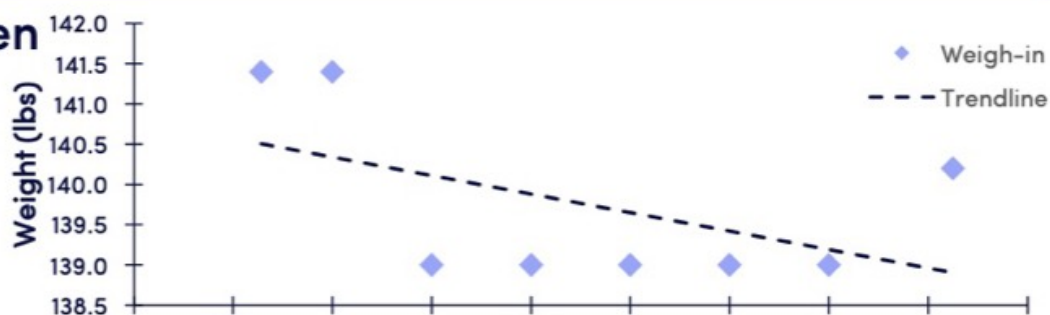
2174 cal/day



Calories Eaten

1273 cal/day

Trendline of -1.8 lbs
per week indicates
deficit of 901 calories
per day



Calorie Intake by Objective

Currently eating
1273 cal/day

1631	1957	2174	2392	2393+
Max Safe Fat Loss (-1.1 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:
1329 cal/day

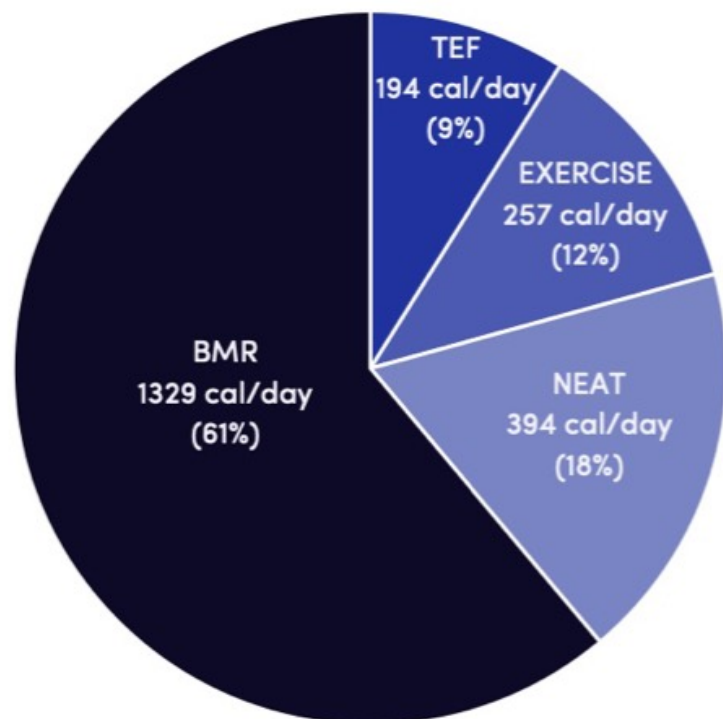
Activity:
845 cal/day

Physical Activity Level



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.

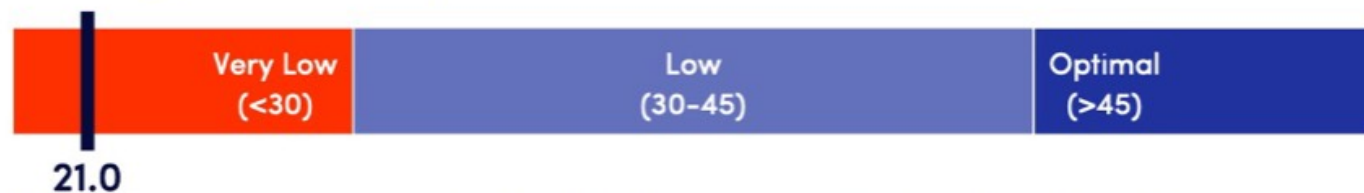
EXERCISE

Calories burned during your logged workouts.

NEAT: Non-Exercise Activity Thermogenesis

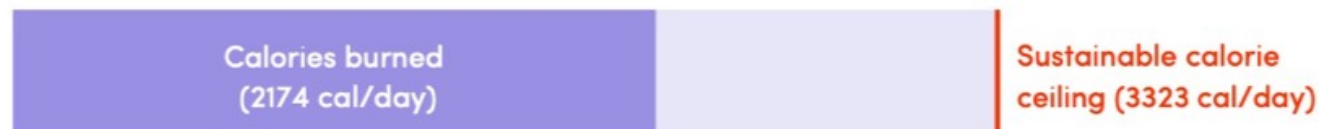
Calories burned by non-exercise activity (e.g. work and daily life).

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



You may have limited energy to fuel all of your non-exercise physiological functions.

Training Sustainability – Currently at 38% of sustainable limit



You're training sustainably and are currently 1148 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition – Weight: 141.4 lbs

Fat Free Mass:
106.4 lbs

Fat Mass:
35.0 lbs

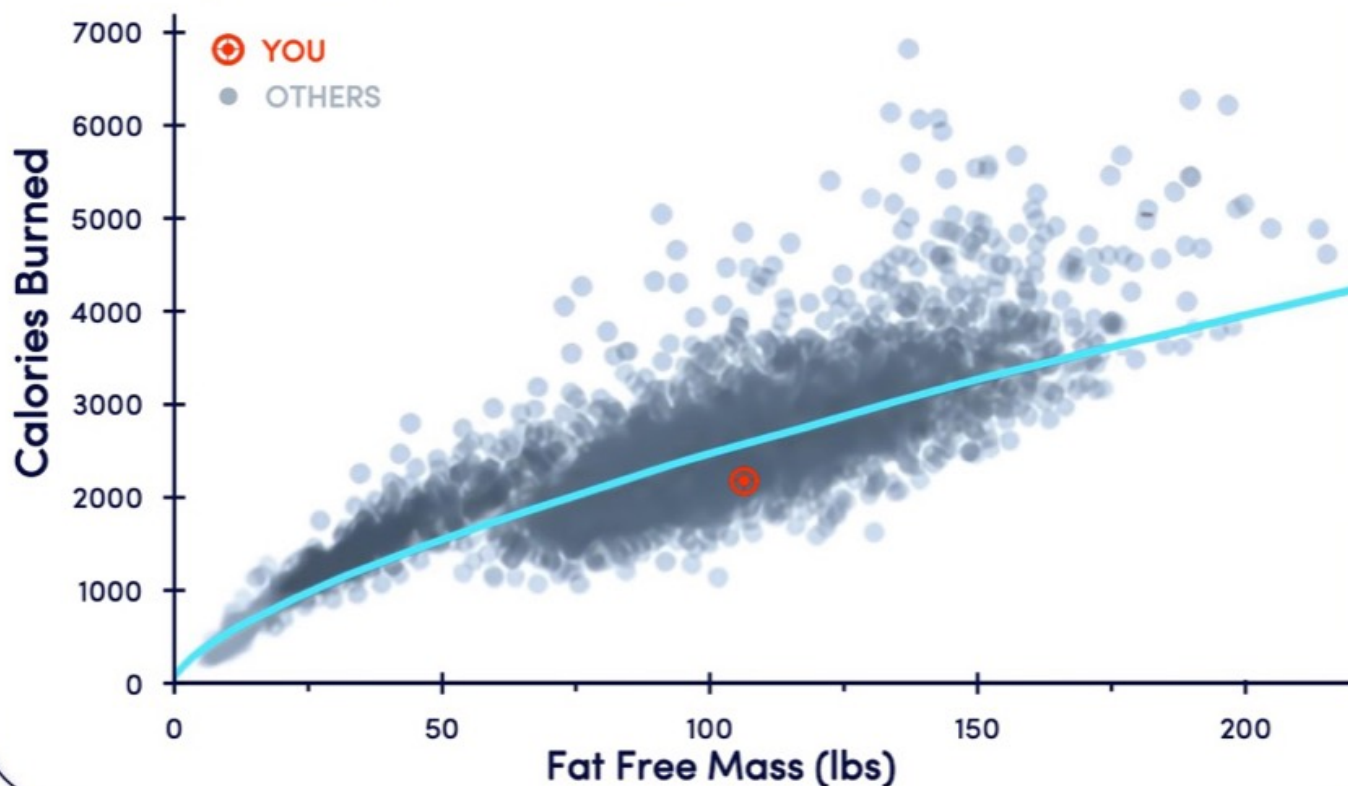
Body Fat Percentage – Lower than 93% of peers

24.7%

Hydration – Water Throughput: 4.7 Liters/day

Total Body Water: 55%

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.

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Daily Caloric Burn

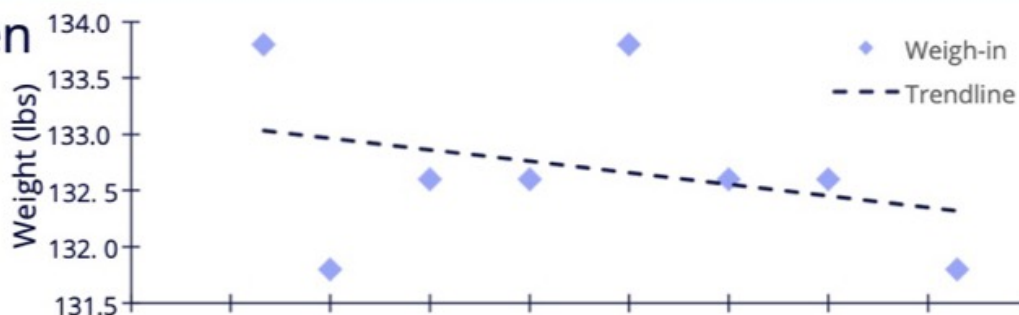
2264 cal/day



Calories Eaten

1915 cal/day

Trendline of -0.7 lbs
per week indicates
deficit of 349 calories
per day



Calorie Intake For Maintenance

2264

Maintenance

Energy Budget

Basal Metabolic Rate:
1292 cal/day

Activity:
972 cal/day

Physical Activity Level

1.75

Sedentary

Lightly
Active

Moderately
Active

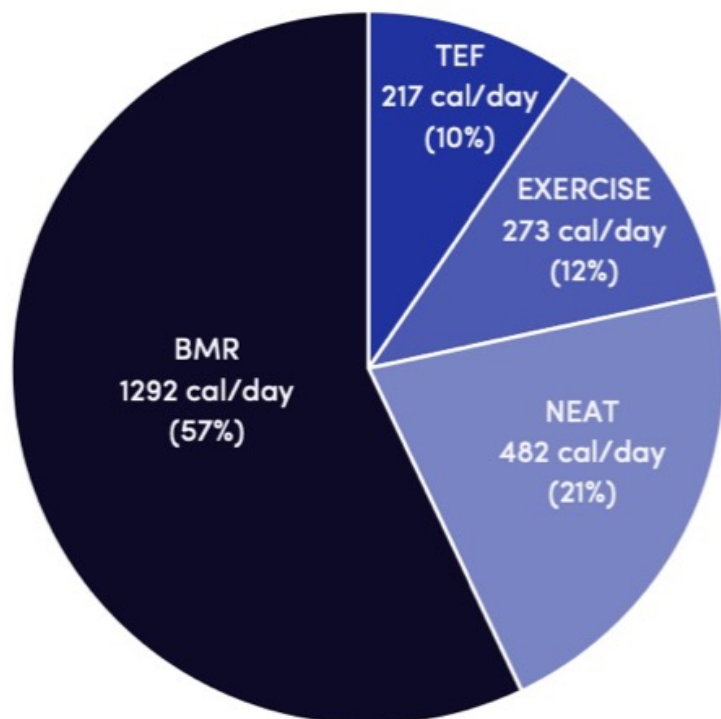
Highly
Active

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.

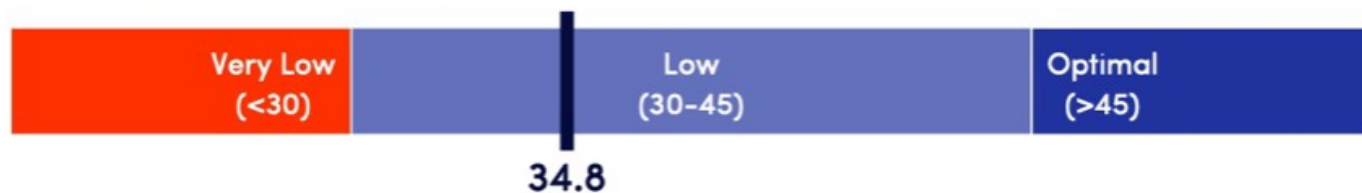
EXERCISE

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 may have limited energy to fuel all of your non-exercise physiological functions.

Training Sustainability – Currently at 47% of sustainable limit



You're training sustainably and are currently 966 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition – Weight: 133.8 lbs

Fat Free Mass:
104.1 lbs

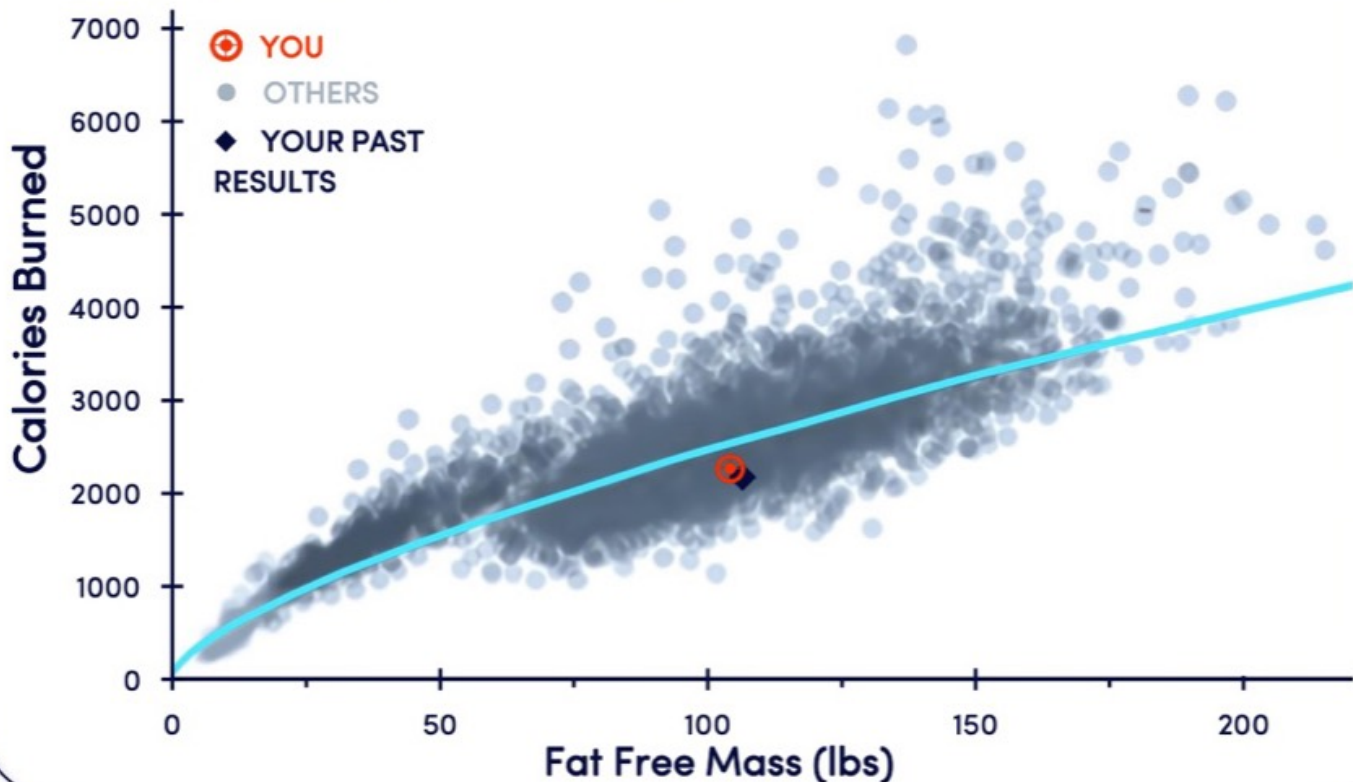
Fat Mass:
29.7 lbs

Body Fat Percentage – Lower than 96% of peers

22.2%

Hydration – Water Throughput: 4.1 Liters/day

How do you compare to the scientific literature?



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