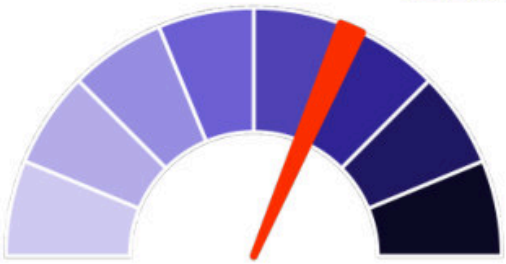
THE FITTEST YOU

Name:
Test Period:

YOUR METABOLISM. MEASURED.

Daily Caloric Burn

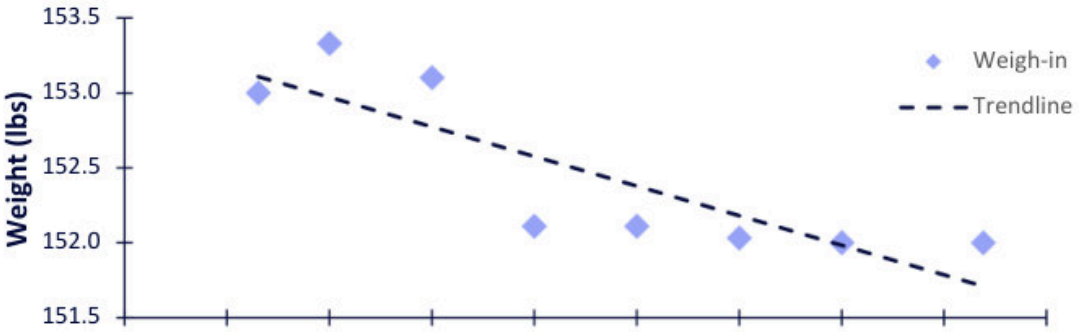
2440 cal/day



Calories Eaten

1768 cal/day

Trendlineof -1.3 lbs per week indicates deficit of 672 calories per day



Calorie Intake by Objective

Currently eating 1768 cal/day

1830	2196	2440	2684	2685+
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

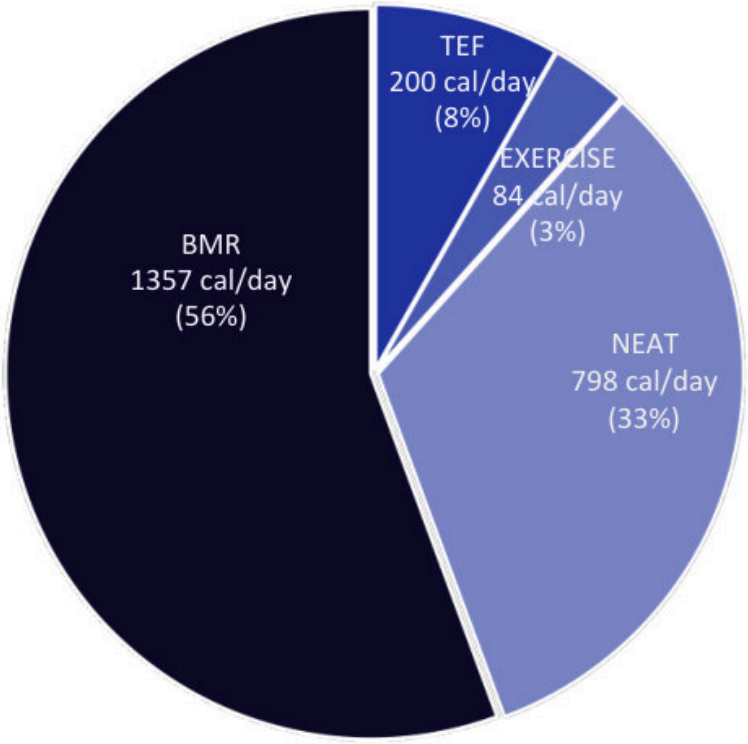
Basal Metabolic Rate: 1357 cal/day	Activity: 1083 cal/day

Physical Activity Level

1.80			
Sedentary / Lightly Active / Moderately Active	Highly Active	Athlete	Overreaching (>2.5)

THE FITTEST YOU

Complete Energy Budget



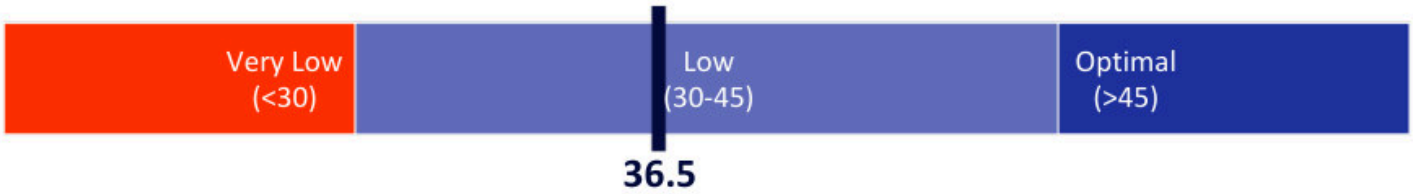
BMR: Basal Metabolic Rate
Calories burned at complete rest.

TEF: Thermic Effect of Food
Calories burned while digesting food.

EXERCISE
Calories burned during your logged workouts.

NEAT: Non-ExerciseActivity 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 50% of sustainable limit



You're training sustainably and are currently 953 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition - Weight: 153.0 lbs

Fat Free Mass: 101.8 lbs	Fat Mass: 51.2 lbs

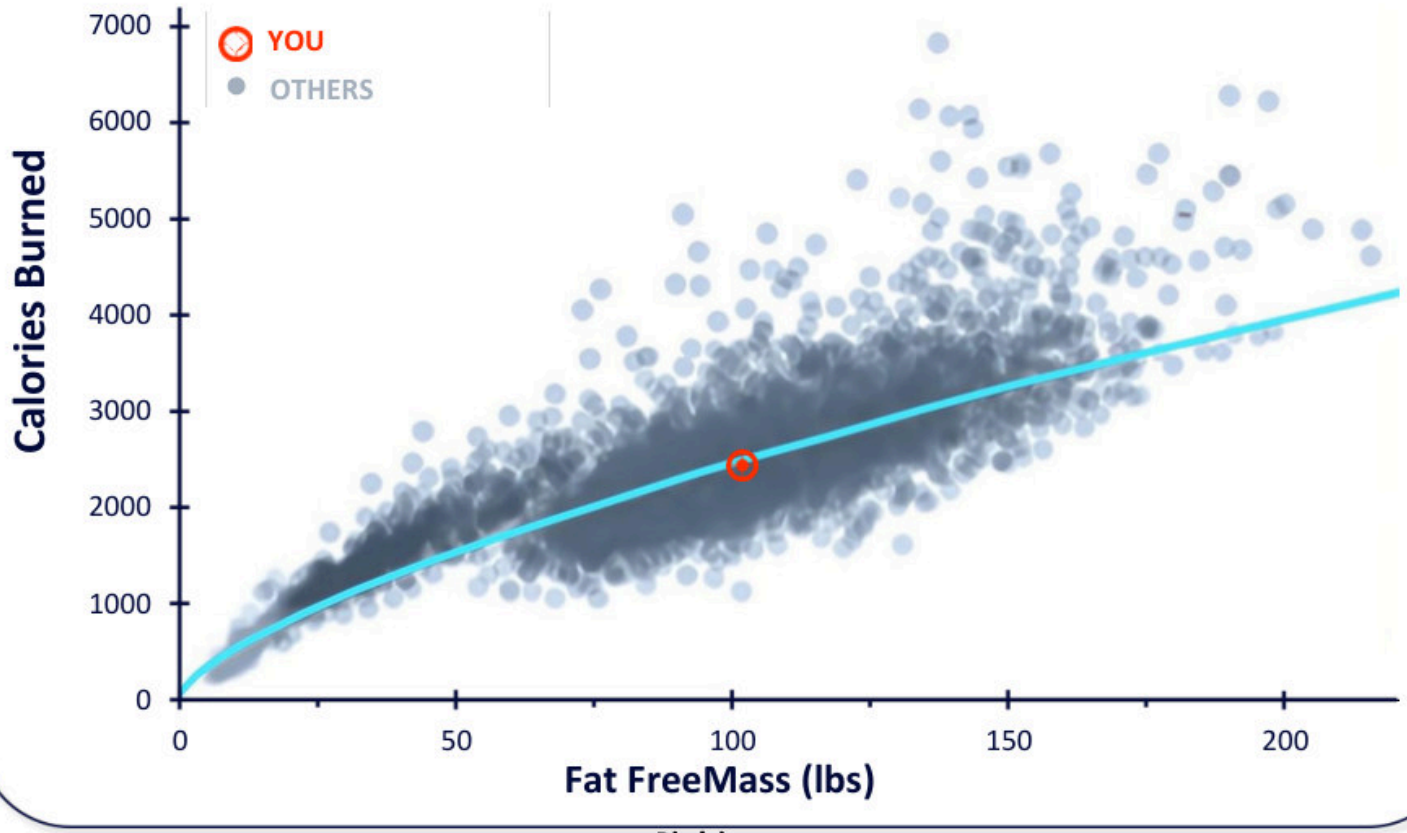
Body Fat Percentage - Lower than 83% of peers

33.5%				

Hydration - Water Throughput: 3.5 Liters/day

Total Body Water: 49%	

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.

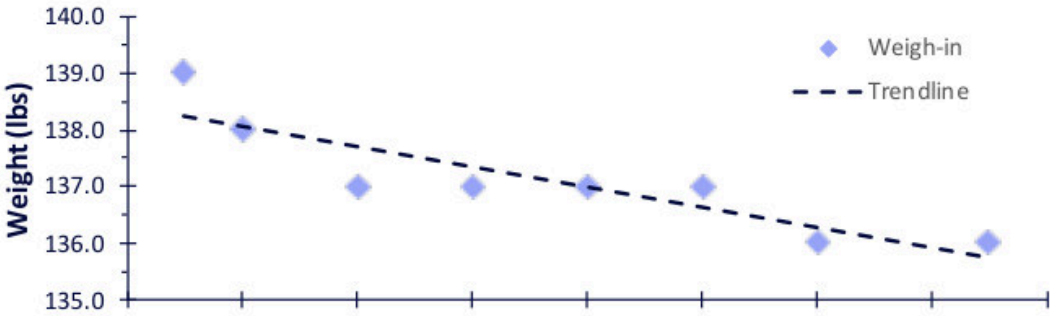
Daily Caloric Burn

1867 cal/day



Calories Eaten

1169 cal/day



Calorie Intake by Objective

Currently eating
1169 cal/day

1400	1680	1867	2054	2055+
Max Safe Fat Loss (-0.9 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

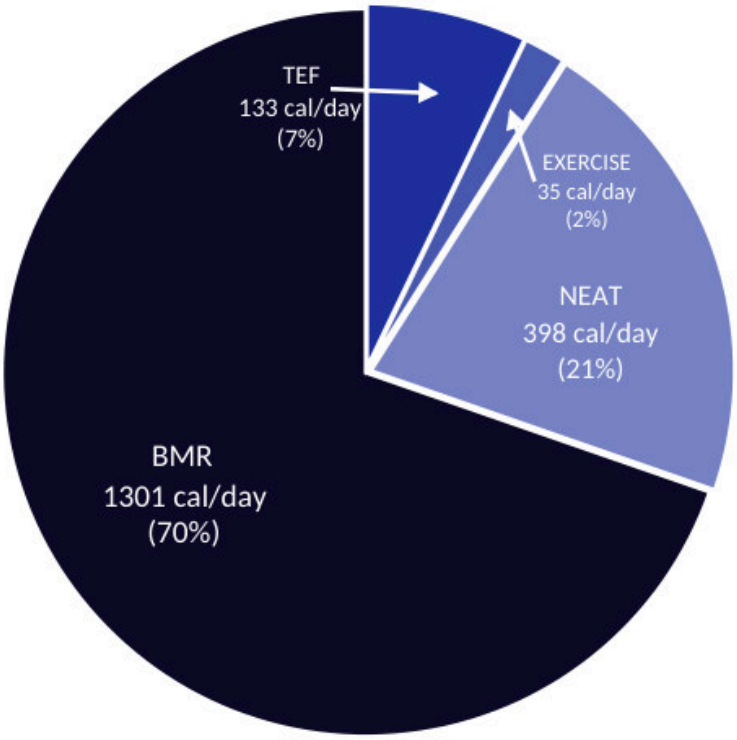
Basal Metabolic Rate: 1301 cal/day	Activity: 566 cal/day

Physical Activity Level

1.43					
Sedentary	Lightly Active	Moderately Active	Highly Active	Athlete	Overreaching (>2.5)

THE FITTEST YOU

Complete Energy Budget



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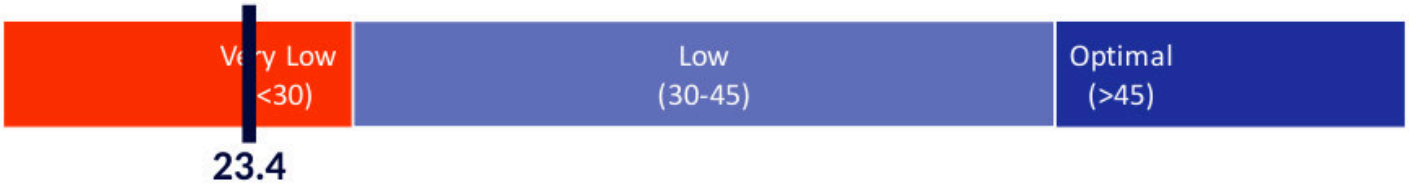
Energy Availability - (non-exercise calories eaten per kilogram of lean body mass)



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

Training Sustainability - Currently at 24% of sustainable limit



You're training sustainably and are currently 1386 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition - Weight: 139.0 lbs

Fat Free Mass: 107.0 lbs	Fat Mass: 32.0 lbs

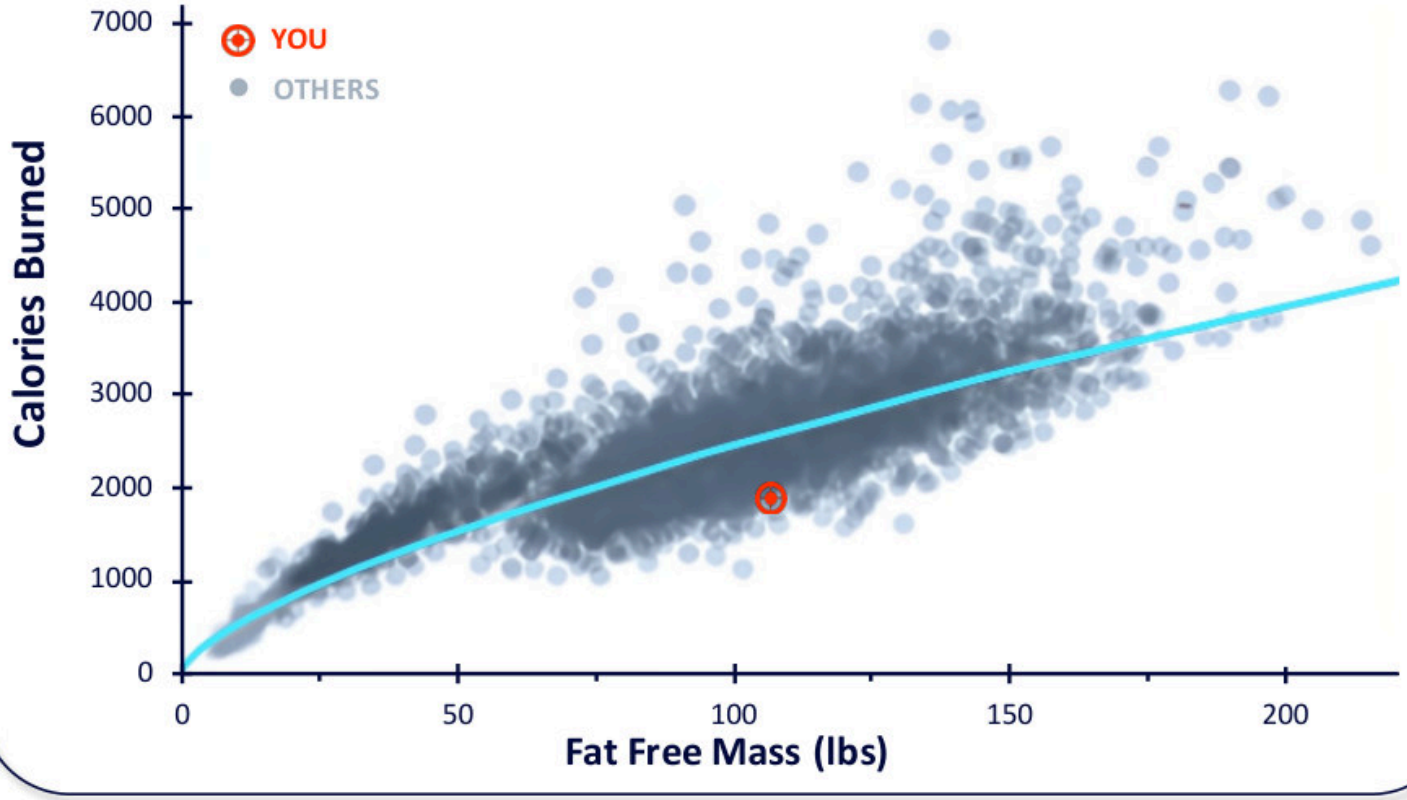
Body Fat Percentage - Lower than 98% of peers

23.1%					

Hydration - Water Throughput: 4.5 Liters/day

Total Body Water: 56%	

How do you compare to the scientific literature?



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