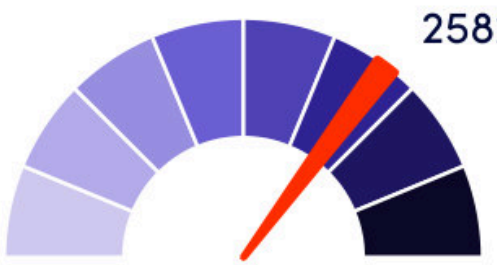
THE FITTEST YOU

Name:
Test Period:

YOUR METABOLISM. MEASURED.

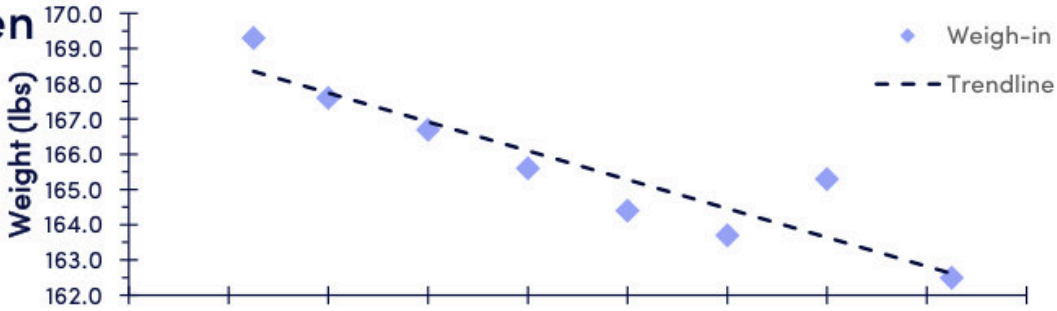
Daily Caloric Burn



Calories Eaten

1987 cal/day

Trendline of -1.2 lbs per week indicates deficit of 595 calories per day



Calorie Intake by Objective

Currently eating 1987 cal/day

1936	2324	2582	2840	2841+
Max Safe Fat Loss (-1.3 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

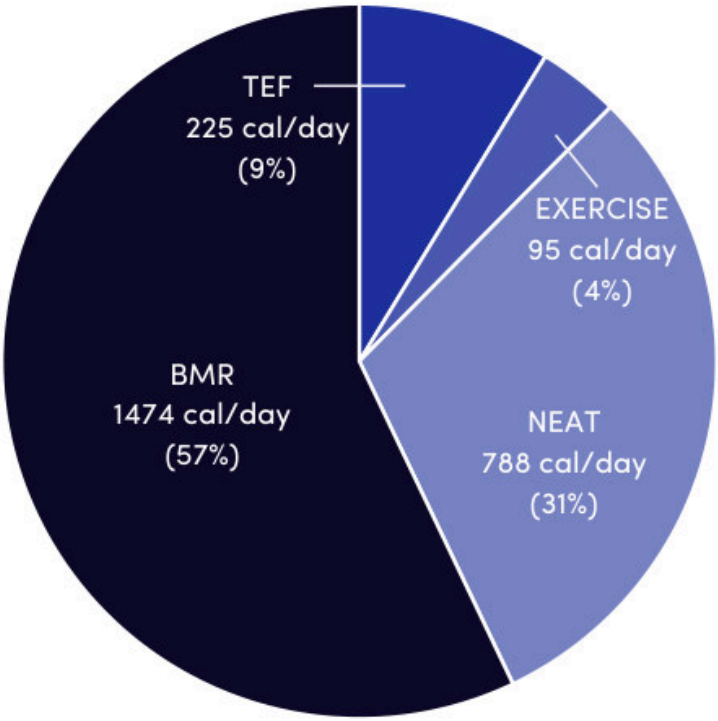
Basal Metabolic Rate: 1474 cal/day	Activity: 1108 cal/day

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 1102 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition – Weight: 169.3 lbs

Fat Free Mass: 100.9 lbs	Fat Mass: 68.4 lbs

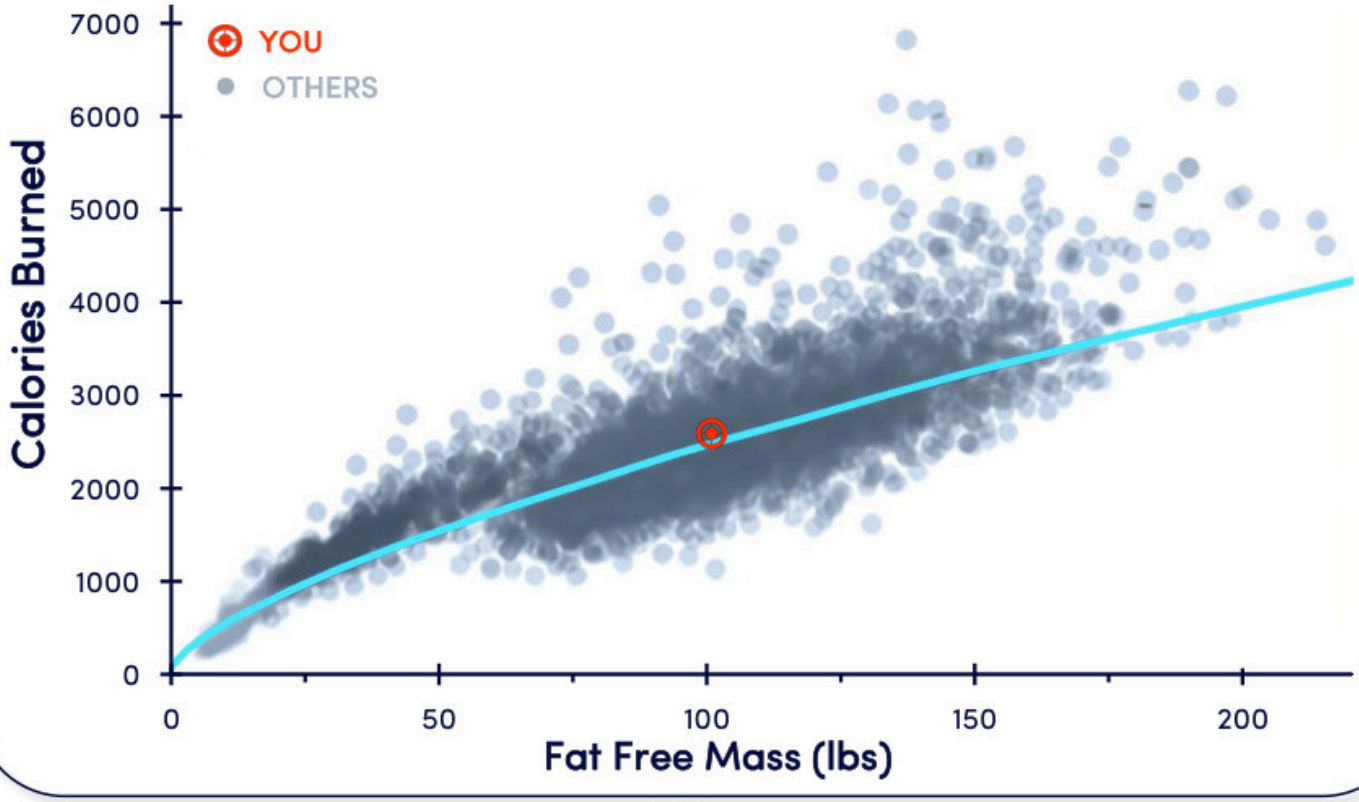
Body Fat Percentage – Higher than 63% of peers

40.4%

Hydration – Water Throughput: 4.8 Liters/day

Total Body Water: 44%

How do you compare to the scientific literature?



Disclaimer:

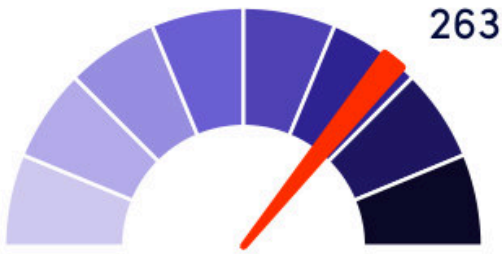
The present Assessment/Report is intended for information purposes only and under no circumstances should it be considered a substitute for professional medical advice, diagnosis or treatment. You need to consult your physician and/or family doctor prior to engaging in any exercise program and/or changing 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.

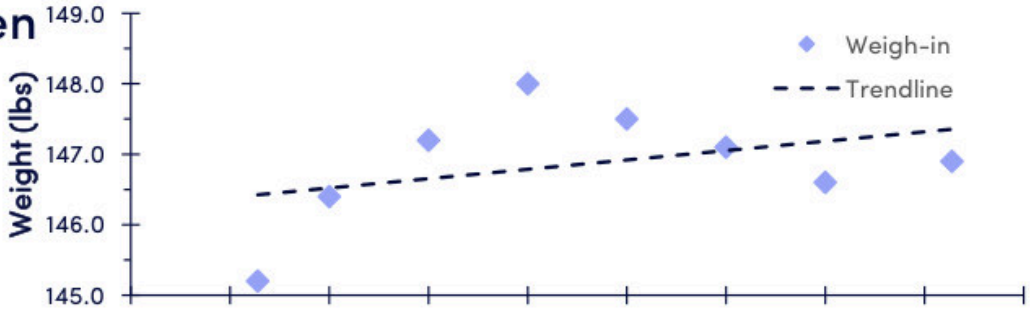
Daily Caloric Burn



Calories Eaten

3088 cal/day

Trendline of +0.9 lbs per week indicates surplus of 452 calories per day



Calorie Intake by Objective

Currently eating 3088 cal/day

1977	2372	2636	2899	2900+
Max Safe Fat Loss (-1.3 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: 1358 cal/day	Activity: 1278 cal/day

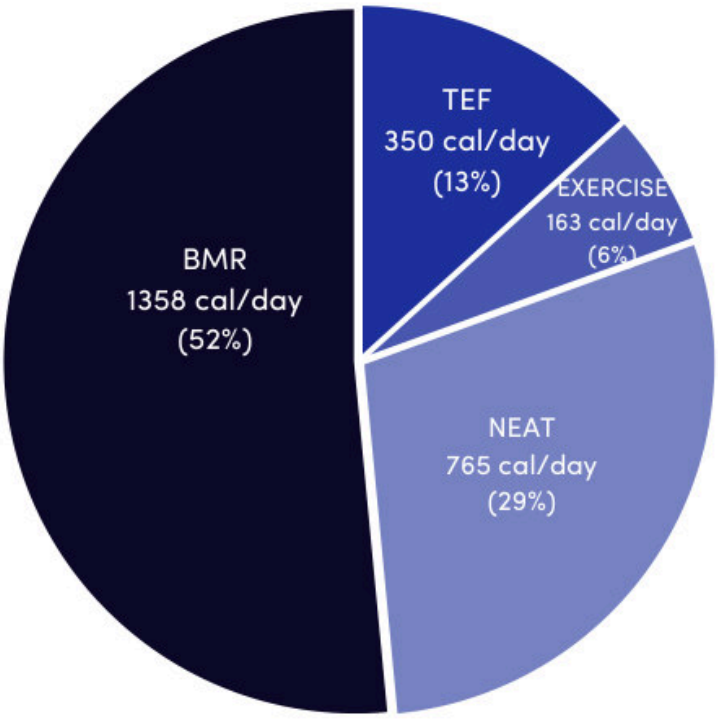
Physical Activity Level



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

THE FITTEST YOU

Complete Energy Budget



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Calories burned during your logged workouts.

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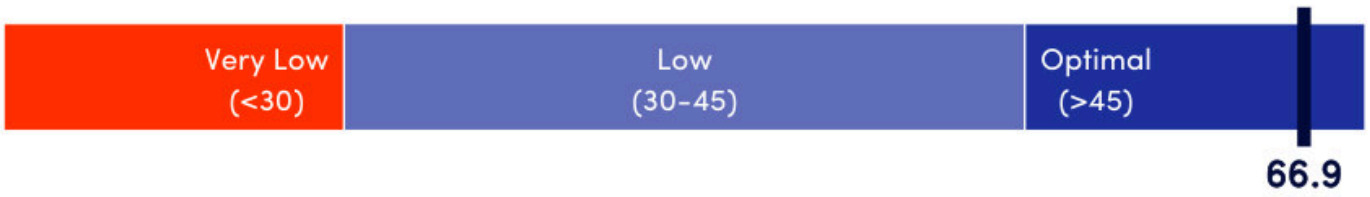
Energy Availability – (non-exercise calories eaten per kilogram of lean body mass)



Training Sustainability – Currently at 60% of sustainable limit



You're training sustainably and are currently 758 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition – Weight: 145.2 lbs

Fat Free Mass: 96.4 lbs	Fat Mass: 48.8 lbs

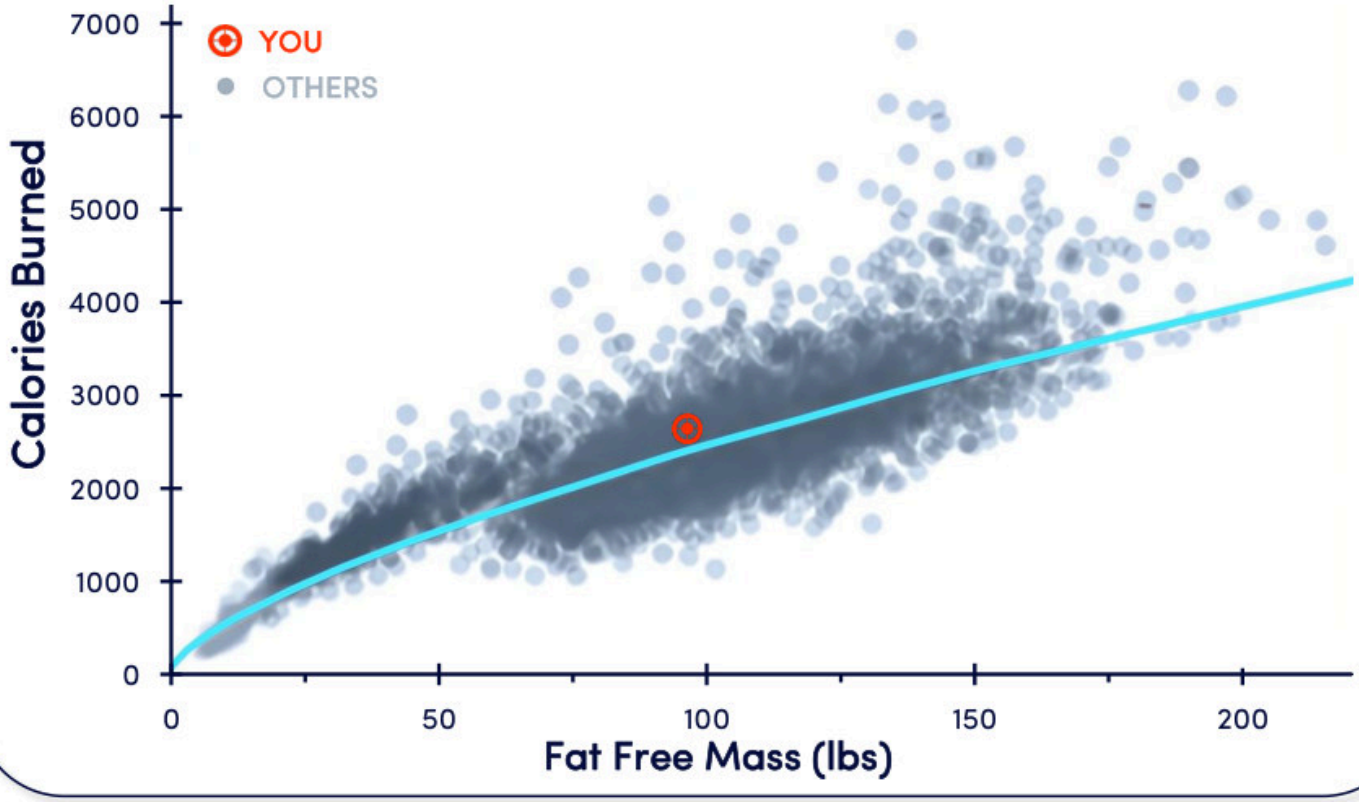
Body Fat Percentage – Lower than 72% of peers

33.6%				

Hydration – Water Throughput: 3.7 Liters/day

Total Body Water: 49%	

How do you compare to the scientific literature?



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