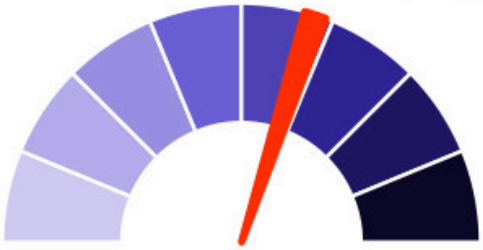
THE FITTEST YOU

Name:
Test Period:

YOUR METABOLISM. MEASURED.

Daily Caloric Burn

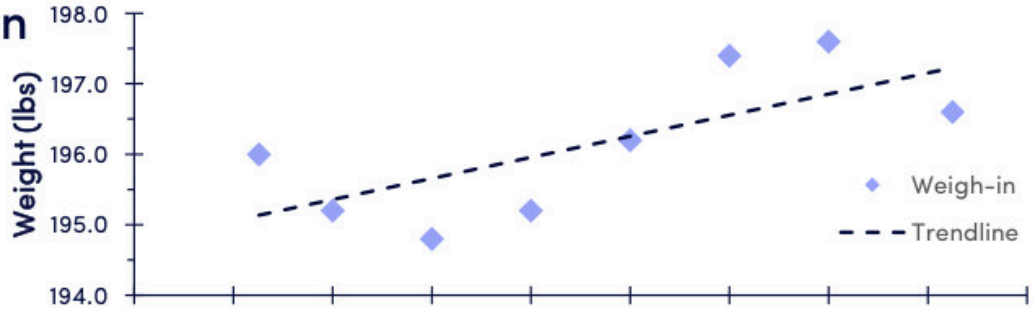
2432 cal/day



Calories Eaten

2940 cal/day

Trendline of +1.0 lbs per week indicates surplus of 508 calories per day



Calorie Intake by Objective

Currently eating 2940 cal/day

1824	2189	2432	2676	2677+
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: 1578 cal/day	Activity: 854 cal/day

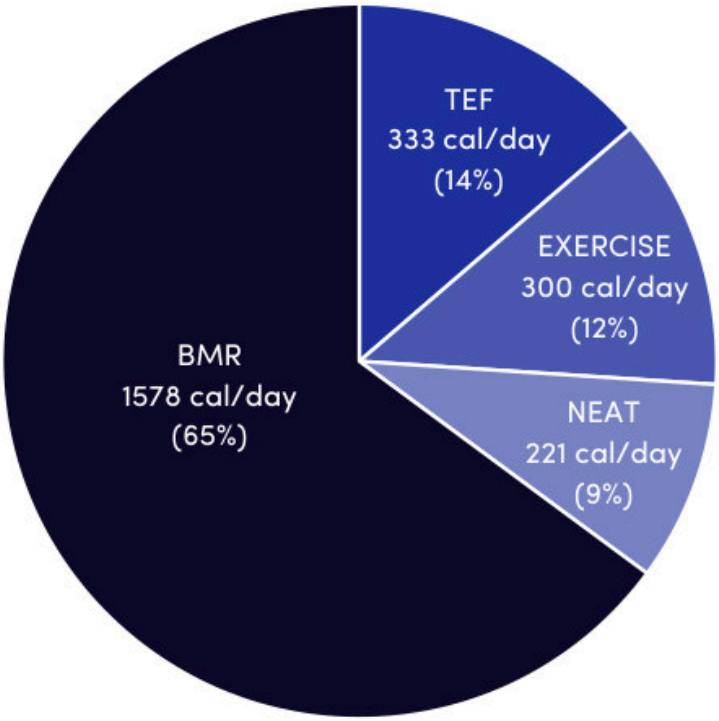
Physical Activity Level

1.54

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 32% of sustainable limit



You're training sustainably and are currently 1514 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition – Weight: 196.0 lbs

Fat Free Mass: 108.2 lbs	Fat Mass: 87.8 lbs

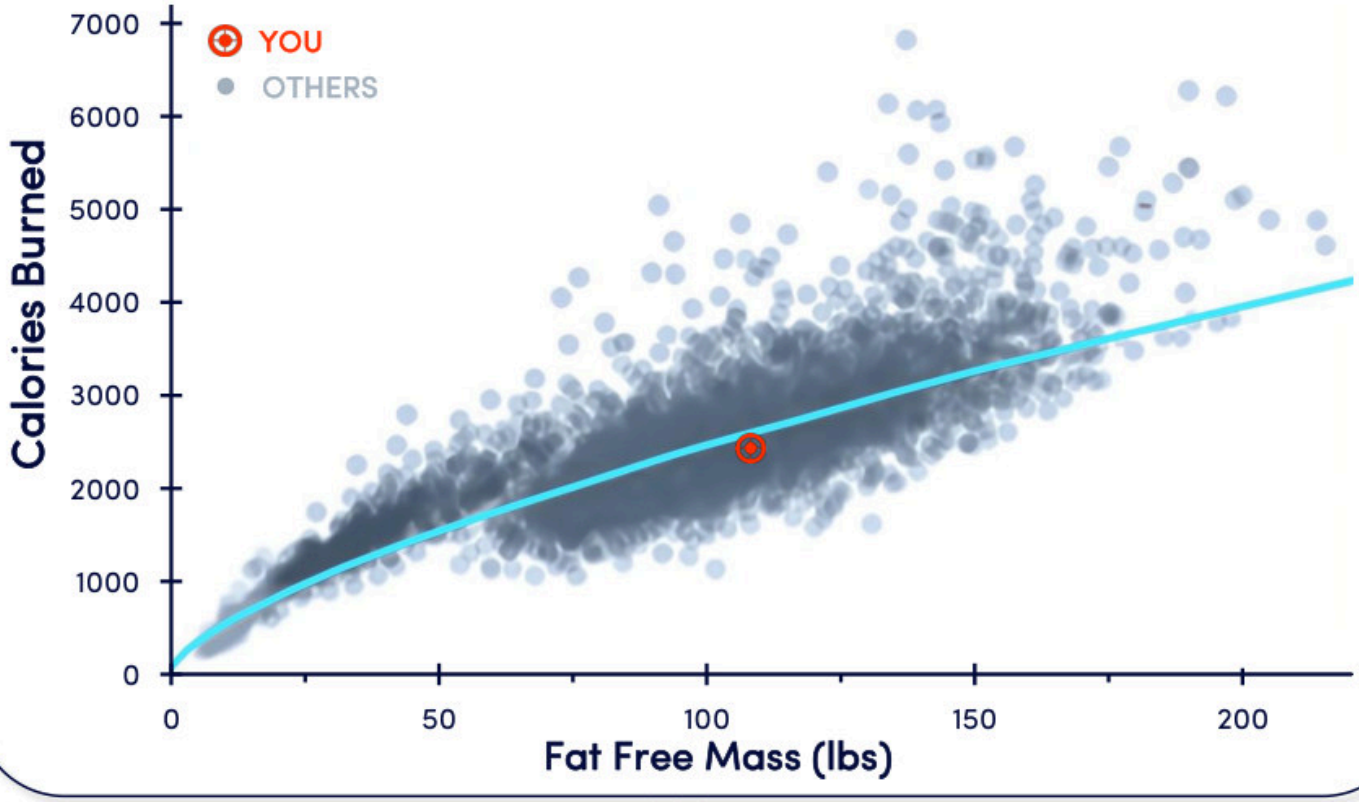
Body Fat Percentage – Higher than 72% of peers

44.8%

Hydration – Water Throughput: 4.4 Liters/day

Total Body Water: 40%

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.

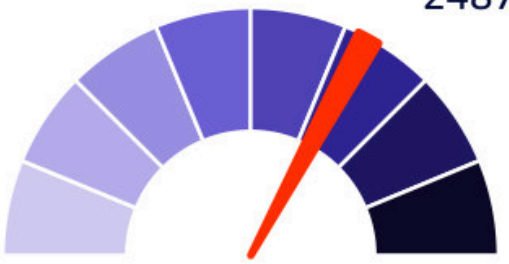
THE FITTEST YOU

Name:
Test Period:

YOUR METABOLISM. MEASURED.

Daily Caloric Burn

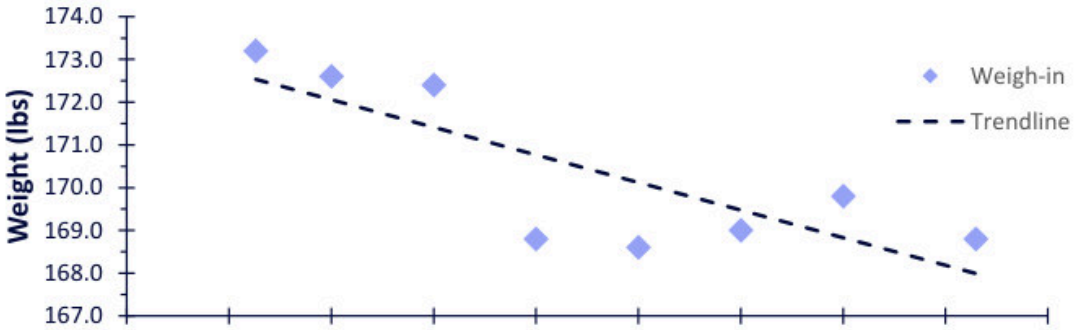
2487 cal/day



Calories Eaten

1698 cal/day

Trendline of -1.6 lbs per week indicates deficit of 789 calories per day



Calorie Intake by Objective

Currently eating 1698 cal/day

1865	2238	2487	2735	2736+
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: 1478 cal/day	Activity: 1009 cal/day

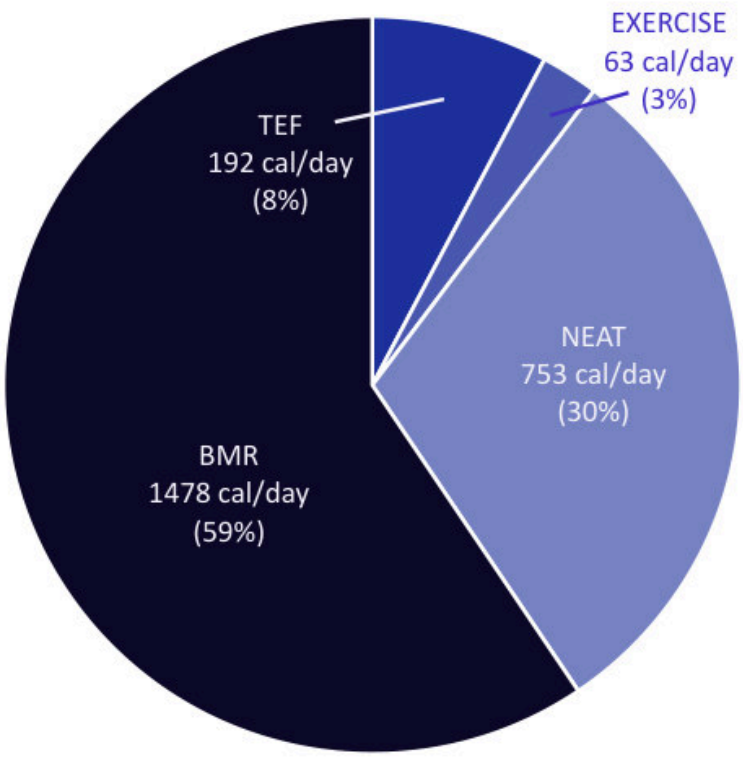
Physical Activity Level



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 42% of sustainable limit



You're training sustainably and are currently 1208 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition - Weight: 173.2 lbs

Fat Free Mass: 108.9 lbs	Fat Mass: 64.3 lbs

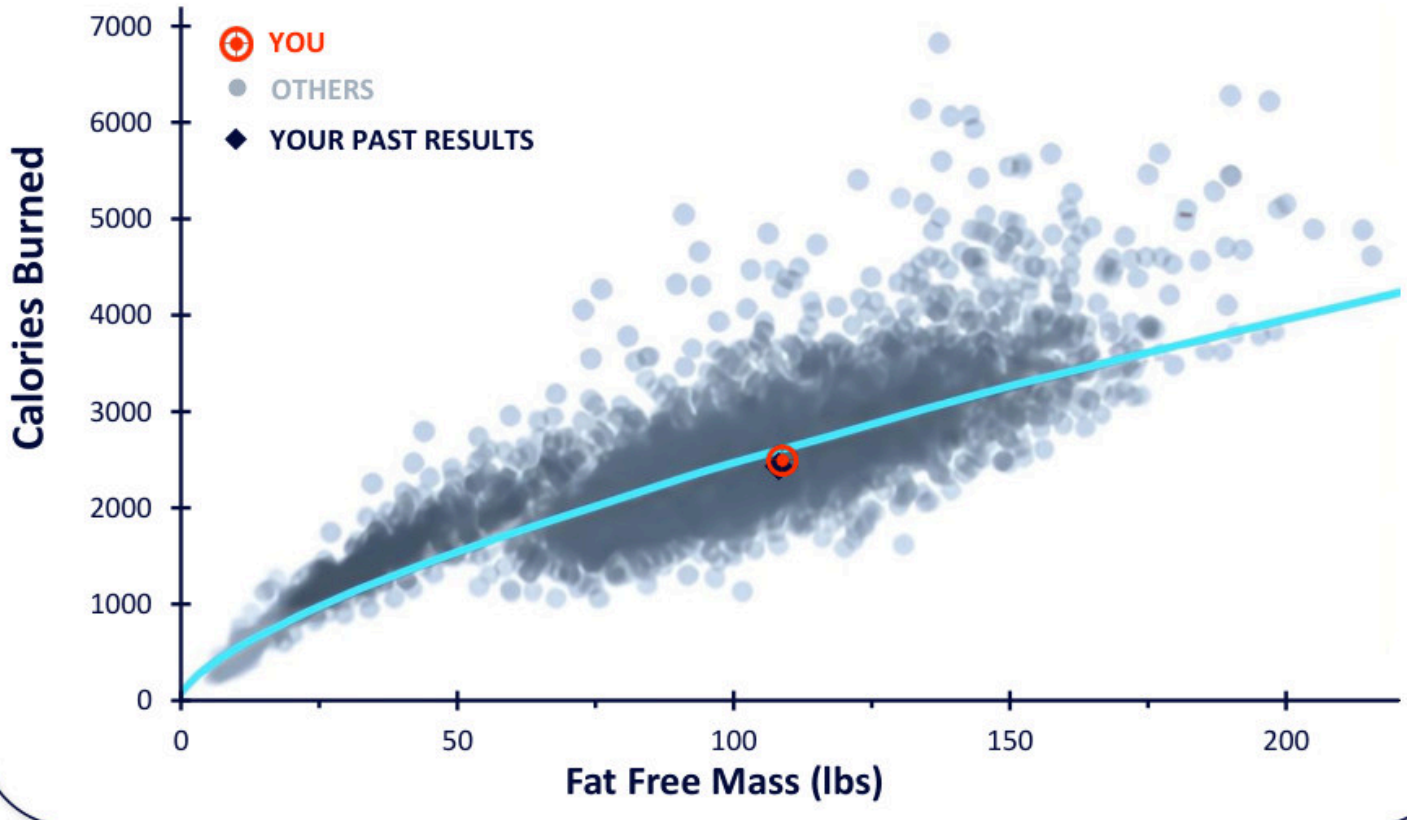
Body Fat Percentage - Lower than 58% of peers

37.2%			

Hydration - Water Throughput: 3.9 Liters/day

Total Body Water: 46%	

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.