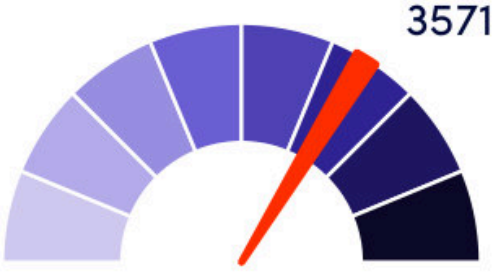
THE FITTEST YOU

Name:
Test Period:

YOUR METABOLISM. MEASURED.

Daily Caloric Burn

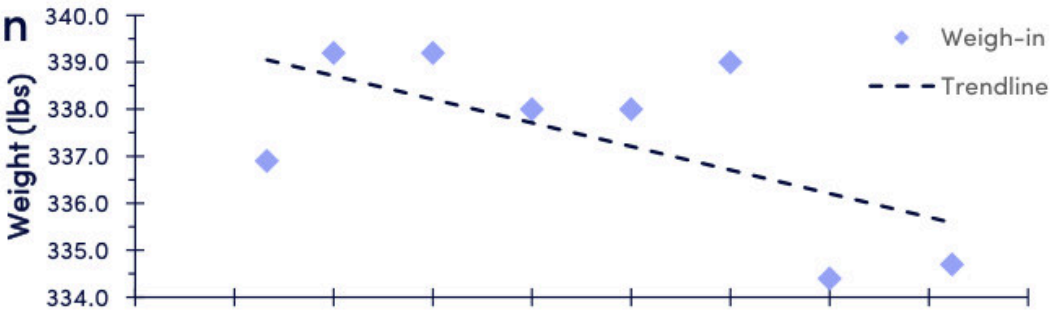
3571 cal/day



Calories Eaten

2488 cal/day

Trendline of -2.2 lbs per week indicates deficit of 1083 calories per day



Calorie Intake by Objective

Currently eating 2488 cal/day

2678	3214	3571	3928	3929+
Max Safe Fat Loss (-1.8 lbs/week)	Burn Fat, Build Muscle (-0.7 lbs/week)	*Maintenance*	Build Muscle (+0.7 lbs/week)	Gain Weight (> +0.8 lbs/week)

Energy Budget

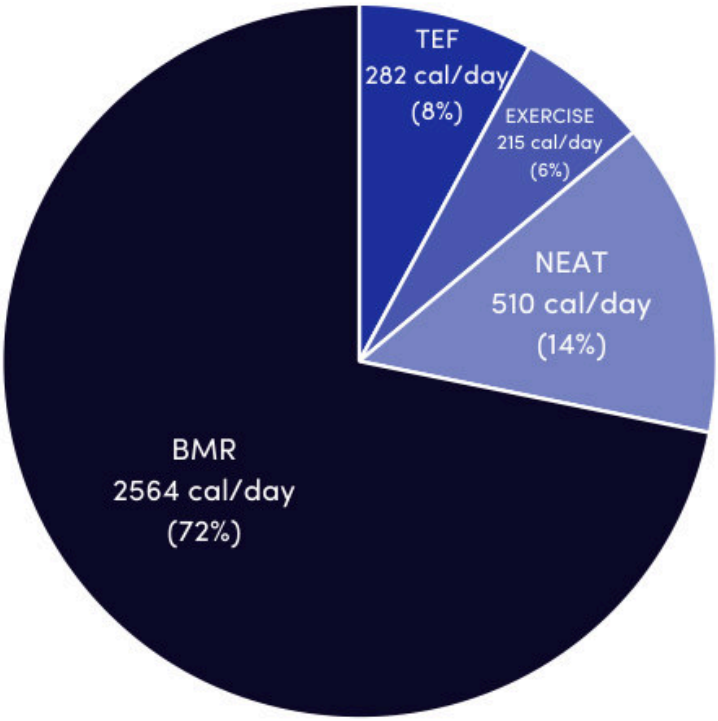
Basal Metabolic Rate: 2564 cal/day	Activity: 1007 cal/day

Physical Activity Level

1.39					
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 21% of sustainable limit



You're training sustainably and are currently 2838 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition – Weight: 336.9 lbs

Fat Free Mass: 189.0 lbs	Fat Mass: 147.9 lbs

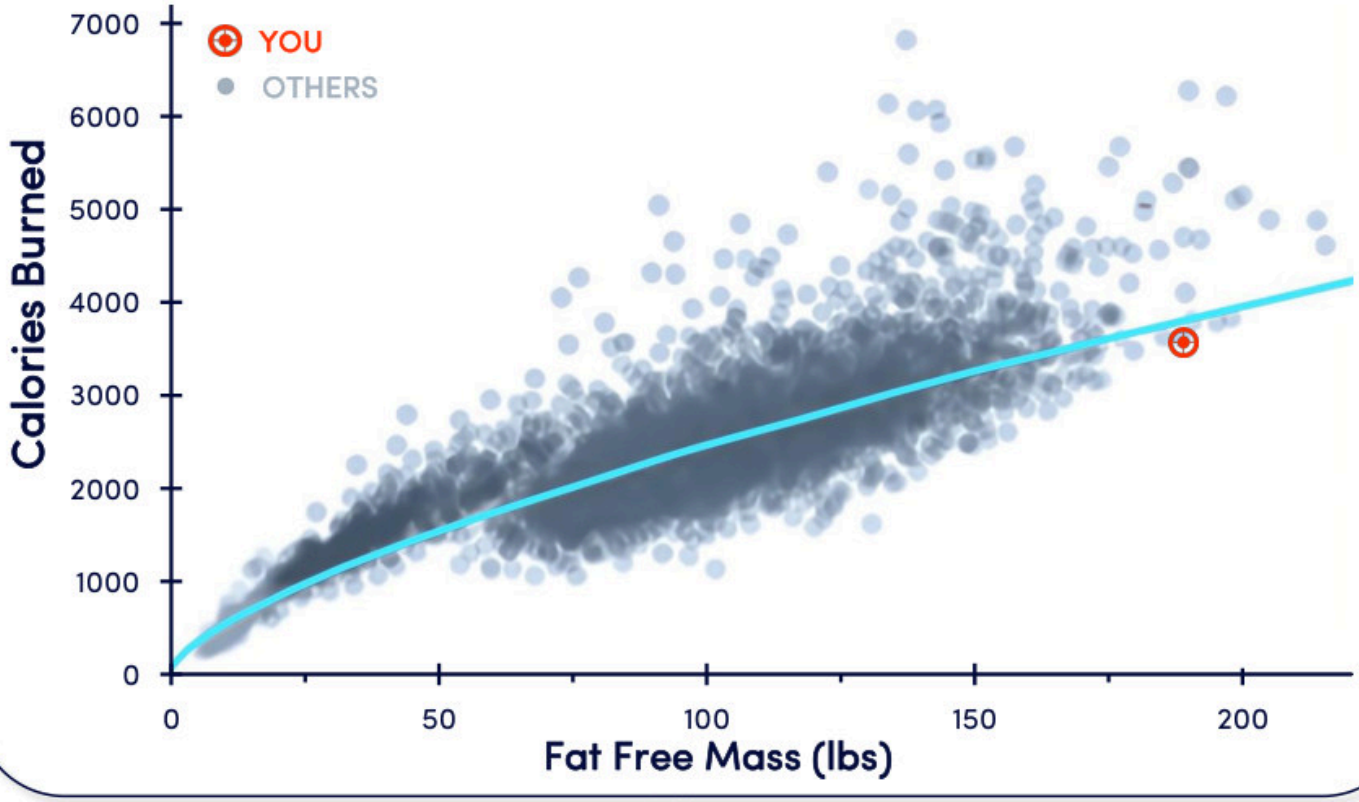
Body Fat Percentage – Higher than 99% of peers

43.9%

Hydration – Water Throughput: 6.6 Liters/day

Total Body Water: 41%

How do you compare to the scientific literature?



Disclaimer:

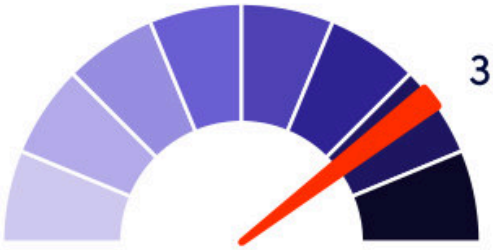
The present Assessment/Report is intended for information purposes only and under no circumstances should it be considered a substitute for professional medical advice, diagnosis or treatment. You need to consult your physician and/or family doctor prior to engaging in any exercise program and/or changing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

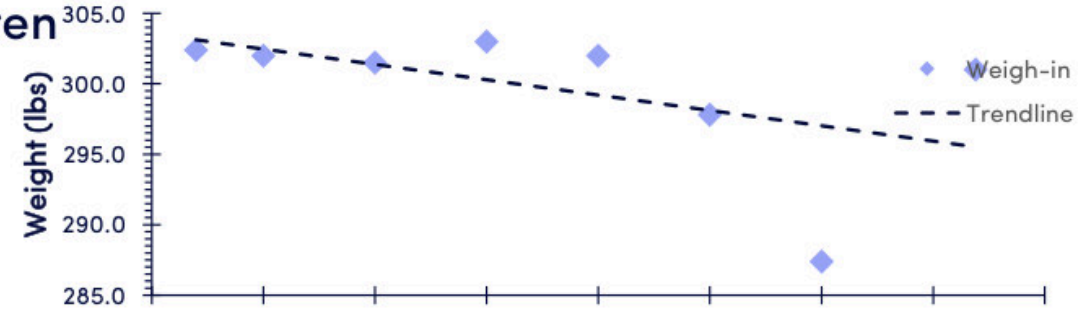


3892 cal/day

Calories Eaten

3461 cal/day

Trendline of -0.9 lbs per week indicates deficit of 431 calories per day



Calorie Intake by Objective

Currently eating 3461 cal/day

2919	3503	3892	4281	4282+
Max Safe Fat Loss (-1.9 lbs/week)	Burn Fat, Build Muscle (-0.8 lbs/week)	*Maintenance*	Build Muscle (+0.8 lbs/week)	Gain Weight (> +0.9 lbs/week)

Energy Budget

Basal Metabolic Rate: 2412 cal/day	Activity: 1480 cal/day

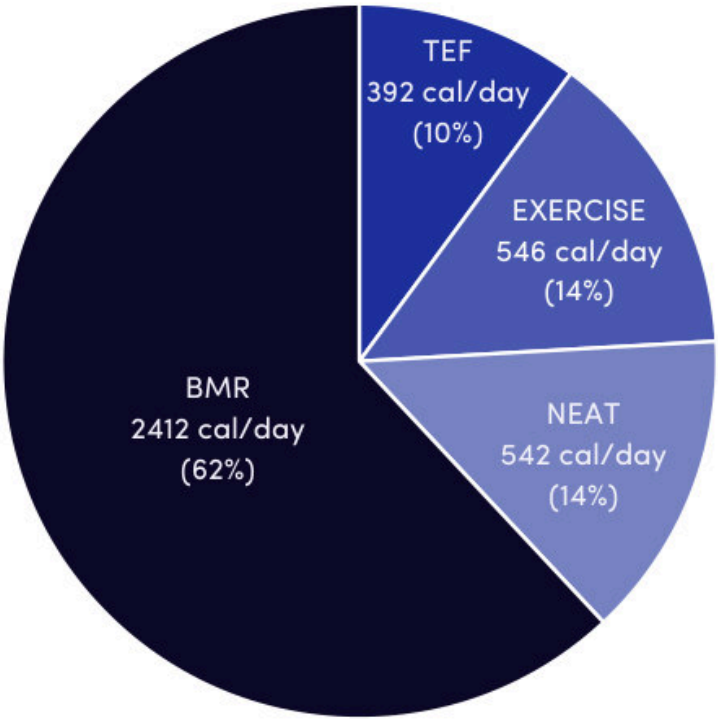
Physical Activity Level

1.61

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. For a full discussion of low energy availability, see our results interpretation page.

Training Sustainability – Currently at 37% of sustainable limit



You're training sustainably and are currently 2138 calories per day below your upper limit for sustainable energy expenditure.

THE FITTEST YOU

Body Composition – Weight: 302.4 lbs

Fat Free Mass: 190.9 lbs	Fat Mass: 111.5 lbs

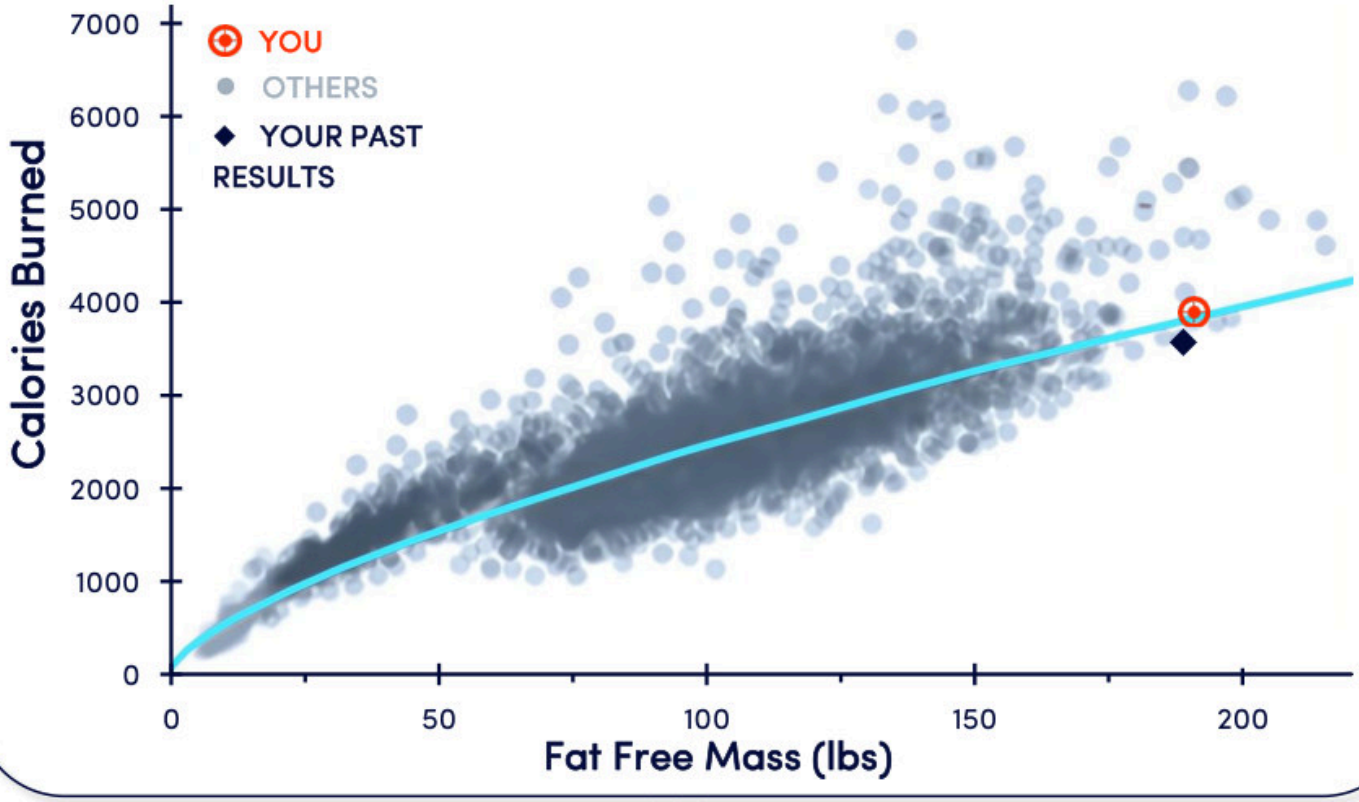
Body Fat Percentage – Higher than 97% of peers

36.9%

Hydration – Water Throughput: 5.9 Liters/day

Total Body Water: 46%

How do you compare to the scientific literature?



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