

RMR TESTING



NAME:

DATE: Nov 18, 2025

GENDER: Male

HEIGHT: 170 cm (5 ft 7 in)

WEIGHT: 84.4 kg (186 lbs)

TRAINER:

CC APP PIN:

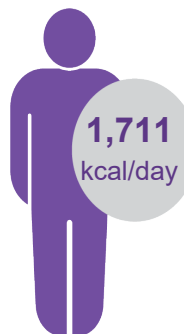
BMI



Your BMI is
29.19

Which classifies you as
Overweight

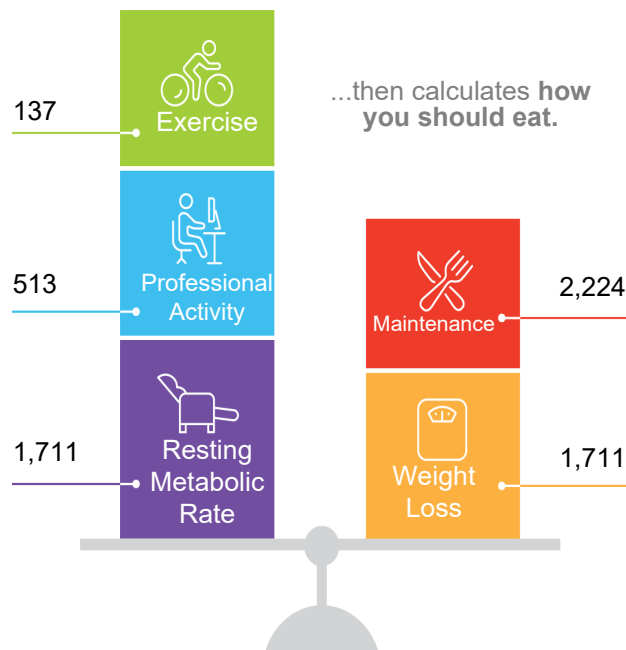
John, your metabolic rate is **SIMILAR** to others with your same height and weight



your resting metabolic rate
is 1,711 kcal/day

This is the minimum number of calories that you need to perform basic functions, such as breathing and keeping up brain activity. You will need this minimum amount of energy each day, even if you're not moving around.

Metabolic Testing
measures **what you
burn...**



WHAT NEXT?