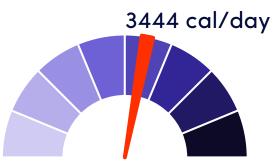


Name: SAMPLE REPORT Test Date: 01/01/2024

YOUR METABOLISM. MEASURED.





Energy Balance

Calories

Eaten:

3737



Calories Burned:

3444

Surplus of 293 cal/day (Weight gain of 0.6 lbs/week)

Calorie Intake by Objective

Currently eating 3737 cal/day

2583	3100	3444	3789	3790+
Max Safe Fat Loss	Burn Fat, Build Muscle	Maintenance	Build Muscle	Gain Weight
(-1.7 lbs/week)	(-0.7 lbs/week)		(+0.7 lbs/week)	(> +0.8 lbs/week)

Energy Budget

Basal Metabolic Rate: 1710 cal/day Activity: 1734 cal/day

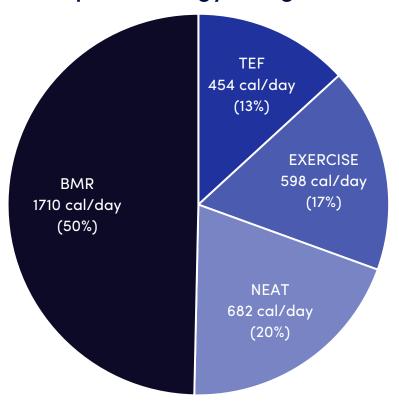
Physical Activity Level

2.01

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

CALORIFY PRO

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 per kilogram of lean body mass)

Very Low (<30) Low (30-45) Optimal (>45)

51.6

You have adequate energy to fuel all of your non-exercise physiological functions. For a full discussion of energy availability, see our results interpretation page.

Training Sustainability - Currently at 65% of sustainable limit

Calories burned (3444 cal/day)

Sustainable calorie ceiling (4276 cal/day)

You're training sustainably and are currently 832 calories per day below your upper limit for sustainable energy expenditure.

To schedule your PRO consult and create your custom plan, visit our <u>calendar page</u>

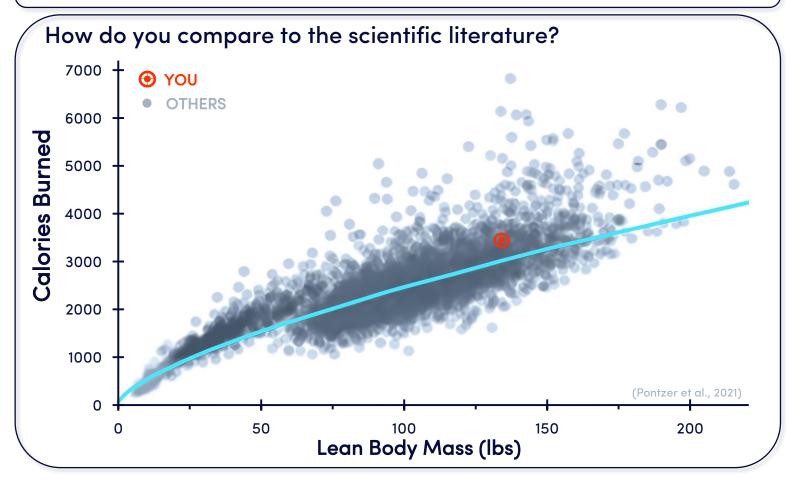






Hydration - Water Throughput: 4.9 Liters/day

Total Body Water: 62%



To learn more about the metrics in your report, visit our <u>interpretation page</u>



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