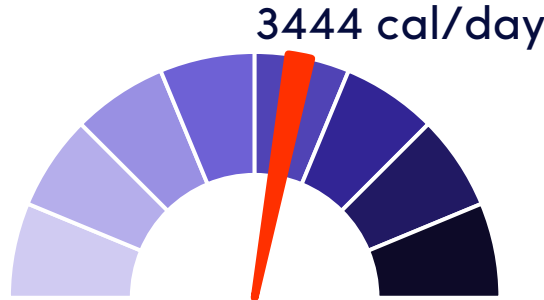


# YOUR METABOLISM. MEASURED.

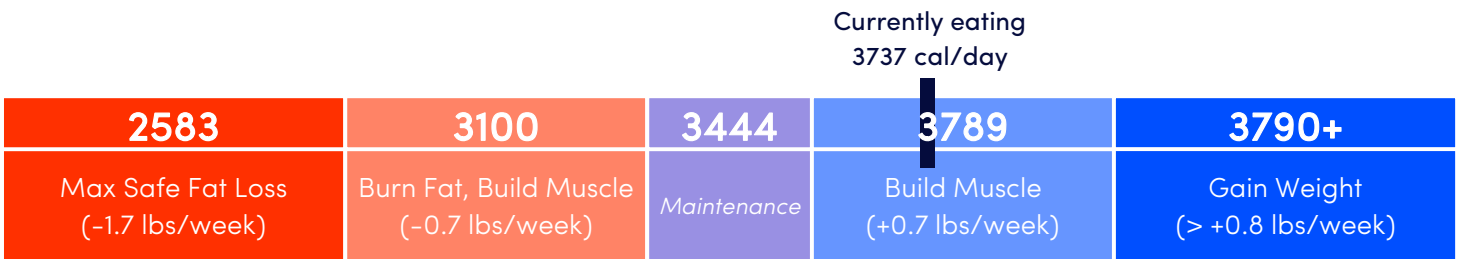
## Daily Caloric Burn



## Energy Balance



## Calorie Intake by Objective



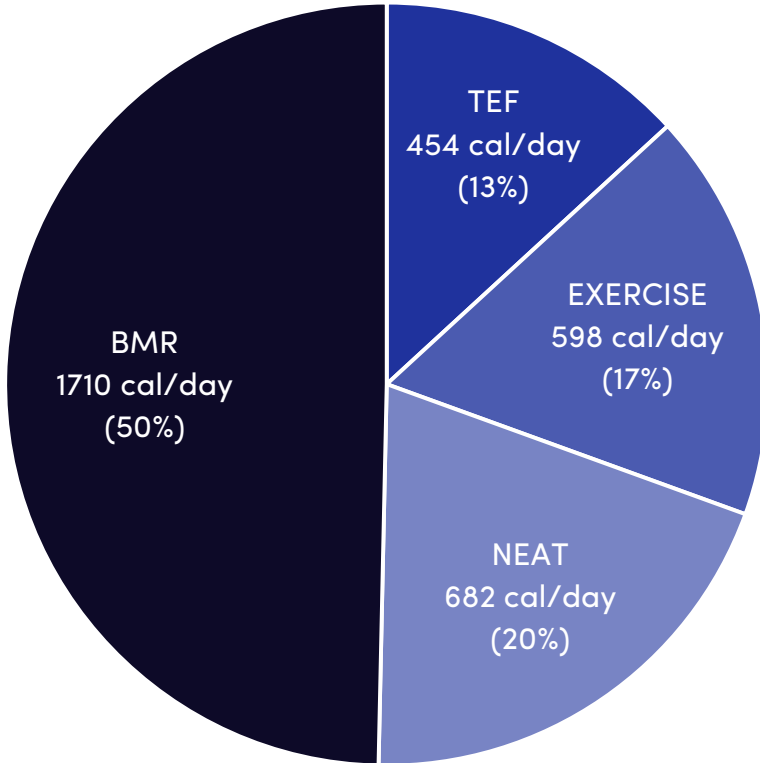
## Energy Budget



## Physical Activity Level



## 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)



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



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 [calendar page](#)



## Body Composition - Weight: 157.1 lbs

Lean Body Mass:  
134.1 lbs

Fat Mass:  
23.0 lbs

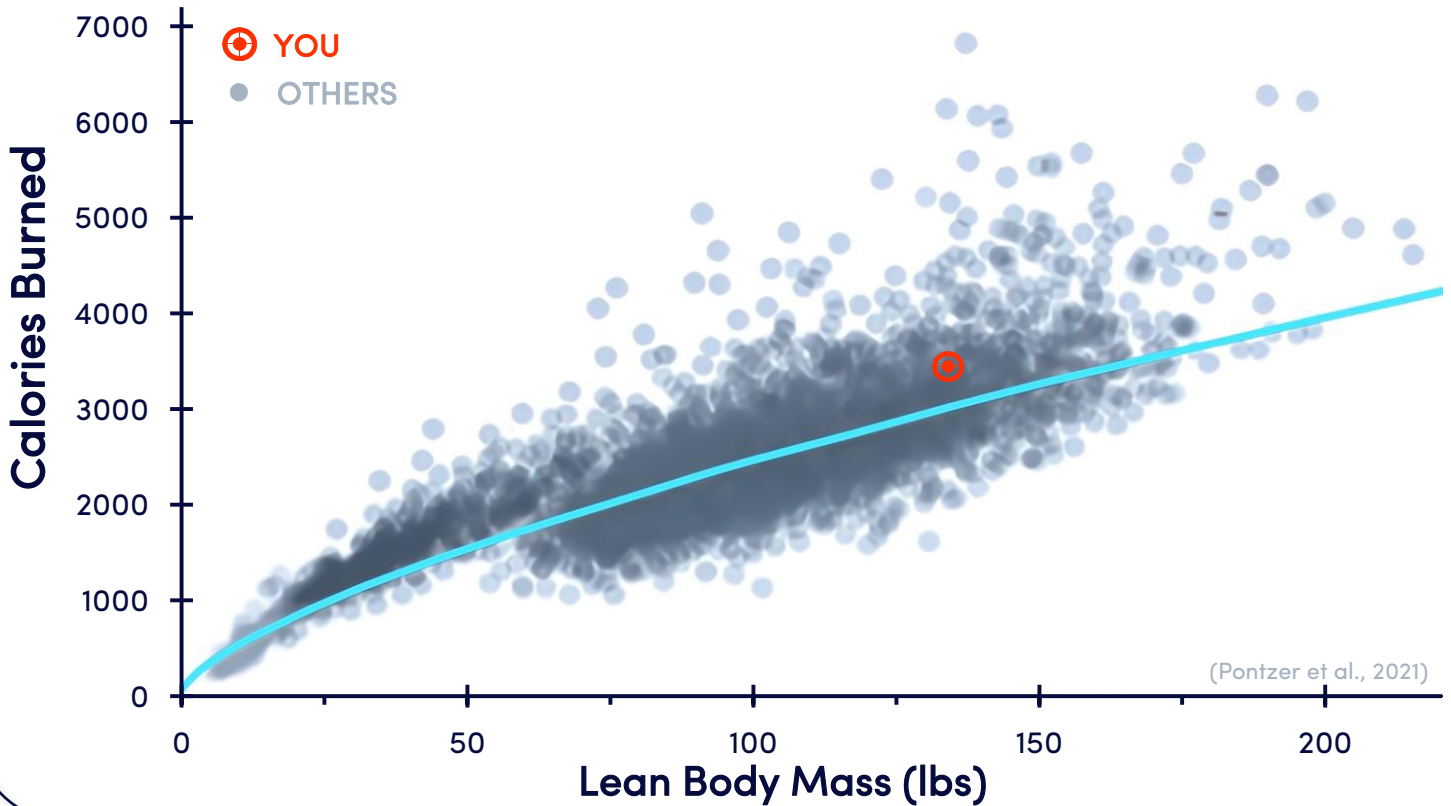
## Body Fat Percentage - Lower than 78% of peers

14.7%

## Hydration - Water Throughput: 4.9 Liters/day

Total Body Water: 62%

## How do you compare to the scientific literature?



To learn more about the metrics in your report, visit our [interpretation page](#)

