

RMR TESTING

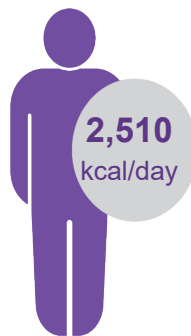


NAME: Sample Test
DATE: Nov 14, 2023
GENDER: Male
HEIGHT: 166 cm (5 ft 5 in)
WEIGHT: 63.0 kg (139 lbs)
TRAINER: PC
CC APP PIN:
QUALITY SCORE: 89



BMI
Your BMI is 22.86
Which classifies you as Healthy

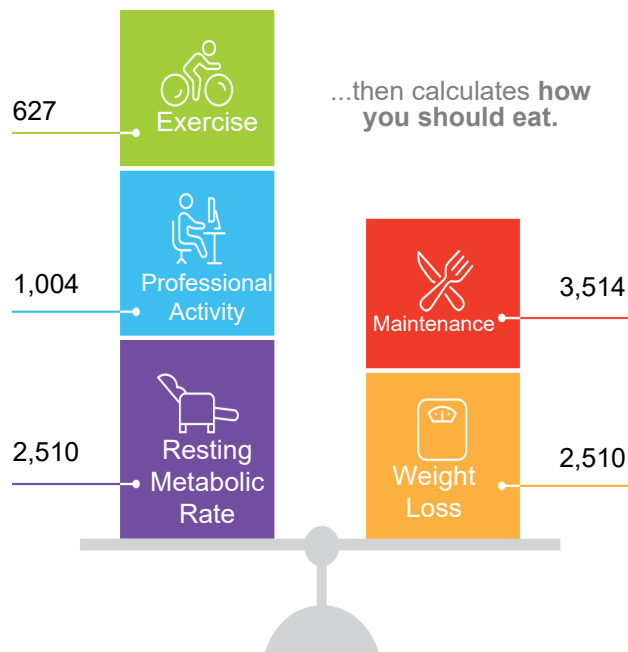
neel, your metabolic rate is **FASTER** than others with your same height and weight



neel, your resting metabolic rate is 2,510 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?

RMR TEST

Name: Sample Test

Age: 26

Height: 166 cm

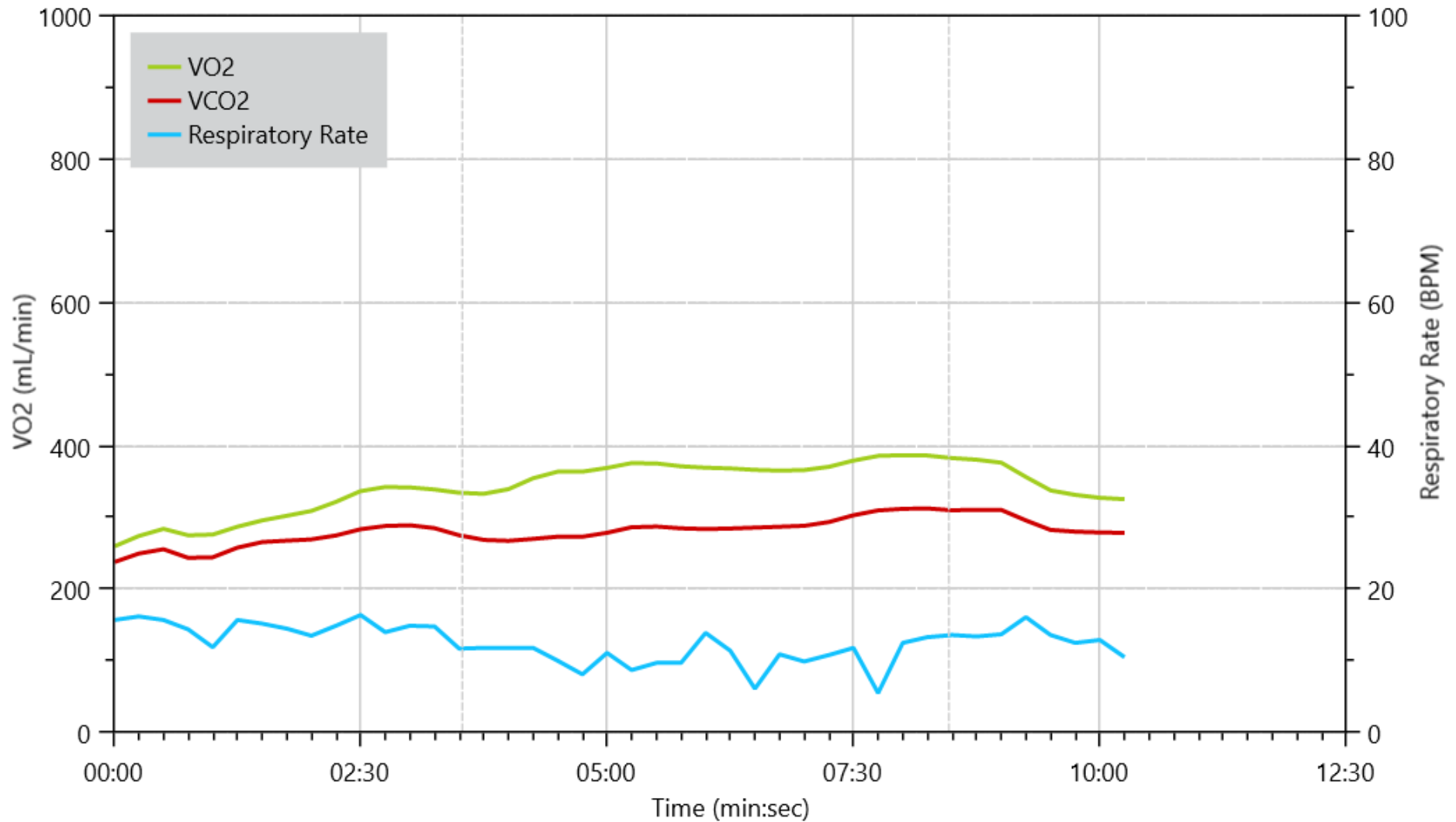
Weight: 63.0 kgs

Gender: Male

Date: 11/14/2023 9:14:44 AM

Test ID: CP-11

RMR Test



INTERVAL DATA

Name: Sample Test

Age: 26

Height: 166 cm

Weight: 63.0 kgs

Gender: Male

Date: 11/14/2023 9:14:44 AM

Test ID: CP-11

Respiratory Data

Respiratory Rate: 11 BPM

Tidal Volume: 872 mL

Time min:sec	Tidal Volume mL	Respiratory Rate	VO2 mL/min	VO2 mL/kg/min	VE/VO2	FeO2 %	VCO2 mL/min	VCO2 mL/kg/min	VE/VCO2	FeCO2 %
0:00	578	16	230	3.7	39.05	17.96	213	3.4	42.24	2.56
0:14	602	16	288	4.6	33.58	17.47	261	4.1	37.02	2.95
0:29	602	16	306	4.9	30.63	17.18	269	4.3	34.87	3.13
0:44	571	14	270	4.3	30.20	17.13	237	3.8	34.38	3.17
0:59	634	12	243	3.9	30.74	17.18	217	3.4	34.45	3.17
1:14	585	16	292	4.6	31.23	17.23	264	4.2	34.51	3.16
1:29	642	15	311	4.9	31.10	17.22	281	4.5	34.41	3.17
1:44	580	14	271	4.3	30.71	17.18	243	3.9	34.32	3.18
1:59	684	13	305	4.8	30.02	17.11	268	4.3	34.12	3.20
2:14	705	15	355	5.6	29.39	17.05	306	4.9	34.11	3.20
2:29	569	16	319	5.1	29.01	17.01	271	4.3	34.21	3.19
2:44	707	14	342	5.4	28.72	16.98	287	4.6	34.21	3.19
2:59	671	15	345	5.5	28.79	16.99	290	4.6	34.20	3.19
3:14	660	15	340	5.4	28.50	16.95	289	4.6	33.54	3.25
3:29	749	12	327	5.2	26.58	16.69	271	4.3	32.01	3.41
3:44	714	12	332	5.3	25.13	16.49	267	4.2	31.17	3.50
3:59	681	12	334	5.3	23.81	16.29	259	4.1	30.71	3.55
4:14	770	12	390	6.2	23.05	16.16	295	4.7	30.49	3.58

INTERVAL DATA

Name: Sample Test

Age: 26

Height: 166 cm

Weight: 63.0 kgs

Gender: Male

Date: 11/14/2023 9:14:44 AM

Test ID: CP-11

Time min:sec	Tidal Volume mL	Respiratory Rate	VO2 mL/min	VO2 mL/kg/min	VE/VO2	FeO2 %	VCO2 mL/min	VCO2 mL/kg/min	VE/VCO2	FeCO2 %
4:29	819	10	356	5.7	22.79	16.12	266	4.2	30.50	3.58
4:44	1,069	8	371	5.9	22.98	16.15	279	4.4	30.56	3.57
4:59	657	11	310	4.9	23.26	16.20	236	3.7	30.62	3.56
5:14	1,054	9	387	6.1	23.42	16.22	295	4.7	30.72	3.55
5:29	923	10	377	6.0	23.46	16.23	288	4.6	30.64	3.56
5:44	875	10	361	5.7	23.25	16.19	277	4.4	30.31	3.60
5:59	624	14	369	5.9	23.28	16.19	283	4.5	30.36	3.59
6:14	770	11	369	5.9	23.58	16.25	285	4.5	30.53	3.57
6:29	1,453	6	364	5.8	23.92	16.30	284	4.5	30.66	3.56
6:44	811	11	365	5.8	23.97	16.30	287	4.6	30.50	3.58
6:59	903	10	368	5.8	24.03	16.31	290	4.6	30.43	3.59
7:14	784	11	348	5.5	24.07	16.31	277	4.4	30.23	3.61
7:29	798	12	388	6.2	24.03	16.30	310	4.9	30.06	3.63
7:44	1,696	5	380	6.0	24.05	16.30	305	4.8	30.03	3.63
7:59	784	12	404	6.4	24.00	16.29	327	5.2	29.70	3.67
8:14	702	13	386	6.1	23.99	16.29	312	5.0	29.69	3.67
8:29	674	14	372	5.9	24.44	16.36	302	4.8	30.13	3.62
8:44	859	13	459	7.3	24.88	16.44	374	5.9	30.47	3.58
8:59	660	14	350	5.6	25.58	16.55	288	4.6	31.13	3.50
9:14	640	16	391	6.2	26.13	16.63	325	5.2	31.50	3.46

INTERVAL DATA

Name: Sample Test

Age: 26

Height: 166 cm

Weight: 63.0 kgs

Gender: Male

Date: 11/14/2023 9:14:44 AM

Test ID: CP-11

Time min:sec	Tidal Volume mL	Respiratory Rate	VO2 mL/min	VO2 mL/kg/min	VE/VO2	FeO2 %	VCO2 mL/min	VCO2 mL/kg/min	VE/VCO2	FeCO2 %
9:29	670	14	333	5.3	27.12	16.76	280	4.4	32.29	3.38
9:44	729	12	324	5.1	27.89	16.86	275	4.4	32.79	3.33
9:59	771	13	350	5.6	28.18	16.90	299	4.7	32.92	3.31
10:14	877	10	325	5.2	28.05	16.88	278	4.4	32.72	3.33