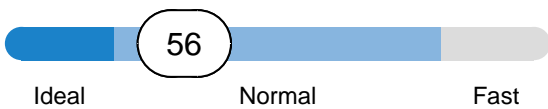


Your Metabolism [%]



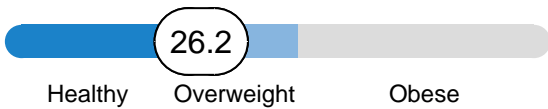
This is how your metabolism compares to the average given your age, weight, height, and sex.

Resting Heart Rate [bpm]



Those who achieve a resting heart rate under 50 live the longest.

Body Mass Index



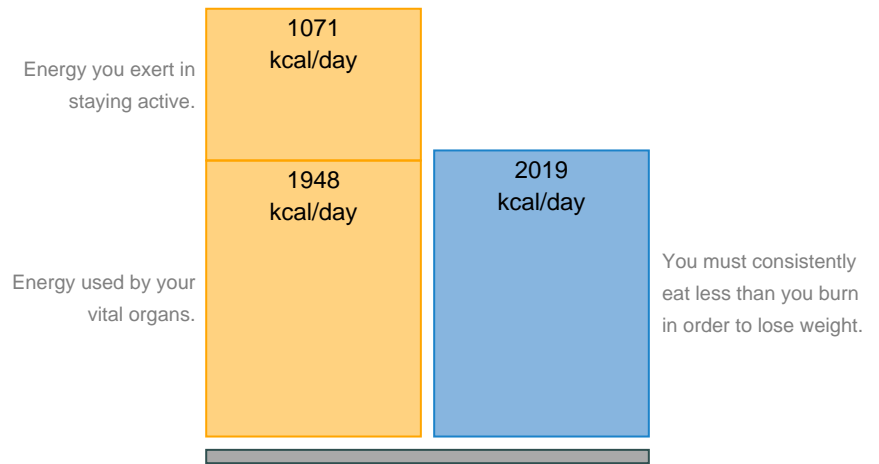
Being in the Overweight or Obese categories is associated with an increased risk of all-cause mortality. Very muscular people will score artificially high on the BMI scale.

Caloric Balance

This is an objective measure of your metabolism. You can master a healthy weight by monitoring your caloric intake.

You Burn 3019 Calories
Total Daily Energy Expenditure

Goal Ingestion 2019 Calories
Daily Caloric Intake



Goal weight: 75kg

Weeks to attain: 10

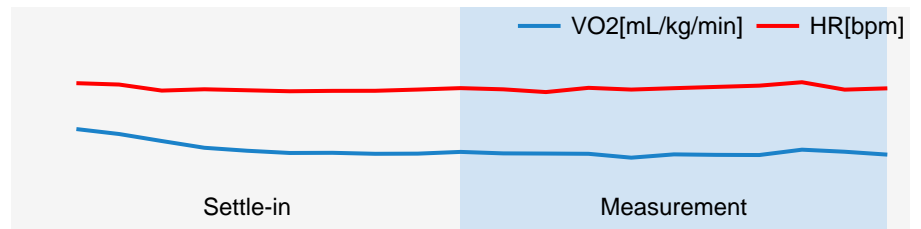
Weekly loss goal: 1kg

Activity level: Moderate

VO₂[mL/kg/min] 3.3 HR[bpm] 56

Ve[L/min] 8.5 Tv[L] 1.2

Rf[bpm] 7.2 FeO₂[%] 16.6



Workout Name	Early morning RMR	Athlete Name	Rick Latta	Weight	85kg
Test Date	2019-12-16 7:36:44 AM	Date of Birth	1965-10-25 (54)	Sex	Male
Height	180cm	Elapsed	00:10:00	Notes	
User Piece Size	Resting	Data Average	30s		

