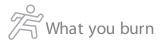




Your Energy Balance Results

There is one basic truth to weight loss: You need to burn more than you eat. Target Metabolic Zones tell you exactly how to do that. The following results of your test show you precisely how many calories your body actually burns, and calculates how many calories you should eat to lose or maintain your weight.



How much you eat

Exercise

This is an estimate of the number of Calories you would burn with 30 minutes at a moderate exercise level.

Lifestyle & Activity

This is the number of calories you burn performing your daily activities...working playing, eating, etc. Activity accounts for a significant portion of the calories you burn each day.

Resting Metabolic Rate

Today we measured your Metabolic Rate. This is the number of Calories your body burns everyday at rest.

Exercise + 201 cals (Estimated from Measurement)

Lifestyle and Activity + 483 cals

Resting Energy Expenditure + 1613 cals

Need to burn more Calories than vou eat!

Maintenance Zone 1613 to 2096 cals

Weight Loss Zone 1291 to 1613 cals

Medically Supervised 0-1291 cals

Maintenance Zone

Once you reach your goal weight, this is how many calories your body needs to maintain your weight.

Weight Loss Zone

Comfortable weight loss comes from eating slightly less Calories than your body needs. By eating healthy foods throughout the day you should not feel hunary.

Medically Supervised Zone

Very low calorie diets should only be done under medical supervision. Supervision is required to ensure adequate nutrition, and to monitor and treat the potential slowing of metabolic rate.

Calories/Day + 2297 cals **Total Energy Output**



Calories/Day **Energy Input**

Time to reach your goal weight....21 weeks If you add exercise.....17 weeks

*Based on measured metabolic rate, assumes a moderate level

FAST

Target daily calories:



How does your metabolism compare? Compared to a typical person of similar sex, age, height and weight, your metabolic rate is:

Normal +5%



CAUTION: If you just recently exercised, ate a large meal, or were not in a restful state during the test, you may want to repeat the test (ask about correct test preparation).

CAUTION: If you think you may not have sealed your nose or mouth during the test, you should repeat the test. You want to ensure your measured Caloric Zones are correct.

*note: NORMAL is considered to be +/- 10% the predicted value.



Name

Coach

Next Test Date:

Exercise Goal:

FAST Metabolism: People with "FAST" metabolic rates burn MORE calories than normal.

SLOW Metabolism: People with "SLOW" metabolic rates burn FEWER calories than normal.

Age: 32

Female Gender: Height: 64.0 in Weight: 168 lbs Goal Weight: 135 lbs

BMI: 28.9

Test ID: 3105 11299



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CAUTION: These statements have not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult your physician before starting any weight-loss or fitness program.