

RMR TESTING



DATE:

GENDER: Male

HEIGHT: 181 cm (5 ft 11 in)

WEIGHT: 92.5 kg (204 lbs)

TRAINER:

CC APP PIN:

BMI



Your BMI is
28.24

Which classifies you as
Overweight

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

2,282



your resting metabolic rate
is 2,282 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?