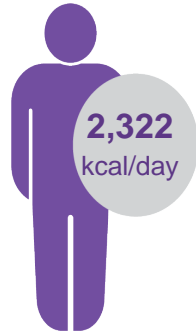


RMR TESTING



NAME: Alley , Zach
DATE: Jun 21, 2022
GENDER: Male
HEIGHT: 172 cm (5 ft 8 in)
WEIGHT: 81.6 kg (180 lbs)
TRAINER:
CC APP PIN:
QUALITY SCORE: 85



Zach, your resting metabolic rate is 2,322 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.



Your BMI is 27.60
Which classifies you as Overweight

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



Metabolic Testing measures **what you burn...**



WHAT NEXT?

RMR TEST

Name: Alley, Zach

Age: 41

Height: 5' 8"

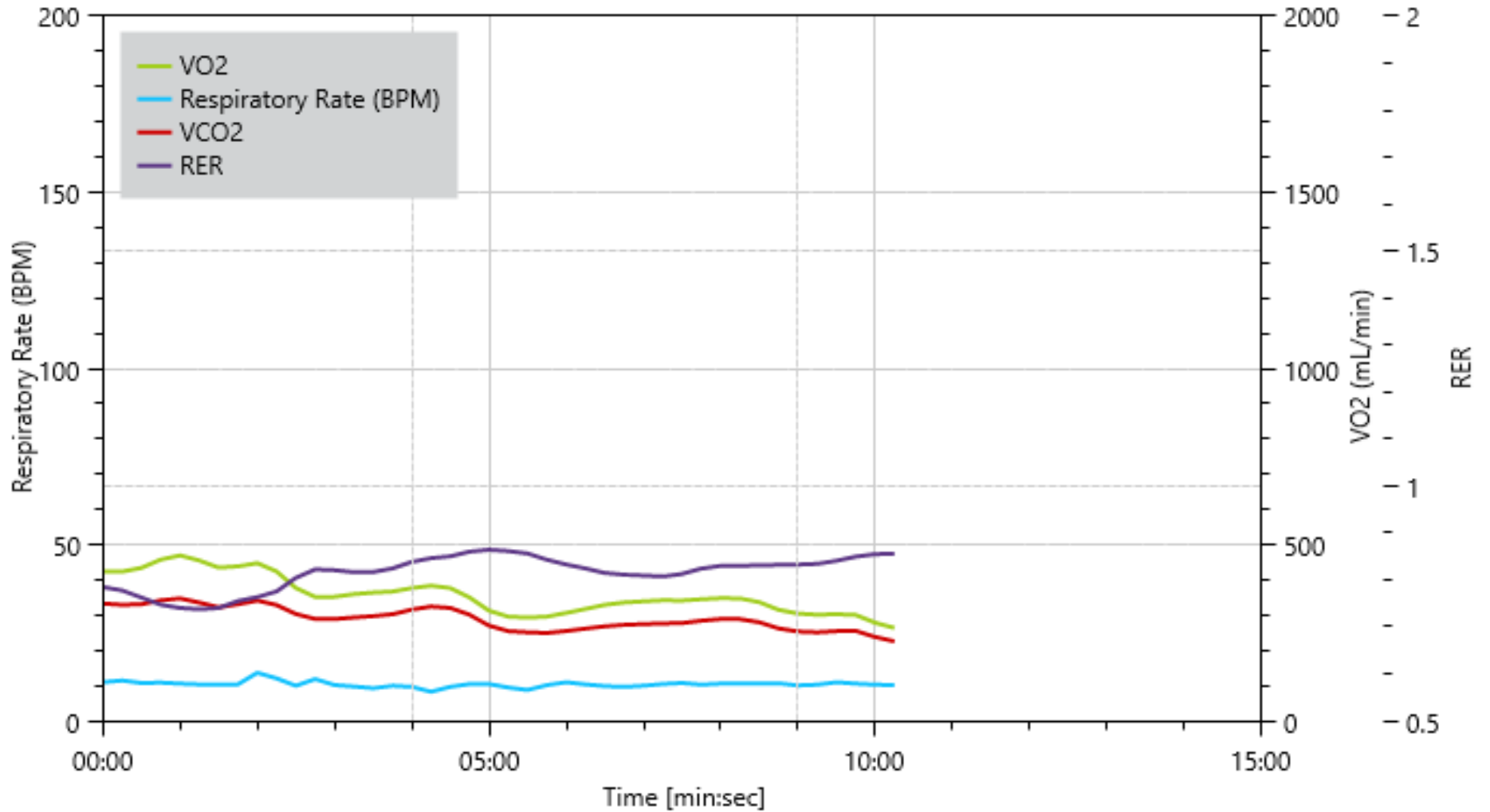
Weight: 180.0 lbs

Gender: Male

Date: 6/21/2022 9:39:05 AM

Test ID: CP-1025-000004

RMR Test



INTERVAL DATA

Name: Alley , Zach

Age: 41

Height: 5 ' 8 "

Weight: 180.0 lbs

Gender: Male

Date: 6/21/2022 9:39:05 AM

Test ID: CP-1025-000004

Respiratory Data

Respiratory Rate: 10 BPM

Tidal Volume: 834 mL

Metabolic Data

VO2: 333 mL/min

% CHO: 45.0%

CHO: 244 grams

VCO2: 278 mL/min

% Fat: 55.0%

Fat: 140 grams

RER: 0.83

Time	Tidal Volume	Respiratory Rate	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	VE/VO2	VE/VCO2	FeO2	FeCO2	RER
0:00	955	11	426	5.2	340	4.2	24.39	30.57	15.79	4.18	0.80
0:15	819	11	422	5.2	325	4.0	22.11	28.70	15.27	4.48	0.77
0:30	760	11	386	4.7	290	3.6	21.03	28.00	15.01	4.59	0.75
0:45	1,031	11	535	6.6	401	4.9	20.79	27.77	14.94	4.63	0.75
1:00	914	11	469	5.7	347	4.3	20.44	27.63	14.85	4.65	0.74
1:15	803	10	411	5.0	299	3.7	20.13	27.63	14.78	4.65	0.73
1:30	1,020	10	517	6.3	377	4.6	20.29	27.81	14.82	4.62	0.73
1:45	747	10	370	4.5	273	3.3	20.78	28.15	14.96	4.57	0.74
2:00	711	14	447	5.5	341	4.2	21.59	28.31	15.14	4.54	0.76
2:15	905	12	478	5.9	379	4.6	22.68	28.64	15.38	4.49	0.79
2:30	844	10	353	4.3	290	3.6	23.64	28.75	15.57	4.47	0.82
2:45	591	12	287	3.5	241	3.0	24.25	28.92	15.68	4.45	0.84
3:00	933	10	383	4.7	320	3.9	24.58	29.35	15.75	4.38	0.84
3:15	865	10	345	4.2	284	3.5	24.31	29.52	15.71	4.35	0.82
3:30	947	9	364	4.5	296	3.6	23.88	29.33	15.63	4.38	0.81

INTERVAL DATA

Name: Alley , Zach

Age: 41

Height: 5 ' 8 "

Weight: 180.0 lbs

Gender: Male

Date: 6/21/2022 9:39:05 AM

Test ID: CP-1025-000004

Time	Tidal Volume	Respiratory Rate	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	VE/VO2	VE/VCO2	FeO2	FeCO2	RER
3:45	884	10	363	4.4	299	3.7	24.09	29.28	15.67	4.39	0.82
4:00	1,017	10	401	4.9	334	4.1	24.34	29.19	15.71	4.40	0.83
4:15	1,109	8	375	4.6	314	3.8	24.24	28.89	15.68	4.45	0.84
4:30	1,007	10	391	4.8	334	4.1	24.66	28.87	15.75	4.45	0.85
4:45	654	10	269	3.3	234	2.9	25.25	28.99	15.85	4.43	0.87
5:00	895	10	364	4.5	317	3.9	25.52	29.28	15.90	4.39	0.87
5:15	804	9	295	3.6	254	3.1	25.55	29.66	15.92	4.33	0.86
5:30	775	9	265	3.2	226	2.8	25.42	29.74	15.90	4.32	0.85
5:45	888	10	355	4.3	302	3.7	25.26	29.69	15.87	4.33	0.85
6:00	661	11	287	3.5	241	3.0	25.10	29.83	15.85	4.31	0.84
6:15	755	10	312	3.8	259	3.2	24.88	29.96	15.82	4.29	0.83
6:30	847	10	339	4.2	276	3.4	24.47	30.04	15.75	4.28	0.81
6:45	840	10	332	4.1	268	3.3	24.21	30.05	15.71	4.28	0.81
7:00	861	10	352	4.3	284	3.5	24.21	30.01	15.71	4.28	0.81
7:15	776	10	331	4.1	267	3.3	24.37	30.12	15.74	4.27	0.81
7:30	895	11	388	4.8	316	3.9	24.62	30.27	15.79	4.25	0.81
7:45	696	10	284	3.5	232	2.8	24.98	30.51	15.85	4.21	0.82
8:00	845	11	350	4.3	290	3.6	25.30	30.56	15.90	4.21	0.83
8:15	841	11	347	4.3	288	3.5	25.41	30.58	15.92	4.20	0.83
8:30	661	11	272	3.3	225	2.8	25.46	30.75	15.94	4.18	0.83
8:45	914	11	381	4.7	315	3.9	25.38	30.68	15.92	4.19	0.83

INTERVAL DATA

Name: Alley , Zach

Age: 41

Height: 5 ' 8 "

Weight: 180.0 lbs

Gender: Male

Date: 6/21/2022 9:39:05 AM

Test ID: CP-1025-000004

Time	Tidal Volume	Respiratory Rate	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	VE/VO2	VE/VCO2	FeO2	FeCO2	RER
9:00	780	10	304	3.7	253	3.1	25.63	30.78	15.96	4.18	0.83
9:15	739	10	291	3.6	244	3.0	25.89	30.86	16.00	4.17	0.84
9:30	788	11	323	4.0	275	3.4	26.51	31.17	16.11	4.12	0.85
9:45	626	11	244	3.0	208	2.5	26.93	31.50	16.18	4.08	0.85
10:00	945	10	356	4.4	305	3.7	27.09	31.60	16.20	4.07	0.86
10:15	703	10	263	3.2	225	2.8	26.92	31.47	16.17	4.08	0.86