



Metabolic & Nutrition Assessment

John Sample

Resting Metabolic Rate: **1850 calories**

Test Date: **October 1, 2007**

Goal Weight: **190 lbs**

Goal Date: **February 18, 2008**

Weight Loss Per Week: **1.0 lbs**

Daily Calories for Goal: **2251 calories**

Goal: Lose 20 lbs by February 18, 2008

Age: **38** BMI: **30.1**

Height: **70 inches**

Current Weight: **210 lbs**

Goal Weight: **190 lbs**

Total Weight Loss Goal: **20 lbs**

Goal Date: **February 18, 2008**

Weeks to Goal: **20 weeks**

Weight Loss Per Week: **1.0 lbs**

Current Body Fat %: **21.0 %**

Desired Body Fat %: **12.7 %**

Resting metabolic rate (RMR) is the number of calories your body burns each day with little to no activity, and accounts for a majority of the calories your body burns.

Daily Exercise Calorie Goals:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Average
560	0	560	0	560	235	0	273 calories

* John, your average daily exercise calorie expenditure is **273 calories**.

Estimated Daily Calorie Requirement Summary:

Basic calorie requirement:	2477 calories per day
Average exercise calories:	273 calories per day
Calories to maintain present weight:	2750 calories per day
Daily calorie requirement for weight loss of 1.0 lbs/week :	2251 calories per day

* John, your daily calorie requirement includes your average daily exercise calories of 273 calories. If your exercise habits change, your daily calorie requirements will need to be adjusted. If you are unsure how to adjust your daily calorie requirement, speak with your Structural Fitness trainer or other health and fitness professional.

*This report is based on an assessment of John Sample's metabolic rate using the BodyGem indirect calorimeter and or answers John provided to various health and fitness questions. The information presented is based on USDA guidelines and is for informational purposes only. Consult your physician or other health care provider before making changes to your current nutrition and exercise habits.



Daily Goals for John Sample Based on Daily Reference Values:

Calories (kcal)	2251 calories
Protein	20 %
Grams of Protein	113
Calories from Protein	450.20
Carbohydrates	55 %
Grams of Carbohydrate	310
Calories from Carbohydrates	1238.05
Total Dietary Fiber (g)	24.21
Fat	25 %
Grams of Fat	63
Calories from Fat	562.75
Saturated Fat (g)	< 20
% of Calories from Saturated Fat	8
Cholesterol (mg)	< 242.10

Daily Values Based on Reference Daily Intake:

Fat-Soluble Vitamins:	Daily Value
Vitamin A (IU)	0.00
Vitamin D (IU)	200.00
Vitamin E (IU)	0.00
Vitamin K (mcg)	120.00

Water-Soluble Vitamins:	Daily Value
Thiamin (mg)	1.20
Riboflavin (mg)	1.30
Niacin (mg)	16.00
Vitamin B6 (mg)	1.30
Folate (mcg)	400.00
Vitamin B12 (mcg)	2.40
Vitamin C (mg)	90.00

Minerals:	Daily Value
Calcium (mg)	1000.00
Iodine (mcg)	150.00
Iron (mg)	8.00
Magnesium (mg)	420.00
Phosphorus (mg)	700.00
Selenium (mcg)	55.00
Sodium (mg)	2400.00
Zinc (mg)	11.00

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Assessment Summary for John Sample

About Resting Metabolic Rate (RMR). John, even while you rest your body is burning calories to perform many of the needed functions such as digestion, breathing, etc. The number of calories your body burns each day while performing these vital tasks is known as your resting metabolic rate. Your resting metabolic rate accounts for the majority of calories your body burns, and is used in determining your individual calorie expenditure. Two important determinants of your metabolic rate are body weight and body composition. Changes to either of these may cause your metabolic rate to change as well. Structural Fitness recommends that you get your metabolic rate tested every 3-4 months, or as you experience changes in your weight or body composition.

Calories to Lose 1.0 Pounds a Week. John, to reach your goal weight of 190 pounds by February 18, 2008, you will need to consume approximately 2251 calories per day. Eating too few calories can be counterproductive in your weight loss efforts so make an attempt to stay close to your daily calorie goal. Remember, if your exercise habits or daily activity level changes, you will need to adjust your daily calorie goals/intake.

How Much Protein do you Need? Your goal is to consume 20% of your calories from protein. Since your daily calorie goal is 2251 calories, you are looking to get 450.20 calories per day from protein (2251 daily calories x 20% calories from protein). Since there are approximately four calories per gram of protein, you need about 113 grams of protein per day (450.20 protein calories / 4).

How Much Carbohydrate do you Need? Your goal is to consume 55% of your calories from carbohydrates. Since your daily calorie goal is 2251 calories, you are looking to get 1238.05 calories per day from carbohydrates (2251 daily calories x 55% calories from carbohydrates). Like protein, there are approximately four calories per gram of carbohydrate. This means you need approximately 310 grams of carbohydrate a day.

How Much Fat do you Need? Your goal is to consume 25% of your calories from fat. Since your daily calorie goal is 2251 calories, you are looking to get 562.75 calories per day from fat (2251 daily calories x 25% calories from fat). Because there are approximately nine calories per gram of fat, you need approximately 63 grams of fat a day (562.75 fat calories / 9) to meet your goal.

The Role of Exercise. Exercise will influence not only how much you weigh, but also the *composition* of your body weight. Your goal is to make certain that you maintain or improve your body fat-to-lean-mass ratio. (Losing lean body mass and gaining body fat is counterproductive.) The way to maintain or increase your lean body mass is by exercising. For this reason, it is important that you set realistic daily exercise goals and meet them on a consistent basis. Only with the proper *consistent* exercise and nutritional regimen will you assure that the twin goals of losing body fat and preserving/gaining lean body mass are achieved. If you are unsure where to go from here, or are a veteran exerciser looking to add variety to your workouts, a Structural Fitness personal trainer can help you establish a safe and effective workout routine tailored to your specific goals, interests, and lifestyle.

Muscle and Calories. Keep in mind that muscle (a form of lean body mass) requires energy. Muscles burn calories, and the more muscle you have, the more calories you burn every hour of the day. It takes energy (expressed in calories) to maintain your muscles. The more muscle you have, the more calories you need to burn. *Increasing your muscle mass is an excellent way to increase your metabolic rate and burn more calories (and lose weight).* Of the various types of exercise, resistance training has been shown to be the most effective in increasing muscle mass.

A Parting Thought. John, the key to your success on any nutrition/exercise plan is consistency. Establish an exercise routine and hold yourself to the plan. If you need assistance contact a Structural Fitness trainer to help you establish the right exercise program for you, and enjoy the added benefit of extra motivation and accountability. At this stage, you're probably highly motivated. Use this motivation to make the practice of good nutrition, good exercise, and good living a *habit*. Do this and you will not fail.