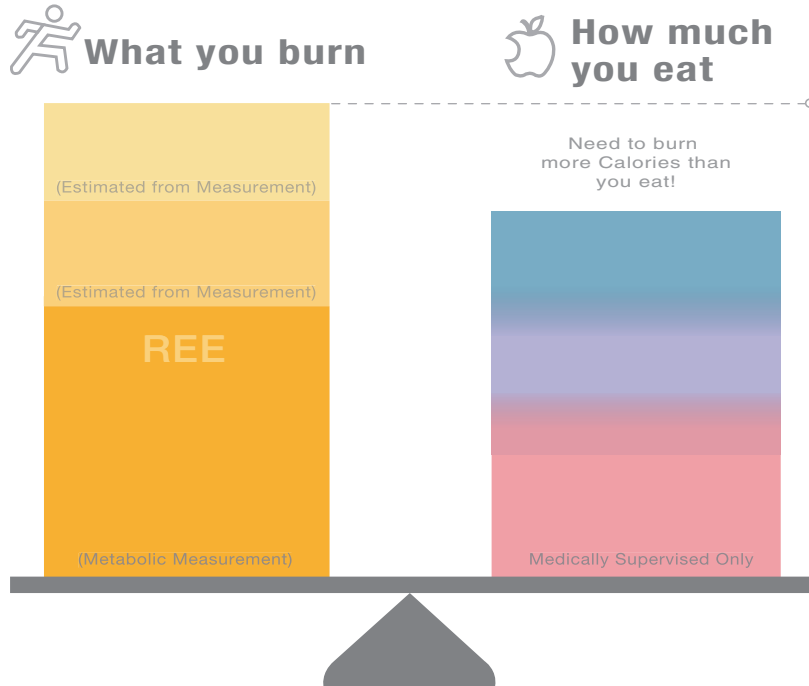


## Your Energy Balance Results

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.



**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.

**How much you eat**

Need to burn more Calories than you eat!

**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 hungry.

**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.



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



**CAUTION:** If you think you may not have sealed your nose or mouth around the mouthpiece, or if you exercised or ate a large meal beforehand, you may want to repeat the test (ask about correct test preparation).

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

**Caregiver's Interpretation**

Target daily calories:

Next Test Date:

Exercise Goal:

Data

Stats

Name:  
Date:  
Caregiver: