

**COSMED**  
37, Via dei Piani di Monte Savello  
I-00041 Rome ITALY (www.cosmed.com)

Last Name: Dayah

First Name: Michael

ID:

00016

Date(mm-dd-yyyy):

01/30/2016

Test conducted by:

GJ BSC

Gender:

Male

Height(in):

72.0

Weight(lb):

186.1

Age:

33

BMI(Kg/m<sup>2</sup>):

25.2

### Resting Metabolic Rate

t	VO2	Ve	Rf	HR	FeO2	RMR
mm:ss	ml/min	l/min	l/min	bpm	%	kcal/day
00:30	310	8.5	10.2	0	16.55	2158
01:00	261	7.1	8.5	0	16.52	1815
01:30	239	6.7	9.2	0	16.65	1662
02:00	242	6.9	8.7	0	16.72	1684
02:30	293	8.0	10.1	0	16.53	2040
03:00	260	7.3	10.1	0	16.66	1807
03:30	260	7.3	9.9	0	16.66	1807
04:00	230	6.5	9.4	0	16.68	1601
04:30	262	7.6	9.1	0	16.79	1824
05:00	275	8.1	11.6	0	16.85	1916
-----						
05:30	273	8.0	10.3	0	16.83	1902
06:00	244	7.7	10.3	0	17.13	1697
06:30	263	7.8	9.4	0	16.88	1832
07:00	266	8.2	8.0	0	17.03	1854
07:30	239	7.9	10.1	0	17.30	1663
08:00	248	8.4	9.4	0	17.38	1729
08:30	252	7.9	10.0	0	17.10	1754
09:00	224	7.6	10.1	59	17.39	1560
09:30	262	8.1	9.7	13	17.05	1822
10:00	226	7.3	10.4	0	17.21	1575
10:30	237	7.5	10.2	0	17.14	1648
11:00	263	7.7	9.5	0	16.83	1830
11:30	250	7.7	10.6	45	17.03	1741
12:00	234	7.6	10.5	34	17.24	1626
12:30	275	8.2	9.1	0	16.90	1916
13:00	246	7.9	10.7	23	17.19	1713
13:30	241	7.6	9.5	0	17.12	1679
14:00	234	7.6	10.0	0	17.23	1631
14:30	230	7.5	9.9	0	17.24	1605
15:00	226	7.4	10.2	0	17.27	1571

#### Averaged values

10:00 244 7.8 9.9 9 17.15 1700

%Var VE: 3.6 %

%Var VO2: 6.3 %

#### Resting Metabolic Rate (Kcal/day)

	1700	
Slow	Normal	Fast
<1651	1651-2189	>2189

%Pred (Harris Benedict): 89 %

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