

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/m²):

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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Body Composition Test Results

Name: Michael

Date: 1/23/16

	T O D A Y		G O A L	
FAT	21.6	%	40.1 lbs	___ lbs <input type="checkbox"/> Gain <input type="checkbox"/> Lose ___ lbs
LEAN	78.4	%	145.5 lbs	___ lbs <input type="checkbox"/> Gain <input type="checkbox"/> Lose ___ lbs
WEIGHT			185.6 lbs	___ lbs

Body Fat: A certain amount of fat is absolutely necessary for good health. Fat plays an important role in protecting internal organs, providing energy and regulating hormones. For men, the minimal amount of "essential fat" is approximately 3-5%. For women, "essential fat" is approximately 12-15%. If too much fat accumulates over the years, health may be compromised (see table below).

Lean Mass: Lean mass is everything except the fat. It includes muscle, water, bone, and internal organs. Muscle is the "metabolic engine" of the body that burns calories (fat) and plays an important role in maintaining strength and energy. Healthy levels of lean mass contribute to physical fitness and may prevent conditions such as osteoporosis.

✓	Body Fat Rating	Men	Women	Explanation
<input type="checkbox"/>	Risky (high body fat)	>30%	>40%	Too much body fat can pose serious health risks. Ask your health care professional about how to safely modify your body composition.
<input type="checkbox"/>	Excess Fat	21-30%	31-40%	Indicates an excess accumulation of fat over time.
<input type="checkbox"/>	Moderately Lean	13-20%	23-30%	Fat level is acceptable for good health.
<input type="checkbox"/>	Lean	9-12%	19-22%	Lower body fat levels than many people. This range is excellent for health and longevity.
<input type="checkbox"/>	Ultra Lean	5-8%	15-18%	Fat levels sometimes found in elite athletes.
<input type="checkbox"/>	Risky (low body fat)	<5%	<15%	Too little body fat can present health risks, especially for women. If in doubt, check with your health care professional.

Model:
Siri

Est. RMR = 1,776 kcal/day

Est. TEE
(kcal/day)

Est. TEE
= Est. RMR x Activity Factor

Retest:
4/23/16

See info sheet for explanations

ACTIVITY	(FACTOR)
Sedentary	(1.28)
Low Active	(1.51)
Active	(1.74)
Very Active	(2.08)