## COSMED

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

Last Name: Dayah First Name: Michael

ID: Test conducted by:

00016 Date(mm-dd-yyyy): GJ BSC Gender:

01/30/2016 Male

Height(in): Age: 72.0 **Weight(lb):** 33 **BMI(Kg/m^2):**  186.1

## Resting Metabolic Rate

t         VO2         Ve         Rf         HR         FeO2         RMR           mm:ss ml/min         l/min         1/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           04:00         230         6.5         9.4         0         16.66         1807           04:00         230         6.5         9.4         0         16.68         1601           04:30         262         7.6         9.1         0         16.85         1916           05:00         273         8.0         10.3         0         16.83         1902           06:30								-
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 <th>mm:ss 00:30 01:00 01:30 02:00 02:30 03:00 03:30 04:00</th> <th>ml/min 310 261 239 242 293 260 260 230</th> <th>/min 8.5 7.1 6.7 6.9 8.0 7.3 7.3 6.5</th> <th>1/min 10.2 8.5 9.2 8.7 10.1 10.1 9.9 9.4</th> <th>bpm 0 0 0 0 0 0</th> <th>%. 16.55 16.52 16.65 16.72 16.53 16.66 16.66</th> <th>kcal/day 2158 1815 1662 1684 2040 1807 1807</th> <th></th>	mm:ss 00:30 01:00 01:30 02:00 02:30 03:00 03:30 04:00	ml/min 310 261 239 242 293 260 260 230	/min 8.5 7.1 6.7 6.9 8.0 7.3 7.3 6.5	1/min 10.2 8.5 9.2 8.7 10.1 10.1 9.9 9.4	bpm 0 0 0 0 0 0	%. 16.55 16.52 16.65 16.72 16.53 16.66 16.66	kcal/day 2158 1815 1662 1684 2040 1807 1807	
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	05:00							
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	06:00 06:30 07:00 07:30 08:30 09:00 09:30 10:00 10:30 11:00 11:30 12:30 13:30 14:00	244 263 266 239 248 252 224 262 237 263 250 234 275 246 241 234	7.7 7.8 8.2 7.9 8.4 7.6 8.1 7.3 7.5 7.7 7.7 7.6 8.2 7.9 7.6	10.3 9.4 8.0 10.1 9.4 10.0 10.1 9.7 10.4 10.2 9.5 10.6 10.5 9.1 10.7 9.5 10.0	0 0 0 0 0 59 13 0 0 45 34 0 23 0	17.13 16.88 17.03 17.30 17.38 17.10 17.39 17.05 17.21 17.14 16.83 17.03 17.24 16.90 17.19 17.12 17.12	1697 1832 1854 1663 1729 1754 1560 1822 1575 1648 1830 1741 1626 1916 1713 1679 1631	

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

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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^2):
 25.2

## Resting Metabolic Rate

t mm:ss 00:30 01:00 01:30 02:00 02:30 03:00 03:30 04:00 04:30 05:00	VO2 ml/min 310 261 239 242 293 260 260 230 262 275	Ve  /min   8.5   7.1   6.7   6.9   8.0   7.3   7.6   5.5   7.6   8.1	Rf 1/min 10.2 8.5 9.2 8.7 10.1 10.1 9.9 9.4 9.1 11.6	HR bpm 0 0 0 0 0 0	FeO2 % 16.55 16.52 16.65 16.72 16.53 16.66 16.66 16.68 16.79 16.85	RMR kcal/day 2158 1815 1662 1684 2040 1807 1807 1601 1824 1916
05:30 06:00 06:30 07:00 07:30 08:00 09:30 09:30 10:00 11:30 12:00 12:30 13:30 13:30 14:00 15:00	273 244 263 266 239 248 252 224 262 226 237 263 250 234 275 246 241 234 230 226	8.0 7.7 7.8 8.2 7.9 8.4 7.9 7.6 8.1 7.7 7.7 7.6 8.2 7.9 7.6 7.5 7.7	10.3 10.3 9.4 8.0 10.1 9.4 10.0 10.1 9.7 10.4 10.2 9.5 10.6 10.5 9.1 10.7 9.5 10.0 9.9	0 0 0 0 0 0 59 13 0 0 45 34 0 23 0 0	16.83 17.13 16.88 17.03 17.30 17.38 17.10 17.39 17.05 17.21 17.14 16.83 17.24 16.90 17.19 17.12 17.24 17.24 17.24	1902 1697 1832 1854 1663 1729 1754 1560 1822 1575 1648 1830 1741 1626 1916 1713 1679 1631 1605 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 %