

RMR TESTING

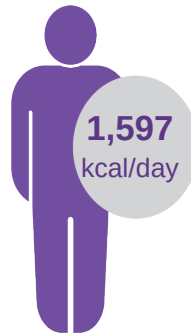


NAME: Jasperson, Ben
DATE: Jul 05, 2019
GENDER: Male
HEIGHT: 182 cm (6 ft 0 in)
WEIGHT: 72.5 kg (160 lbs)
TRAINER:
CC APP PIN:
QUALITY SCORE: 79



Your BMI is
21.89
Which classifies you as
Healthy

Ben, your metabolic rate is **SIMILAR** to others with your same height and weight



Ben, your resting metabolic rate is 1,597 kcal/day

This is the minimum number of calories that you need to perform basic functions, such as breathing and keeping up brain activity. You will need this minimum amount of energy each day, even if you're not moving around.

YOUR
LOGO
HERE

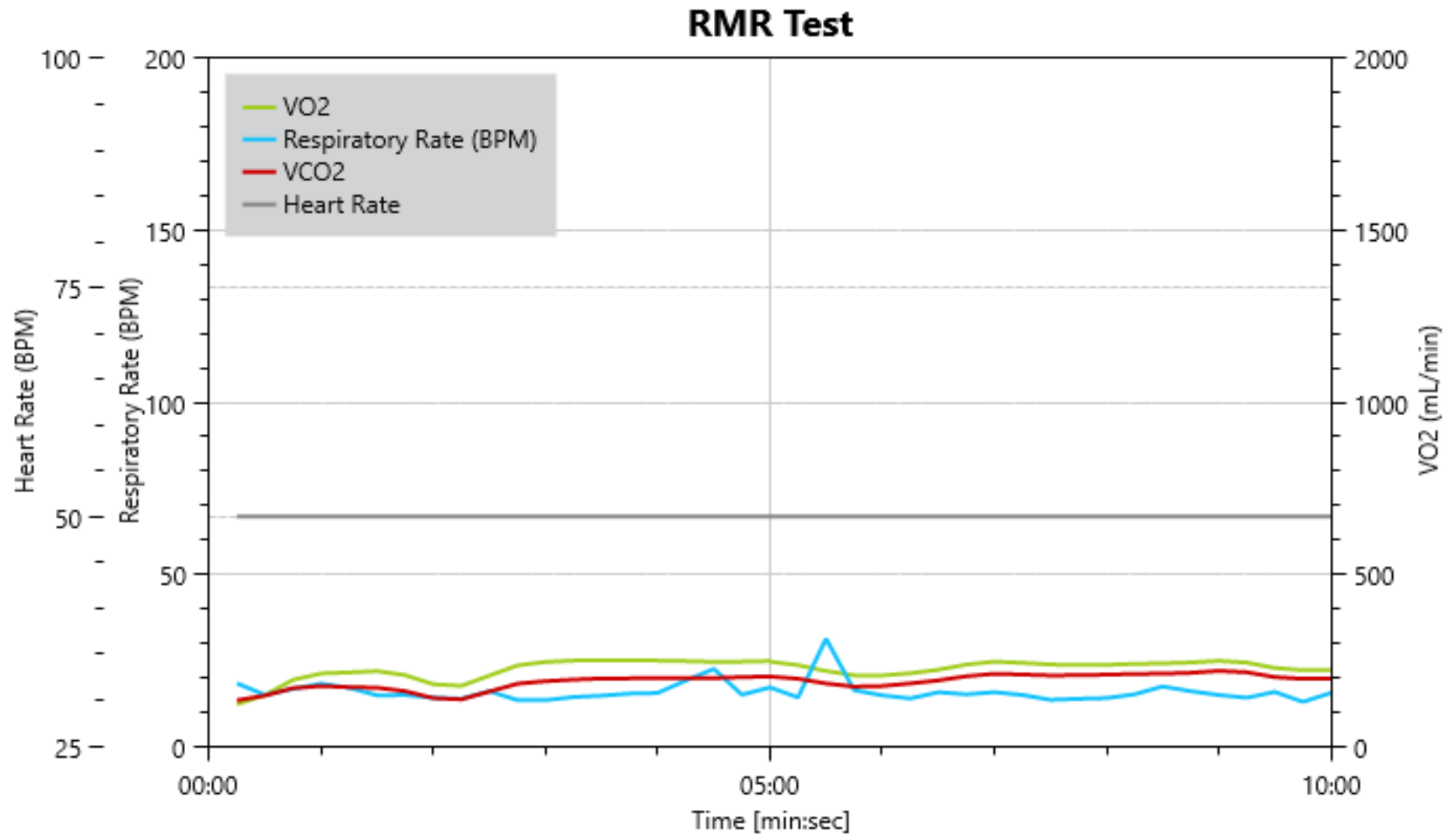
Metabolic Testing
measures **what you
burn...**



WHAT
NEXT?

Here each trainer can add custom instructions for each client based on their test results.

RMR TEST



INTERVAL DATA

Respiratory Data

Respiratory Rate: 16 BPM

Tidal Volume: 438 mL

Name: Jasperson, Ben Age: 33 Height: 6 ' 0 " Weight: 159.8 lbs Gender: Male Date: 7/5/2019 12:25:59 PM Test ID: CC000001-000157

Time	Respiratory Rate	Tidal Volume (mL)	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	VE/VO2	VE/VCO2
00:15	18	317	105	1.4	121	1.7	54.6	47.4
00:30	15	445	138	1.9	144	2.0	47.7	45.7
00:45	17	493	210	2.9	195	2.7	38.8	41.7
01:00	18	375	213	2.9	176	2.4	31.9	38.6
01:15	17	352	201	2.8	159	2.2	29.5	37.4
01:30	15	436	219	3.0	169	2.3	29.2	37.8
01:45	15	488	246	3.4	193	2.7	29.3	37.3
02:00	14	341	166	2.3	129	1.8	28.7	36.8
02:15	14	340	163	2.2	126	1.7	28.5	36.7
02:30	16	449	250	3.4	194	2.7	28.5	36.7
02:45	13	428	201	2.8	155	2.1	28.3	36.5
03:00	13	533	256	3.5	199	2.7	27.6	35.5
03:15	14	444	235	3.2	180	2.5	26.8	34.9
03:30	15	591	322	4.4	247	3.4	26.8	34.9
03:45	15	438	245	3.4	193	2.7	27.1	34.3
04:00	15	447	251	3.5	199	2.7	27.4	34.6
04:15	19	354	240	3.3	194	2.7	27.9	34.6
04:30	22	383	301	4.2	248	3.4	28.5	34.6
04:45	15	420	222	3.1	185	2.6	28.1	33.6

INTERVAL DATA

Name: Jasperson, Ben Age: 33 Height: 6 ' 0 " Weight: 159.8 lbs Gender: Male Date: 7/5/2019 12:25:59 PM Test ID: CC000001-000157

Time	Respiratory Rate	Tidal Volume (mL)	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	VE/VO2	VE/VCO2
05:00	17	404	247	3.4	202	2.8	27.8	34.0
05:00	17	404	247	3.4	202	2.8	27.8	34.0
05:15	14	436	215	3.0	177	2.4	28.5	34.7
05:30	31	222	239	3.3	201	2.8	28.9	34.3
05:45	16	365	202	2.8	171	2.4	29.2	34.6
06:00	15	376	185	2.6	158	2.2	29.8	34.8
06:15	14	468	213	2.9	184	2.5	30.2	35.0
06:30	16	418	217	3.0	187	2.6	30.1	34.8
06:45	15	501	251	3.5	215	3.0	29.8	34.9
07:00	16	449	239	3.3	204	2.8	29.3	34.3
07:15	15	538	270	3.7	231	3.2	29.4	34.4
07:30	13	525	237	3.3	205	2.8	29.6	34.3
07:45	14	417	192	2.6	170	2.3	29.7	33.6
08:00	14	494	234	3.2	207	2.9	29.3	33.0
08:15	15	493	252	3.5	223	3.1	29.2	33.1
08:30	17	404	240	3.3	210	2.9	29.2	33.3
08:45	16	350	188	2.6	164	2.3	29.6	34.0
09:00	15	517	256	3.5	224	3.1	29.9	34.1
09:15	14	540	250	3.4	221	3.0	30.3	34.2
09:30	16	356	185	2.6	165	2.3	30.2	33.7
09:45	13	512	219	3.0	193	2.7	29.8	33.8

INTERVAL DATA

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Time	Respiratory Rate	Tidal Volume (mL)	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	VE/VO2	VE/VCO2
10:00	15	440	224	3.1	200	2.8	30.2	33.8