

Last Name: **BOND**
First Name: **James**
Gender: **Male**

Age: **37**
Height (cm): **187,00**
Weight (Kg): **80,0**

Membership #: **29/07/2010**
Report Date: **29/07/2010**
Test Conducted by:

Personal Weight Management

My Body

Rest Metabolic Rate (Kcal/day)

1806		
Slow	Normal	Fast
< 1593	1593 - 2112	> 2112

RMR (Resting Metabolic Rate) is the daily amount of calories burned to maintain vital body functions.

Body Composition (FAT%) (%)

Rank: 31%	22,0				
Superior	Excellent	Good	Fair	Poor	Very Poor
< 10,0	10,0 - 13,9	13,9 - 17,5	17,5 - 20,5	20,5 - 24,2	> 24,2

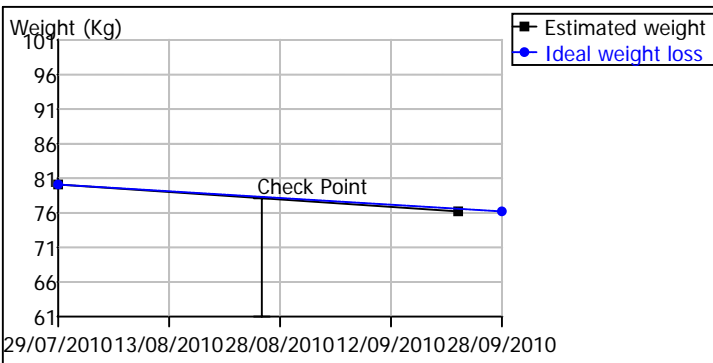
Fat% is the percentage of fat over the whole body mass.

Body Mass Index (Kg/m²)

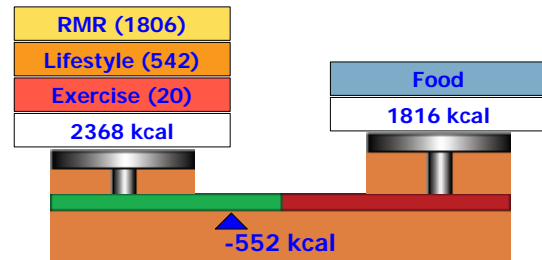
22,9					
Under w.	Normal	Over w.	Obesity I	Obesity II	Obesity III
< 18,5	18,5 - 25,0	25,0 - 30,0	30,0 - 35,0	35,0 - 40,0	> 40,0

Body Mass Index (BMI) is calculated by dividing the body weight in Kilograms by height in squared meters. Obesity-related problems may occur when BMI is over 25 Kg/m².

Program



Next check: 4 weeks Target weight (Kg): 76,1
Estimated time to target (weeks): 7



Weekly Planner

Lifestyle

Physical Activity Level: Sedentary

Exercise

Sessions per week: 2
Duration (minutes): 15
Activity: Walking
Speed(kmh): 5
Incline (%): 0

Recommended Daily Caloric Intake

Recommended Daily Caloric Intake (kcal/day): 1816
Daily Caloric Balance (kcal/day): -552

Remember

- Follow your exercise plan, as described in the "Weekly Planner"
- Eat 1816 kcal/day; no more, NO LESS!
- See you on 26/08/2010