

Cardio Coach Metabolic Test Results

Patient Information

| | | | |
|--------------|-----------------|------------|------------|
| Name: | [REDACTED] | Date Time: | [REDACTED] |
| Gender: | [REDACTED] | Trainer: | |
| Age: | [REDACTED] | Test Type: | RMR |
| Height: | 64 in 163 cm | Test ID: | 624 |
| Weight: | 126 lbs 57.0 kg | SN: | 15544 |
| Goal Weight: | 130 lbs 59.0 kg | | |
| BMI: | 21.3 | | |

Test Results

| | | | |
|-----------------------------|------------|----------------------------|--------------|
| Exercise: | + 138 Cals | Maintenance Zone: | 1109 to 1330 |
| Lifestyle & Activity: | + 221 Cals | Weight Loss Zone: | 1000 to 1109 |
| Resting Energy Expenditure: | 1109 Cals | Medically Supervised Zone: | 0 to 1000 |
| Total Energy Output: | 1468 Cals* | | |

*Total = RMR + Lifestyle + Exercise

Time To Goal

Time to reach your goal weight [REDACTED]
 If you add exercise [REDACTED]

Metabolic Data

| | | | |
|-------|------------|--------------------|----------|
| VO2: | 161 ml/min | %Kcal from CHO: | 36.9 % |
| VCO2: | 130 ml/min | %Kcal from Fat: | 63.1 % |
| RER: | 0.81 | CHO grams per Day: | 96 grams |
| | | Fat grams per Day: | 77 grams |

Test Data

| Time sec | HR bpm | VO2 ml/min | VO2 ml/kg/min | VCO2 ml/min | VCO2 ml/kg/min | Ve/VO2 | Ve/VCO2 | FeO2 % | FeCO2 % | RER | Mode |
|----------|--------|------------|---------------|-------------|----------------|--------|---------|--------|---------|------|---------|
| 0:15 | 0 | 187 | 3.3 | 148 | 2.6 | 30.80 | 38.91 | 16.81 | 2.96 | 0.79 | Testing |
| 0:30 | 0 | 168 | 2.9 | 136 | 2.4 | 30.47 | 37.64 | 16.73 | 3.06 | 0.81 | Testing |
| 0:45 | 0 | 138 | 2.4 | 110 | 1.9 | 29.56 | 37.09 | 16.66 | 3.12 | 0.80 | Testing |
| 1:00 | 0 | 239 | 4.2 | 194 | 3.4 | 29.28 | 36.08 | 16.59 | 3.18 | 0.81 | Testing |
| 1:15 | 0 | 195 | 3.4 | 156 | 2.7 | 28.30 | 35.38 | 16.49 | 3.25 | 0.80 | Testing |
| 1:30 | 0 | 182 | 3.2 | 147 | 2.6 | 28.13 | 34.82 | 16.43 | 3.31 | 0.81 | Testing |
| 1:45 | 0 | 229 | 4.0 | 182 | 3.2 | 27.42 | 34.50 | 16.38 | 3.32 | 0.79 | Testing |
| 2:00 | 0 | 213 | 3.7 | 174 | 3.1 | 27.98 | 34.25 | 16.42 | 3.35 | 0.82 | Testing |
| 2:15 | 0 | 163 | 2.9 | 137 | 2.4 | 28.95 | 34.45 | 16.52 | 3.34 | 0.84 | Testing |
| 2:30 | 0 | 196 | 3.4 | 163 | 2.9 | 28.97 | 34.84 | 16.55 | 3.30 | 0.83 | Testing |
| 2:45 | 0 | 190 | 3.3 | 161 | 2.8 | 29.89 | 35.27 | 16.66 | 3.25 | 0.85 | Testing |
| 3:00 | 0 | 174 | 3.1 | 149 | 2.6 | 30.57 | 35.70 | 16.72 | 3.23 | 0.86 | Testing |
| 3:15 | 0 | 165 | 2.9 | 142 | 2.5 | 31.03 | 36.05 | 16.76 | 3.22 | 0.86 | Testing |

| | | | | | | | | | | | |
|-------|-----|-----|-----|-----|-----|-------|-------|-------|------|------|---------|
| 3:30 | 180 | 184 | 3.2 | 160 | 2.8 | 31.30 | 36.00 | 16.81 | 3.19 | 0.87 | Testing |
| 3:45 | 0 | 142 | 2.5 | 131 | 2.3 | 33.52 | 36.33 | 16.93 | 3.19 | 0.92 | Testing |
| 4:00 | 0 | 145 | 2.5 | 129 | 2.3 | 32.55 | 36.58 | 16.91 | 3.16 | 0.89 | Testing |
| 4:15 | 0 | 175 | 3.1 | 151 | 2.6 | 32.00 | 37.08 | 16.85 | 3.11 | 0.86 | Testing |
| 4:30 | 0 | 163 | 2.9 | 140 | 2.5 | 32.14 | 37.42 | 16.89 | 3.07 | 0.86 | Testing |
| 4:45 | 0 | 160 | 2.8 | 132 | 2.3 | 31.25 | 37.87 | 16.83 | 3.05 | 0.82 | Testing |
| 5:00 | 0 | 160 | 2.8 | 132 | 2.3 | 30.75 | 37.27 | 16.76 | 3.09 | 0.82 | Testing |
| 5:15 | 0 | 176 | 3.1 | 146 | 2.6 | 30.22 | 36.43 | 16.71 | 3.15 | 0.83 | Testing |
| 5:30 | 0 | 197 | 3.5 | 164 | 2.9 | 30.25 | 36.34 | 16.69 | 3.18 | 0.83 | Testing |
| 5:45 | 0 | 178 | 3.1 | 147 | 2.6 | 29.66 | 35.91 | 16.63 | 3.21 | 0.83 | Testing |
| 6:00 | 0 | 152 | 2.7 | 129 | 2.3 | 30.00 | 35.34 | 16.65 | 3.25 | 0.85 | Testing |
| 6:15 | 0 | 186 | 3.3 | 161 | 2.8 | 30.53 | 35.27 | 16.70 | 3.27 | 0.87 | Testing |
| 6:30 | 0 | 179 | 3.1 | 157 | 2.8 | 30.83 | 35.15 | 16.73 | 3.28 | 0.88 | Testing |
| 6:45 | 0 | 182 | 3.2 | 158 | 2.8 | 30.54 | 35.18 | 16.71 | 3.28 | 0.87 | Testing |
| 7:00 | 0 | 157 | 2.8 | 132 | 2.3 | 29.55 | 35.15 | 16.62 | 3.28 | 0.84 | Testing |
| 7:15 | 0 | 178 | 3.1 | 153 | 2.7 | 29.88 | 34.77 | 16.64 | 3.32 | 0.86 | Testing |
| 7:30 | 0 | 182 | 3.2 | 158 | 2.8 | 30.10 | 34.68 | 16.65 | 3.32 | 0.87 | Testing |
| 7:45 | 0 | 163 | 2.9 | 142 | 2.5 | 30.42 | 34.92 | 16.68 | 3.30 | 0.87 | Testing |
| 8:00 | 0 | 204 | 3.6 | 175 | 3.1 | 30.39 | 35.42 | 16.73 | 3.26 | 0.86 | Testing |
| 8:15 | 0 | 144 | 2.5 | 125 | 2.2 | 31.11 | 35.84 | 16.77 | 3.23 | 0.87 | Testing |
| 8:30 | 0 | 193 | 3.4 | 164 | 2.9 | 30.46 | 35.85 | 16.72 | 3.22 | 0.85 | Testing |
| 8:45 | 0 | 157 | 2.8 | 138 | 2.4 | 31.33 | 35.65 | 16.78 | 3.24 | 0.88 | Testing |
| 9:00 | 0 | 171 | 3.0 | 146 | 2.6 | 30.64 | 35.89 | 16.74 | 3.23 | 0.85 | Testing |
| 9:15 | 0 | 179 | 3.1 | 155 | 2.7 | 30.83 | 35.61 | 16.73 | 3.24 | 0.87 | Testing |
| 9:30 | 0 | 162 | 2.8 | 138 | 2.4 | 30.12 | 35.36 | 16.68 | 3.25 | 0.85 | Testing |
| 9:45 | 0 | 146 | 2.6 | 126 | 2.2 | 30.68 | 35.55 | 16.70 | 3.26 | 0.86 | Testing |
| 10:00 | 0 | 204 | 3.6 | 174 | 3.1 | 29.80 | 34.94 | 16.65 | 3.27 | 0.85 | Testing |
| 10:15 | 0 | 145 | 2.5 | 123 | 2.2 | 30.06 | 35.44 | 16.62 | 3.27 | 0.85 | Testing |
| 10:30 | 0 | 204 | 3.6 | 173 | 3.0 | 29.60 | 34.91 | 16.62 | 3.28 | 0.85 | Testing |
| 10:45 | 0 | 184 | 3.2 | 152 | 2.7 | 29.13 | 35.26 | 16.59 | 3.27 | 0.83 | Testing |
| 11:00 | 0 | 143 | 2.5 | 120 | 2.1 | 29.93 | 35.66 | 16.60 | 3.27 | 0.84 | Testing |
| 11:15 | 0 | 189 | 3.3 | 158 | 2.8 | 29.62 | 35.44 | 16.62 | 3.24 | 0.84 | Testing |
| 11:30 | 0 | 153 | 2.7 | 134 | 2.4 | 31.11 | 35.52 | 16.73 | 3.25 | 0.88 | Testing |
| 11:45 | 0 | 122 | 2.1 | 109 | 1.9 | 31.80 | 35.59 | 16.76 | 3.24 | 0.89 | Testing |
| 12:00 | 0 | 170 | 3.0 | 145 | 2.5 | 30.58 | 35.86 | 16.71 | 3.22 | 0.85 | Testing |
| 12:15 | 0 | 145 | 2.5 | 125 | 2.2 | 31.17 | 36.16 | 16.78 | 3.19 | 0.86 | Testing |
| 12:30 | 0 | 155 | 2.7 | 131 | 2.3 | 31.22 | 36.94 | 16.81 | 3.11 | 0.85 | Testing |
| 12:45 | 0 | 188 | 3.3 | 158 | 2.8 | 31.70 | 37.72 | 16.86 | 3.05 | 0.84 | Testing |
| 13:00 | 0 | 165 | 2.9 | 137 | 2.4 | 31.27 | 37.66 | 16.79 | 3.05 | 0.83 | Testing |
| 13:15 | 0 | 177 | 3.1 | 142 | 2.5 | 30.28 | 37.74 | 16.72 | 3.05 | 0.80 | Testing |
| 13:30 | 0 | 146 | 2.6 | 123 | 2.2 | 31.23 | 37.07 | 16.78 | 3.12 | 0.84 | Testing |
| 13:45 | 0 | 170 | 3.0 | 139 | 2.4 | 29.88 | 36.54 | 16.67 | 3.14 | 0.82 | Testing |
| 14:00 | 0 | 181 | 3.2 | 147 | 2.6 | 29.83 | 36.73 | 16.68 | 3.13 | 0.81 | Testing |
| 14:15 | 0 | 167 | 2.9 | 136 | 2.4 | 30.17 | 37.05 | 16.71 | 3.11 | 0.81 | Testing |
| 14:30 | 0 | 179 | 3.1 | 147 | 2.6 | 30.61 | 37.27 | 16.74 | 3.10 | 0.82 | Testing |
| 14:45 | 0 | 143 | 2.5 | 117 | 2.1 | 30.48 | 37.26 | 16.73 | 3.10 | 0.82 | Testing |
| 15:00 | 0 | 179 | 3.1 | 146 | 2.6 | 30.39 | 37.26 | 16.71 | 3.10 | 0.82 | Testing |
| 15:15 | 0 | 134 | 2.4 | 107 | 1.9 | 29.85 | 37.38 | 16.68 | 3.08 | 0.80 | Testing |
| 15:30 | 0 | 158 | 2.8 | 129 | 2.3 | 30.63 | 37.51 | 16.73 | 3.06 | 0.82 | Testing |
| 15:45 | 0 | 176 | 3.1 | 141 | 2.5 | 30.45 | 38.01 | 16.74 | 3.02 | 0.80 | Testing |
| 16:00 | 0 | 154 | 2.7 | 121 | 2.1 | 30.38 | 38.67 | 16.74 | 2.99 | 0.79 | Testing |
| 16:15 | 0 | 159 | 2.8 | 125 | 2.2 | 30.44 | 38.72 | 16.76 | 2.98 | 0.79 | Testing |
| 16:30 | 0 | 146 | 2.6 | 116 | 2.0 | 30.41 | 38.27 | 16.73 | 2.99 | 0.79 | Testing |
| 16:45 | 0 | 150 | 2.6 | 118 | 2.1 | 29.86 | 37.96 | 16.66 | 3.03 | 0.79 | Testing |
| 17:00 | 0 | 134 | 2.4 | 108 | 1.9 | 30.14 | 37.40 | 16.70 | 3.06 | 0.81 | Testing |
| 17:15 | 0 | 159 | 2.8 | 123 | 2.2 | 29.18 | 37.72 | 16.64 | 3.05 | 0.77 | Testing |

