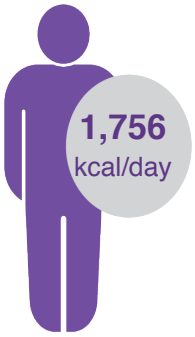
RMR TESTING

NAME: Howell, Brad
DATE: Nov 17, 2020
GENDER: Male
HEIGHT: 175 cm (5 ft 9 in)
WEIGHT: 75.7 kg (167 lbs)
TRAINER:
CC APP PIN:
QUALITY SCORE: 87

BMI

Your BMI is
24.73
Which classifies you as
Healthy

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



Brad, your resting metabolic rate is 1,756 kcal/day

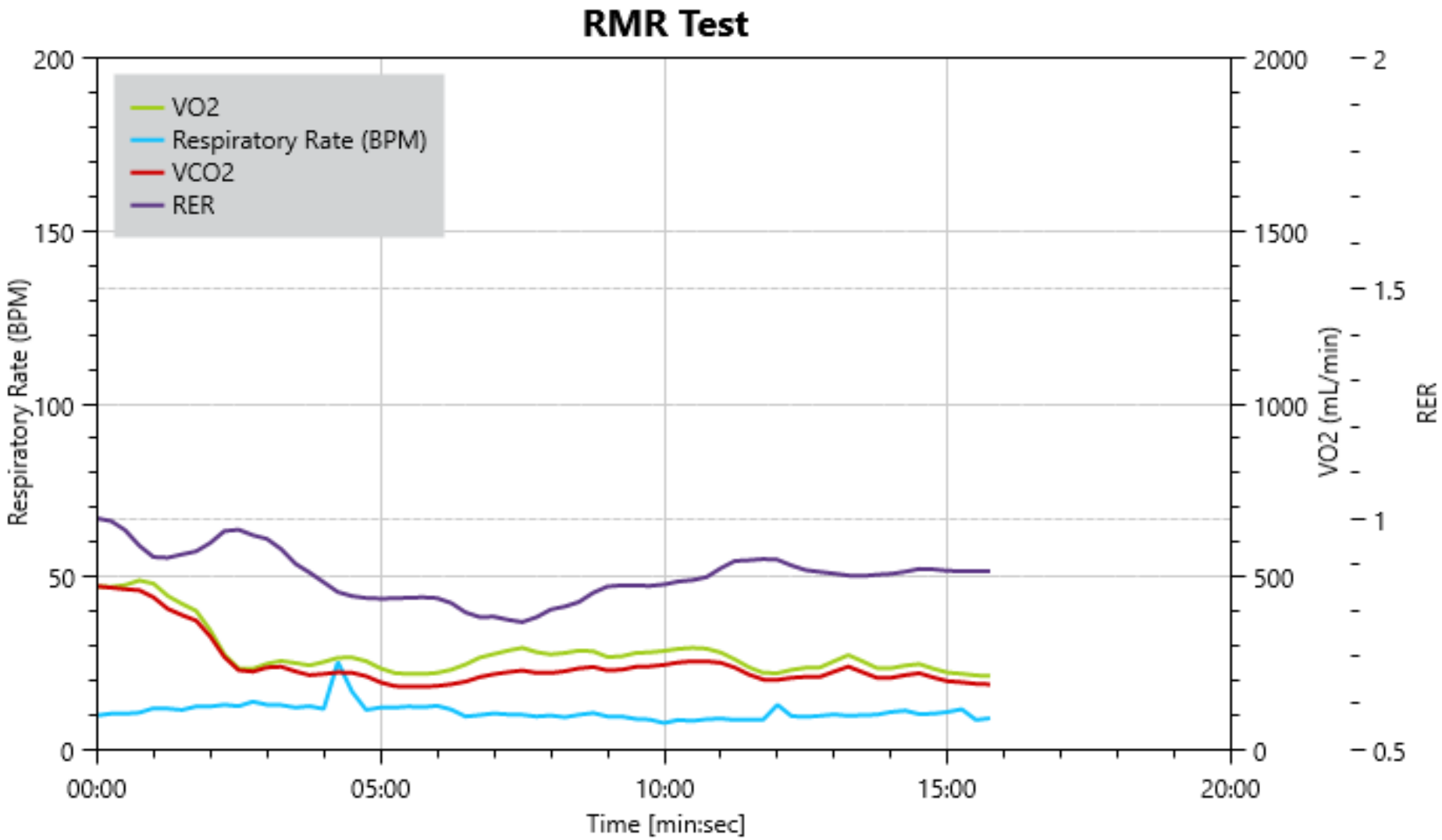
This is the minimum number of calories that you need to perform basic functions, such as breathing and keeping up brain activity. You will need this minimum amount of energy each day, even if you're not moving around.

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

WHAT NEXT?

RMR TEST

Name: Howell, Brad | Age: 38 | Height: 5 ' 9 " | Weight: 167.0 lbs | Gender: Male | Date: 11/17/2020 12:57:21 PM | Test ID: CP-1042-000001



INTERVAL DATA

Name: Howell, Brad | Age: 38 | Height: 5 ' 9 " | Weight: 167.0 lbs | Gender: Male | Date: 11/17/2020 12:57:21 PM | Test ID: CP-1042-000001

Respiratory Data

Respiratory Rate: 10 BPM | Tidal Volume: 630 mL

Metabolic Data

VO2:	248 mL/min	% CHO:	65.7%	CHO:	274 grams
VCO2:	222 mL/min	% Fat:	34.3%	Fat:	67 grams
RER:	0.89				

Time	Tidal Volume	Respiratory Rate	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	VE/VO2	VE/VCO2	FeO2	FeCO2	RER
0:00	1,353	10	474	6.3	480	6.3	27.6	27.3	16.7	4.2	1.01
0:14	990	10	393	5.2	396	5.2	25.7	25.5	16.2	4.5	1.01
0:29	1,106	10	468	6.2	463	6.1	24.1	24.3	15.9	4.7	0.99
0:44	1,072	11	501	6.6	470	6.2	22.4	23.9	15.6	4.8	0.94
0:59	925	12	495	6.5	450	5.9	22.0	24.3	15.6	4.8	0.91
1:14	836	12	431	5.7	394	5.2	22.7	24.8	15.7	4.6	0.91
1:29	861	11	417	5.5	386	5.1	23.3	25.2	15.8	4.6	0.93
1:44	691	12	350	4.6	330	4.4	24.3	25.7	16.0	4.5	0.94
1:59	1,024	12	494	6.5	477	6.3	25.5	26.4	16.2	4.4	0.97
2:14	530	13	259	3.4	258	3.4	26.1	26.2	16.3	4.4	1.00
2:29	472	12	225	3.0	218	2.9	26.0	26.8	16.3	4.3	0.97
2:44	412	14	210	2.8	201	2.7	26.8	27.9	16.4	4.1	0.96
2:59	546	13	254	3.4	242	3.2	27.5	28.8	16.5	4.0	0.95
3:14	569	13	263	3.5	248	3.3	27.4	29.1	16.5	4.0	0.94
3:29	499	12	226	3.0	203	2.7	26.4	29.4	16.4	3.9	0.90

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3:44	540	12	258	3.4	227	3.0	26.0	29.4	16.4	3.9	0.88
3:59	399	12	184	2.4	158	2.1	25.0	29.1	16.2	4.0	0.86
4:14	260	25	266	3.5	222	2.9	24.6	29.5	16.2	3.9	0.83
4:29	438	17	295	3.9	243	3.2	24.6	29.9	16.2	3.9	0.82
4:44	483	11	227	3.0	188	2.5	24.0	28.9	16.1	4.0	0.83
4:59	526	12	262	3.5	216	2.9	24.0	29.1	16.1	4.0	0.82
5:14	442	12	218	2.9	180	2.4	24.3	29.4	16.1	3.9	0.83
5:29	416	12	204	2.7	168	2.2	25.0	30.3	16.2	3.8	0.82
5:44	455	12	217	2.9	180	2.4	25.4	30.6	16.3	3.8	0.83
5:59	463	13	231	3.0	190	2.5	25.0	30.4	16.2	3.8	0.82
6:14	396	11	183	2.4	147	1.9	24.6	30.7	16.2	3.8	0.80
6:29	633	9	239	3.2	190	2.5	24.8	31.2	16.2	3.7	0.79
6:44	675	10	280	3.7	223	2.9	23.6	29.6	16.0	3.9	0.80
6:59	582	10	270	3.6	210	2.8	22.1	28.5	15.7	4.0	0.78
7:14	688	10	320	4.2	247	3.3	21.5	27.8	15.6	4.1	0.77
7:29	561	10	262	3.5	205	2.7	21.2	27.1	15.5	4.2	0.78
7:44	842	9	378	5.0	299	3.9	20.9	26.4	15.4	4.4	0.79
7:59	552	10	254	3.4	202	2.7	21.0	26.4	15.4	4.4	0.80
8:14	657	9	278	3.7	225	3.0	21.7	26.8	15.6	4.3	0.81
8:29	735	10	331	4.4	274	3.6	22.0	26.5	15.6	4.3	0.83
8:44	503	10	233	3.1	191	2.5	22.5	27.3	15.7	4.2	0.82

INTERVAL DATA

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Time	Tidal Volume	Respiratory Rate	VO2 (mL/min)	VO2 (mL/kg/min)	VCO2 (mL/min)	VCO2 (mL/kg/min)	VE/VO2	VE/VCO2	FeO2	FeCO2	RER
8:59	756	9	306	4.0	259	3.4	23.2	27.4	15.9	4.2	0.85
9:14	597	9	242	3.2	207	2.7	23.2	27.0	15.9	4.3	0.86
9:29	731	9	277	3.7	237	3.1	23.0	26.8	15.8	4.3	0.86
9:44	744	9	281	3.7	240	3.2	22.5	26.3	15.7	4.4	0.85
9:59	988	8	337	4.4	288	3.8	21.9	25.7	15.6	4.5	0.85
10:14	709	8	274	3.6	235	3.1	21.7	25.3	15.5	4.6	0.86
10:29	803	8	293	3.9	254	3.4	22.2	25.6	15.6	4.5	0.87
10:44	927	9	351	4.6	313	4.1	22.7	25.5	15.7	4.5	0.89
10:59	745	9	283	3.7	253	3.3	23.1	25.9	15.8	4.4	0.89
11:14	672	8	236	3.1	213	2.8	23.8	26.4	15.9	4.4	0.90
11:29	750	8	259	3.4	238	3.1	24.3	26.5	16.0	4.4	0.92
11:44	574	9	198	2.6	183	2.4	24.6	26.6	16.1	4.3	0.92
11:59	413	13	215	2.8	197	2.6	24.5	26.8	16.1	4.3	0.92
12:14	708	10	268	3.5	242	3.2	25.1	27.8	16.2	4.1	0.90
12:29	626	9	233	3.1	209	2.8	24.9	27.8	16.2	4.1	0.90
12:44	602	10	236	3.1	209	2.8	24.5	27.6	16.1	4.2	0.89
12:59	736	10	307	4.1	269	3.6	23.9	27.3	16.0	4.2	0.88
13:14	581	10	237	3.1	207	2.7	23.5	26.9	15.9	4.3	0.87
13:29	848	10	356	4.7	313	4.1	23.3	26.5	15.9	4.3	0.88
13:44	522	10	221	2.9	196	2.6	23.4	26.3	15.9	4.4	0.89
13:59	532	11	234	3.1	206	2.7	24.2	27.6	16.0	4.2	0.88

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14:14	603	11	264	3.5	237	3.1	25.3	28.1	16.2	4.1	0.90
14:29	479	10	189	2.5	173	2.3	25.6	28.0	16.3	4.1	0.92
14:44	703	10	284	3.7	255	3.4	25.2	28.1	16.2	4.1	0.90
14:59	526	11	222	2.9	197	2.6	25.3	28.5	16.2	4.0	0.89
15:14	488	12	219	2.9	194	2.6	25.6	28.8	16.3	4.0	0.89
15:29	573	8	184	2.4	166	2.2	26.2	28.9	16.4	4.0	0.90
15:44	620	9	211	2.8	187	2.5	26.1	29.4	16.4	3.9	0.89