



GWU Exercise Science Lab  
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Last name: [REDACTED] First name: [REDACTED]

ID code: 514

Test number: 645

Barometric press. (mmHg): 761

Sex: M

Test date: 7/20/2018

Temperature (degrees C): 25

Age: 27

Test time: 10:04

STPD: 0.827

Height (in): 68.0

N. of steps: 32

BTPS insp: 1.092

Weight (lb): 163.4

Duration (hh:mm:ss): 00:16:00

BTPS exp: 1.020

HR max (bpm): 193

BSA (m<sup>2</sup>): 1.9

BMI (Kg/m<sup>2</sup>): 24.8

Last turbine calibration: 7/19/2018

Last Gas calibration: 7/17/2018

Parameter	Rest	Pred.	% Pred.	% Var
Time (mm:ss)	10:00			
RMR (Kcal/day)	1905	1767	107.8%	12.6%
R (---)	0.84	0.85	98.6%	3.0%
VO2 (ml/min)	275	259	105.9%	12.7%
VCO2 (ml/min)	230	220	104.3%	12.3%
VE (l/min)	7.9	6.0	132.5%	
Rf (b/min)	14.0	12.0	116.3%	
HR (bpm)	0			
FAT% (%)	54.4			
CHO% (%)	46.1			
PRO% (%)	0.0			
npRQ (---)	0.84			
UN (g/day)	0.0			
BMI (Kg/m <sup>2</sup> )	24.8	Normal		

**BMI Statements**

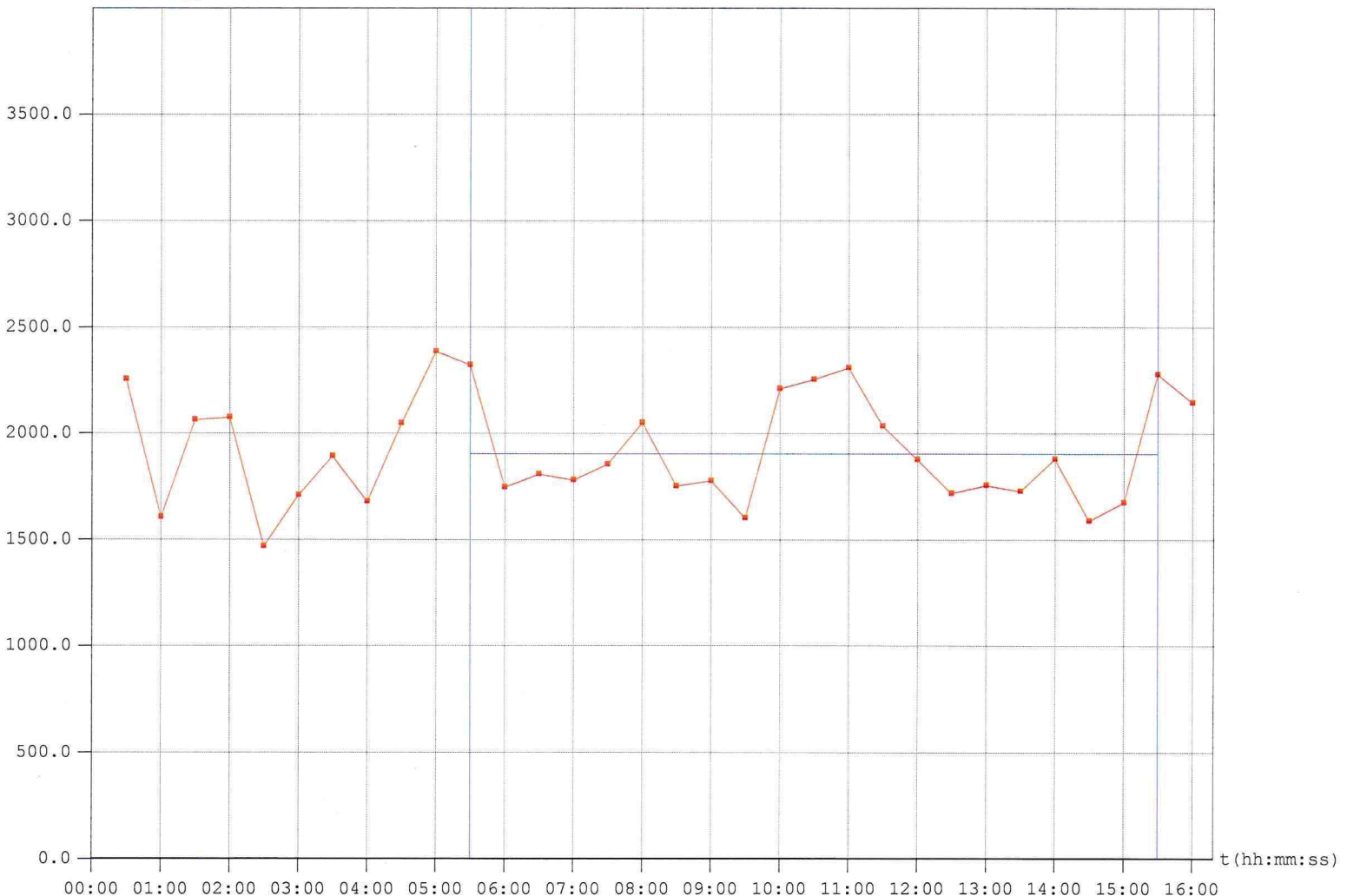
Underweight	<18.5
Normal	18.5-24.9
Overweight	25.0-29.9
Obesity class I	30.0-34.9
Obesity class II	35.0-39.9
Obesity class III	>=40

**Protocol:**

RMR

TDEE  
RMR - 702  
TEF - 107  
TEE - ADLs + Structured

EEkc (Kcal/day)



Thank you for choosing the George Washington University Weight Management Lab for your testing services!

## Interpreting your RMR (RESTING METABOLIC RATE)

ID code: 98				• Last name
Sex: F				
Age: 43				
Height (in): 60.0				
Weight (lb): 172.0				
HR max (bpm): 177				
Last turbine calibration: 2/11/2016				•
Parameter	Rest	Pred.	% Pred.	
Time (mm:ss)	10:00			
RMR (Kcal/day)	1680	1481	113.4%	•
R (—)	0.84	0.85	99.0%	
VO <sub>2</sub> (ml/min)	242	273	88.7%	
VCO <sub>2</sub> (ml/min)	203	232	87.6%	
VE (l/min)	7.3	6.0	121.1%	
Rf (b/min)	13.9	12.0	115.9%	
HR (bpm)	0			
FAT% (%)	53.1			
CHO% (%)	47.4			
PRO% (%)	0.0			
npRQ (—)	0.84			

The RMR Rest is the number of calories your body requires at rest to support life and basic metabolism. It doesn't include calories burned through lifestyle or exercise.

The Pred. number is your predicted RMR based on your height, weight, age and sex. It's a calculation or estimation.

The %Pred tells you how fast or slow your measured RMR compares to the predicted value. A normal range is -10% to +10%. If your RMR is  $\geq 110\%$ , this means you have a faster than normal metabolism. If your RMR is  $\leq 89\%$ , then you have a slow metabolism. This could be the product of a sedentary lifestyle, undereating, or an endocrine issue such as hypothyroidism.

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Rf (b/min)	13.9	12.0	115.9%
HR (bpm)	0		
FAT% (%)	53.1		
CHO% (%)	47.4		
PRO% (%)	0.0		
npRQ (---)	0.84		

The %FAT and %CHO (carbohydrate) tells you how much of each macronutrient your body is burning from your diet. It's a reflection of your overall calorie intake and the macronutrient balance within your current diet.

The ideal ratio is:  
50-65% FAT  
35-50% CHO

We offer customized nutrition planning based these results to help you achieve your goals. If interested, please contact [exercise@gwu.edu](mailto:exercise@gwu.edu) for more details!