

Cardio Coach Co2 Metabolic Test Results

Patient Information

Name:	Kate Adams	Date Time:	June 25, 2012 03:08 pm
Gender:	Female	Trainer:	
Age:	34	Test Type:	RMR
Height:	70 in 178 cm	Test ID:	9
Weight:	169 lbs 76.5 kg	SN:	12108
Goal Weight:	160 lbs 72.5 kg	File Name:	
BMI:	24.2		

Test Results

Exercise:	+ 223 Cals	Maintenance Zone:	1786 to 2320
Lifestyle & Activity:	+ 534 Cals	Weight Loss Zone:	1430 to 1786
Resting Energy Expenditure:	1786 Cals	Medically Supervised Zone:	0 to 1430
Total Energy Output:	2543 Cals*		

*Total = RMR + Lifestyle + Exercise

Time To Goal

Time to reach your goal weight 5 weeks
 If you add exercise 4 weeks

Metabolic Data

VO2:	259 ml/min	%Kcal from CHO:	47.2 %
VCO2:	217 ml/min	%Kcal from Fat:	52.8 %
RER:	0.84	CHO grams per Day:	200 grams
		Fat grams per Day:	105 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 %	Mode
0:15	0	246	3.2	244	3.2	34.30	34.59	17.15	3.24	Testing
0:30	0	261	3.4	245	3.2	31.87	33.95	17.03	3.28	Testing
0:45	0	262	3.4	244	3.2	31.45	33.77	16.98	3.30	Testing
1:00	0	292	3.8	263	3.4	30.54	33.91	16.91	3.30	Testing
1:15	0	262	3.4	238	3.1	30.68	33.78	16.89	3.31	Testing
1:30	0	238	3.1	215	2.8	30.58	33.86	16.89	3.30	Testing
1:45	0	280	3.7	251	3.3	30.71	34.26	16.92	3.27	Testing
2:00	0	240	3.1	213	2.8	30.66	34.55	16.91	3.24	Testing
2:15	0	268	3.5	242	3.2	31.19	34.54	16.97	3.23	Testing
2:30	0	260	3.4	231	3.0	31.23	35.15	16.97	3.18	Testing
2:45	0	236	3.1	210	2.7	31.18	35.04	16.96	3.20	Testing
3:00	0	266	3.5	235	3.1	30.22	34.21	16.84	3.26	Testing
3:15	0	0	0.0	0	0.0	0.00	0.00	0.00	0.00	Testing

Plots

