

Fitness Institute of Texas Calorie FIT

Jane Doe

10/16/2013

Body Composition

Height	61.5 in
Weight	150.0 lbs

Measurement Results

Measured RMR	1480 cal
Estimated RMR	1502 cal
Expenditure w/o Exercise	1830 cal
Avg Daily Exercise	304 cal
Total Daily Expenditure	2134 cal

Recommendation to lose 0.5 lb/week

	Percent	Grams	Calories
Fat	25%	118	471
Carbs	52%	247	986
Protein	23%	107	427
Total			1884

Weight Maintenance w/ Current Exercise

	Percent	Grams	Calories
Fat	25%	59	534
Carbs	55%	293	1174
Protein	20%	107	427
Daily Calorie Intake			2134

Recommendation to lose 1 lb/week

	Percent	Grams	Calories
Fat	25%	45	409
Carbs	49%	200	799
Protein	26%	107	427
Total			1634

What is RMR?

Resting Metabolic Rate (RMR) is the number of calories your body burns each day with little or no activity and accounts for a majority of the total calories your body burns.

Does RMR change or can you change your RMR?

Two of the largest determinants of your RMR are your weight and body composition. As your weight decreases, it's likely that your RMR will decrease too. It is possible to increase your RMR by building lean muscle mass, which requires more calories for your body to support. Keep in mind that building lean muscle mass requires intense strength training, and generally will not occur with cardiovascular training.

Is it necessary to re-analyze after weight changes?

Small changes in lean muscle mass will have minimal impact on RMR. However, reassessment may be beneficial if there is a significant weight change.

How is the daily budget calculated?

For effective weight loss, the dietary modification is to decrease your current intake by 250-500 calories a day, depending on how quickly you want to lose the weight. The given values assume you are continuing your current exercise plan.

What if a 500 calorie change seems like too much?

Are there other dietary considerations?

In addition to calorie intake, it's important to get adequate mineral and vitamin intake to ensure optimal health. Intakes to consider include calcium, fiber, folate, iron, and vitamins A, B, C, D, E, and K.