

EVOLVE

HEALTH & WELLNESS

Metabolic Rate Report

Date of Test:	Weight Today:	Weight Goal:
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Your Baseline Numbers

Resting Metabolic Rate (RMR): your metabolism was measured at _____ calories per 24 hours at baseline — this is what your body burns at complete rest.

Total Daily Expenditure (TDE): _____ calories per day, based on a low-activity day without exercise.

Your Calorie Targets

Your daily calorie target depends on how quickly you want to lose weight. A faster rate of loss will change your target date accordingly.

Rate of Loss	Daily Calories	Target Goal Weight	Target Date
Mild	_____ cal/day	_____	_____
Moderate	_____ cal/day	_____	_____
Intense	_____ cal/day	_____	_____

Intense weight loss is not recommended unless you are getting labs every 3 months and following a detailed nutritional plan that includes a multivitamin, highly nutritious foods, and meeting your required protein intake.

A Note on Exercise

These numbers do not include extra calories for exercise. If you're exercising, account for those calories and add them to your daily count.