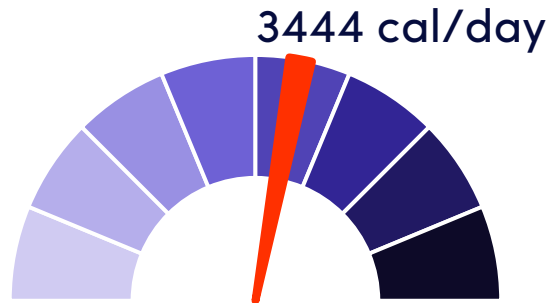
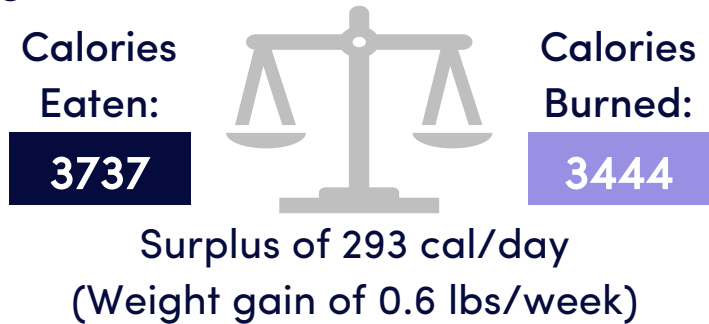


YOUR METABOLISM. MEASURED.

Daily Caloric Burn



Energy Balance



Calorie Intake by Objective

Currently eating
3737 cal/day

2583	3100	3444	3789	3790+
Max Safe Fat Loss (-1.7 lbs/week)	Burn Fat, Build Muscle (-0.7 lbs/week)	Maintenance	Build Muscle (+0.7 lbs/week)	Gain Weight (> +0.8 lbs/week)

Energy Budget



Physical Activity Level



Body Composition - Weight: 157.1 lbs

Fat Free Mass:
134.1 lbs

Fat Mass:
23.0 lbs

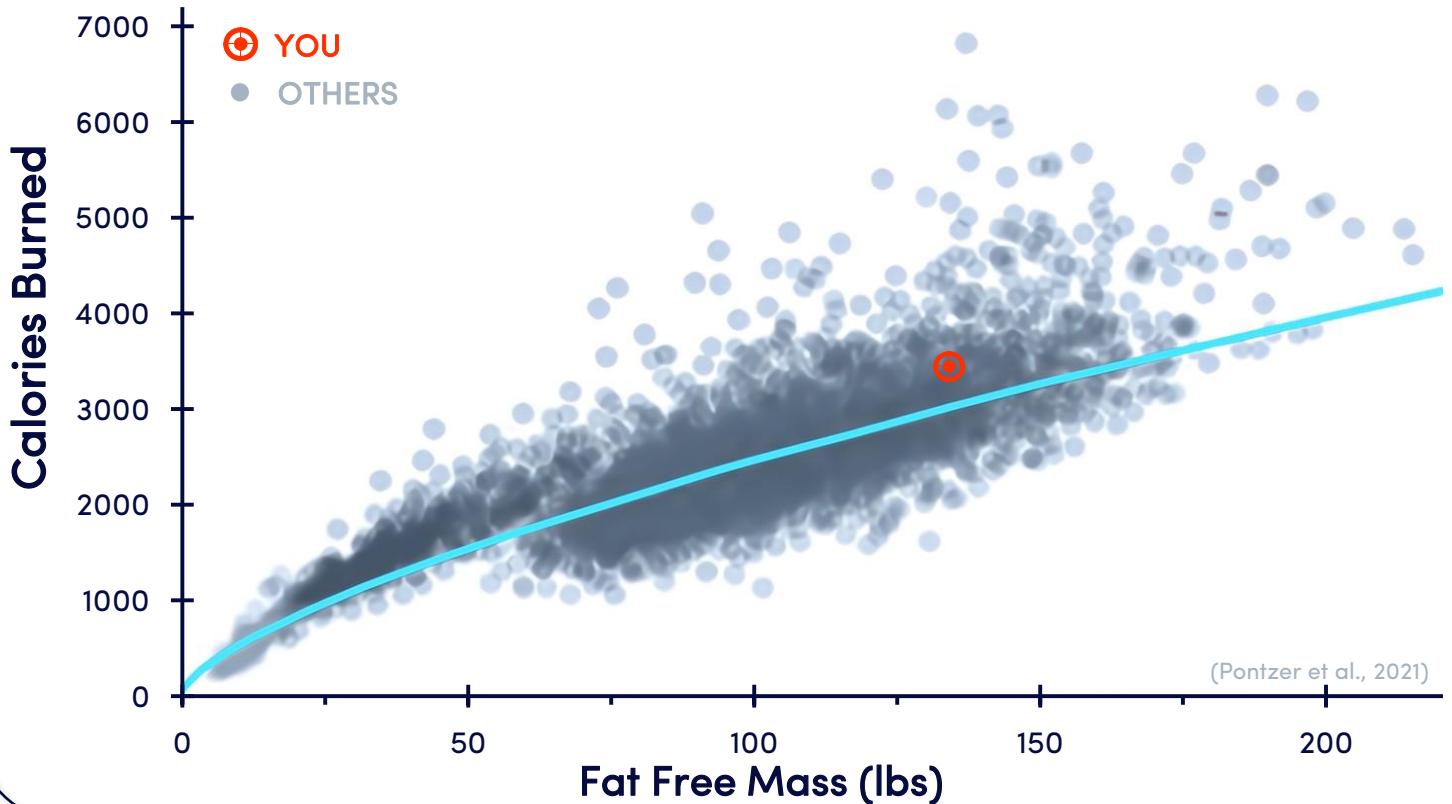
Body Fat Percentage - Lower than 78% of peers

14.7%

Hydration - Water Throughput: 4.9 Liters/day

Total Body Water: 62%

How do you compare to the scientific literature?



To learn more about the metrics in your report, visit our [interpretation page](#)

