

Jones, tom

Weight: 200 Lbs

Height: 70 Inches

Session Date: 12/21/2004

Metabolic Profile

2504 + Light = 3735
RMR Lifestyle Total Daily Calories

Fuel Mixture

53 : 47
% Fat % Sugar

Weight Change Objective

200 - 5 = 195
Current Weight Weight Change Goal Target Weight

Body Composition

Unknown 29 Unknown
% Body Fat BMI Lean Mass

Action Plan

-0.25 Weekly Weight Change Goal -875 Recommended Weekly Caloric Balance -125 Recommended Daily Caloric Balance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Diet	Diet	Diet	Diet	Diet	Diet	Diet
-	-	-	-	-	-	-
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
=	=	=	=	=	=	=
Daily Caloric Balance -125	Daily Caloric Balance -125	Daily Caloric Balance -125	Daily Caloric Balance -125	Daily Caloric Balance -125	Daily Caloric Balance -125	Daily Caloric Balance -125

The American College of Sports Medicine identifies a desirable weight loss program as one that meets the following criteria: (1) Provides intake not lower than 1200 kcal/day for normal adults and allows a proper distribution of foods to meet nutritional requirements. (2) Provides a negative caloric balance (not to exceed 500 to 1000 kcal/day), resulting in gradual weight loss. (3) Includes an exercise program that promotes a daily caloric expenditure of more than 300 kcal. Source: ACSM's Guidelines for Exercise Testing and Prescription. 6th Edition, 2000; pg 215-216.

The National Weight Control Registry found that 89% of people who lost 30 or more pounds and kept it off for at least one year accomplished their goals through a combination of diet and exercise - only 10% succeeded using diet alone and only 1% using exercise alone.