

Barker, Richard

Weight: 180 Lbs

Height: 72 Inches

Session Date: 11/05/2005

Metabolic Profile

1894 + Light = 2841
RMR LifeStyle Total Daily Calories

Fuel Mixture

51 : 49
% Fat % Carbohydrate

Weight Change Objective

180 - 8 = 172
Current Weight Weight Change Goal Target Weight

Body Composition

Unknown 24 Unknown
% Body Fat BMI Lean Mass

Action Plan

-0.75 Weekly Weight Change Goal -2625 Recommended Weekly Caloric Balance -375 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 -375	Daily Caloric Balance -375	Daily Caloric Balance -375	Daily Caloric Balance -375	Daily Caloric Balance -375	Daily Caloric Balance -375	Daily Caloric Balance -375

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.