

MedGem[®] Analyzer Clinicians Report

Patient Name: Smith, Jane R	Date: 12/9/2009
Age: 35	Measurement Time: 9:50 AM
Gender: Female	Height: 5 ft 4 in

MedGem Measurement Report

Patient Results	Normative Range	Patient Results	Normative Range
Current Weight: 210 lb	119 - 137 lb	BMI: 36.0 kg/m ²	20.0 – 24.9 kg/m ²
Adjusted VO2*: 2.46 ml/min	2.4 - 3.2 ml/min	Absolute VO2: 234 ml/min	N/A
RMR**: 1620 kcals/day	1585 - 2113 kcals/day	TEE: 1903 kcals/day	N/A
% Body Fat: 43.4 %	17% - 25%	Absolute Fat Weight: 91.1 lb	N/A

Patient Treatment Plan

Goal Weight: 145 lb	Rate of Weight Change: 1 lb
Calorie Budget: 1403 kcals/day	Nutrition Plan: Custom Diet
Exercise Goal: 1750 kcals/week	Exercise Intensity: Moderate
Step Goal: 0	Next Measurement Date: 3/9/2010 9:50 AM

Notes:

Jane, We will see you back in three weeks to discuss our meal replacement program. You should try MiHealthLog to help self-monintor your daily food intake. Best, Dr. Jones.

Clinician's Name: Dr. S Jones

Clinic Name: Center for Weight Loss



* Adjusted VO2 is calculated using the following equation (VO2 ml/min BW (Kg)) Byrne NM, Hills AP, Hunter GR, Weinsier RL, Schultz Y. Metabolic equivalent: one size does not fit all. J Appl P hysiol. 2005 Sep, 99(3): 1112-9.

** RMR is calculated using the Weir equation and a constant RQ value of 0.85 (RMR=6.931 x VO2).

Weir, J.B., New methods for Calculating Metabolic rate with Special Reference to Protein Metabolism. J Physiol, 1949. 109: pages 1-9.