

Your Personalized Weight Management Program

Name: Date: Goal Weight:

It's all about the calories: managing your weight is dependent on being in control of the amount of food (calories) you eat each day. But how do you accurately determine how much food (calories) that is? Stop guessing and personalize your plan with the missing link - An accurate measurement of your Metabolic Fingerprint™.

Metabolic Rate

Metabolism is the number of calories your body burns each day with little or no activity, and accounts for the majority of total calories your body burns. An accurate measurement will put you in control of your weight, and you will know the precise number of calories you can eat each day to successfully reach your goal.

STEP 1:

After completing your measurement*, insert the result.

My Metabolic Fingerprint:

STEP 2:

Determine the additional calories your body burns through normal lifestyle and occupational activity. Choose the most appropriate category from the chart below and enter your lifestyle factor here.

My Lifestyle Factor:

	Stationary: 1.2	Light: 1.4	Moderate: 1.6	Vigorous: 2.0
EXAMPLES:	Accountant, Telephone Sales, Computer Programmer, Executive, Secretary	Dentist, Airline Agent, Dietitian, Homemaker, Chef or Cook, Hairdresser	Nurse, Soldier, Mechanic, Janitor, Childcare, Mail or Package Delivery, Flight Attendant	Construction, Landscaping, Baggage Handler, Coal Miner, Mover, Heavy Farm Labor

STEP 3:

Determine your weight goal. If you want to maintain your weight, enter 0 here. For your weight goal, choose the desired rate of loss or gain per week from the chart below and enter the calories here.

- / + Calories:

Rate of Weight Loss:	= Calories per Day	Rate of Weight Gain:	= Calories per Day
0.5 lbs per week	- 250 Kcals	0.5 lbs per week	+ 250 Kcals
1.0 lbs per week	- 500 Kcals	1.0 lbs per week	+ 500 Kcals
1.5 lbs per week	- 750 Kcals	1.5 lbs per week	+ 750 Kcals
2.0 lbs per week	- 1000 Kcals	2.0 lbs per week	+ 1000 Kcals

NOTE: Weight loss or weight gain should *not exceed* 2lbs per week. If your daily calorie budget is below 1200 calories per day, it may be difficult to meet your minimum nutrient requirements. Please adjust your rate of weight loss or consult a physician or registered dietitian.

STEP 4:

STEP 1 Metabolic Fingerprint:	X	STEP 2 Lifestyle Factor:	- / +	STEP 3 Loss/Gain Calories:	=	Your Daily Calorie Budget
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>

Now you're ready to successfully manage your weight and reach your goal!

Your Goal Date is:

How It Works & What You Need to Know

Is my Metabolic Rate GOOD or BAD?

Unlike other health assessments (blood pressure or cholesterol for example), there is no such thing as a good or bad, high or low metabolism. It is, however, unique to you. Two similar individuals can follow the same diet and exercise routine and have dramatically different results. This is why it is important to have your Metabolic Fingerprint™ measured. Metabolism accounts for the majority of calories your body burns each day. An accurate measurement gives you the missing link that will put you in control of managing your weight.

How can I change my Metabolism?

Two of the largest determinants of your Metabolic Fingerprint™ are your weight and body composition (muscle weight vs. fat weight). As your weight decreases, it is likely that your metabolism will decrease too. This is a normal response to the body's loss of weight and reduced calorie needs to support it. On the other hand, body composition, or the amount of lean muscle mass you have, impacts metabolism too. It is possible to increase your metabolism by building lean muscle mass, which requires more calories for your body to support. Keep in mind, building lean muscle mass requires intense strength training. Cardiovascular exercise burns calories during the exercise session, but will not influence changes in metabolism. Both types of exercise are keys to successfully managing your weight.

Which diet plan should I follow?

The type of diet plan you choose should be based on your preferences, needs, and advice of your physician or nutrition counselor. Once you select the plan that's right for you, it's simply a matter of managing your daily calorie intake to your unique calorie budget (your Personal Weight Management Program from opposite page).

Can I increase the number of daily calories I can eat by exercising?

Physical activity is an important factor in reaching weight goals, maintaining weight and is beneficial to overall health and fitness. The Centers for Disease Control (CDC) and the American College of Sports Medicine (ACSM) recommends 30 minutes of moderate physical activity on most days of the week. Whether you take an extra walk around the block, or do an intense workout at the gym, each activity burns additional calories. You can decide whether to take in additional calories to compensate for those burned or whether to let the extra burned calories contribute toward faster weight loss.

Should I have my Metabolic Fingerprint™ measured again?

Talk with your health or fitness professional about your personalized plan, and determine the date for a re-measurement appointment. Since your metabolism will change as you lose weight or increase lean muscle mass, it's important to re-measure to avoid those frustrating plateaus. As your body sheds pounds, it needs fewer calories to support itself, so schedule your subsequent measurements to stay on track. After you reach your weight goal, you should obtain a final Metabolic Fingerprint™ measurement so you know how many calories you should eat to maintain your new weight.

Remember, the keys to successful weight management is to personalize your daily plan, and then stick to it. Follow these simple steps, and you'll be on your way to reaching your goal.

1	Have your Metabolic Fingerprint™ measured, and re-measured as necessary
2	Increase your daily activity
3	Monitor your progress by tracking your food & exercise, and make the appropriate modifications to continue progressing toward your goal

Consult with your physician or healthcare professional before beginning any exercise or nutritional program.



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