Test User Male (AGE: 40)

| Gender: | **Male** | Weight: | **82.0** kg | Hydration: | **73.3**% (TBW/FFM) | RZ: | **555** Ω | BMI: | **25.3** kg/m² |
| Date of Birth: | **01/01/1982** | Height: | **180.0** cm | Nutrition: | **858** (mg 24h/htm) | XC: | **55** Ω | | |

Weight loss parameters

Weight to lose (kg)	Daily calories (kcal/day)	Diet duration (week)	BMI
5	1853	9	20

☑ With physical activities   Add Physical Activity

BMR: 1545.2 kcal   BMR x PAL: 1996.2 kcal   Starting weight: 82 kg   Target weight: 77 kg

By selecting the BMI, the calory intake and the weight to lose, this report calculate the theorical time to reach the target weight, identified by the area between the yellow lines, which are the ±5% of the ideal weight loss. Keeping a regular physical activity level (dark line, if set) can help speed up the weight loss process and to maintain Fat Free Mass and Body Cell Mass. Real weight variations are recorded and showed as blue points. Not following the ideal weight loss patterns is normal as weight loss is a physiological process which is strongly influenced by a number of factors.

— Higher weight-loss reference   — Lower weight-loss reference   —●— 02/02/2022

Formula ver. (or Configuration) Weight Control, Software ver. 3.0.27 | Serial Number: BVA1617