

BASAL & REST METABOLISM

NAME: .....

DATE OF MEASUREMENT: ..... DATE OF BIRTH: .....

BASAL METABOLIC RATE – theoretical assessment

Determine your basal metabolic rate (BMR) using online Harris-Benedict Calculator

F<sub>1</sub> – Factor for age and height: .....

F<sub>2</sub> – Factor for body mass:.....

F<sub>1</sub> + F<sub>2</sub> = .....kJ\*24h<sup>-1</sup> (= BMR for 24 h.) = .....kJ/h<sup>-1</sup>

REST METABOLISM – assessed by gas analyser (Cortex)

	Predicted value	Real value
KM (kJ)		
KM (kcal)		

CONCLUSIONS

(What is difference between basal and rest metabolism in general? How to measure BMR instead of rest metabolism? Interpret the measured rest metabolism and Respiratory Exchange Ratio (RER or RQ).)