

# Energy Expenditure Report

**Person:** Jane Doe

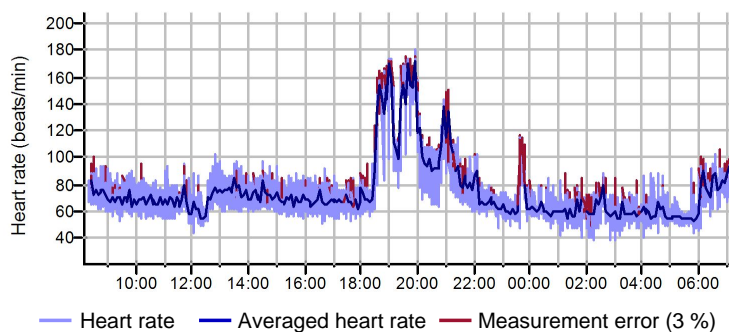
**Date:** 1.12.2004

**Background information**

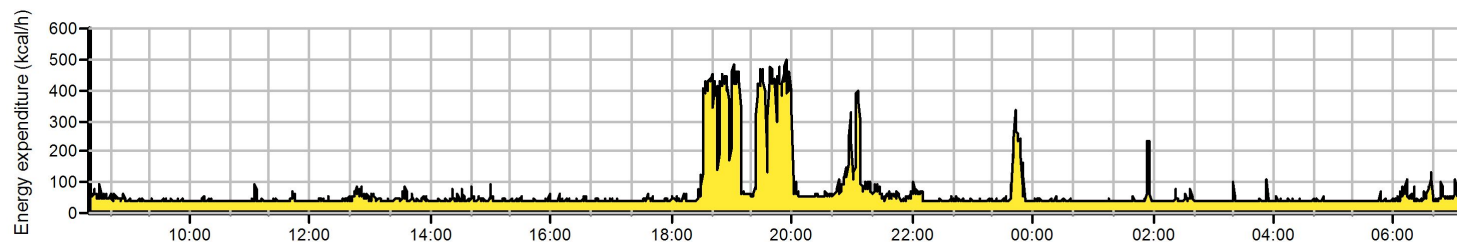
Age 34  
 Height (cm) 168  
 Weight (kg) 65  
 Resting heart rate 51  
 Maximum heart rate 187

**Measurement information**

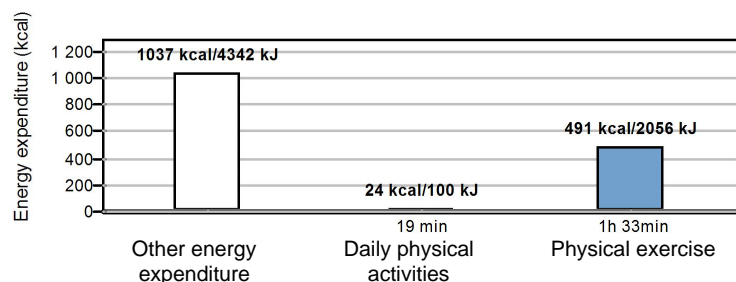
Measurement length 22:50:52  
 Measurement time 8:20:00 - 7:10:52  
 Lowest heart rate 51  
 Highest heart rate 179  
 Average heart rate 75



## Energy Expenditure Chart



Changes in energy expenditure during the measurement.



Distribution of the total energy expenditure (1553 kcal/6504 kJ) during the measurement (22h 51min). For daily physical activities and physical exercise, energy expenditure indicates the consumed energy above the basal energy expenditure.



**Other energy expenditure**

Basal energy expenditure and low physical activity which doesn't have significant increasing effect on energy expenditure. (Intensity 0-20%VO<sub>2</sub>max)

**Daily physical activities**

Daily physical activities with moderate intensity, e.g. household work that have increasing effect on energy expenditure. (Intensity 20-30%VO<sub>2</sub>max)

**Physical exercise**

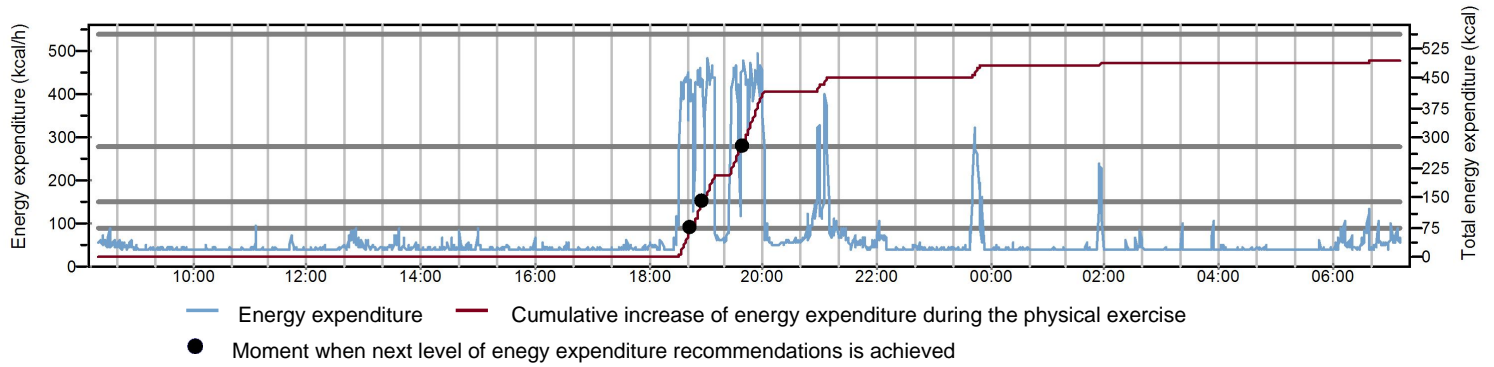
High intensity physical activity which has significant increasing effect on energy expenditure. (Intensity >30%VO<sub>2</sub>max)

## Energy Expenditure Comparison

Table shows an estimate of how long person of your weight should participate in different kinds of physical activities to consume same amount of energy as during the physical exercise (1h 33min) in the measurement.

resting	9h 29min	nordic walking	1h 25min
office work	5h 41min	swimming (fitness)	1h 19min
cleaning	2h 26min	cycling (15-20km/h)	1h 13min
walking	2h 08min	jogging (8km/h)	1h 13min
gardening	1h 42min	running (12km/h)	41 min

## Energy Expenditure and Health Effects



- > 560 kcal Energy expenditure during the physical exercise was demanding.
- 280-560 kcal Energy expenditure through the exercise achieved the weight management recommendation.
- 140-280 kcal Energy expenditure through the exercise achieved the health recommendation.
- 70-140 kcal You achieved half of the health recommendation of the daily energy expenditure through exercise.
- 0-70 kcal You stayed below the recommended energy expenditure recommendation.



### Recommendations for daily energy expenditure

Recommendation for minimum level of energy expenditure through exercise is 140 kca/day and ideal level is > 280 kcal/day. Recommendations are based on the guidelines set by the American College of Sports Medicine (ACSM).

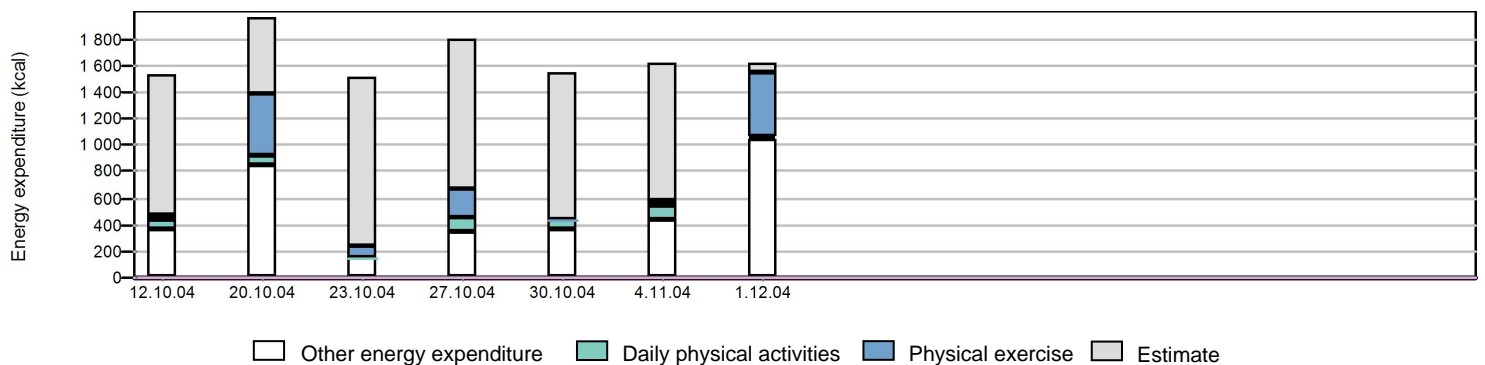
## 24h Energy Expenditure Prediction

You consumed 1553 kcal/6504 kJ of energy during this measurement that lasted for 22h 51min. The table gives an estimation of the daily energy expenditure if the rest of your day includes following levels of activity.

### If rest of the day includes...

...resting, 24h energy expenditure would be	1621 kcal/6788 kJ
...30min of physical exercise and some daily physical activities, 24h energy expenditure would be	1928 kcal/8074 kJ
...1h of demanding physical exercise (e.g. running, skiing, swimming), 24h energy expenditure would be	2236 kcal/9360 kJ

## 24h Energy Expenditure Follow-Up



Follow-up distribution of the 24h energy expenditure.