

MedGem® Analyzer

Clinicians Report

Patient Name:	Test Client	Date:	11.02.2025
Age:	35	Measurement Time:	06:38 AM
Gender:	Female	Height:	5 ft 3 in

MedGem Measurement Report

Patient Results	Normative Range	Patient Results	Normative Range
Current Weight: 140 lb	116 - 133 lb	BMI: 24.8 kg/ml	20.0 - 24.9 kg/ml
Adjusted VO2*: 2.55 ml/min	2.4 - 3.2 ml/min	Absolute VO2: 162 ml/min	N/A
RMR**: 1250 kcals/day	1056 - 1408 kcals/day	TEE: 1571 kcals/day	N/A
% Body Fat: 32.2 %	17% - 25%	Absolute Fat Weight: 45.1 lb	N/A

Patient Treatment Plan

Goal Weight: 130 lb	Rate of Weight Change: 0.5 lb
Calorie Budget: 1321 kcals/day	Nutrition Plan: Low Carbohydrate
Exercise Goal: 1555 kcals/week	Exercise Intensity: Moderate
Step Goal: 9000	Next Measurement Date: 8/29/2024 8:48 PM

Notes:

Test notes

Clinician Name: xrTa

Clinic Name: Microlife MedGem Sample Clinic

* 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 Physiol. 2005 Sep; 99(3): 1112-9.

** MR is calculated using the Weir equation with a constant RQ value of 0.85, Weir, J.B., New methods for Calculating Metabolic rate with Special Reference to Protein Metabolism. J Physiol. 1949. 109: pages 1-9.