## Metabolic Age Chart

## Medical Institution Details

- Name: Vitality Health Clinic
- Address: 123 Wellness Way, Healthville, HV 45678
- Phone Number: (123) 456-7890
- Website: www.vitalityhealthclinic.com


## Patient Details

- Full Name: John A. Smith
- Date of Birth: 03 /15 /1975
- Gender: Male
- Patient ID: JS-19750315
- Contact Number: (123) 555-6789
- Email Address: john.smith@email.com
- Referred by Dr./Physician: Dr. Jane Foster


## Assessment Details

- Date of Assessment: 10
- Health Professional: Dr. Jane Foster
- Method of BMR Calculation: Harris-Benedict Equation
- Equipment/Software Used: InBody Scanner


## Basal Metabolic Rate (BMR) Assessment

- BMR (kcal/day): $1,750 \mathrm{kcal} / \mathrm{day}$
- BMR Calculation Formula Used: Revised Harris-Benedict Equation
- Factors Considered:
- Weight: 180 lbs
- Height: $\underline{5^{\prime} 10 "}$
- Age: 48 years
- Gender: Male
- Body Composition (e.g., fat percentage, muscle mass):

Fat Percentage: 20\% Muscle Mass: 150 lbs

## Metabolic Age Calculation

- Patient's Actual Age: 48 years
- Average BMR for Age Group: $1,700 \mathrm{kcal} / \mathrm{day}$
- Patient's Metabolic Age: 44 years
- Interpretation:
- If Metabolic Age < Actual Age: Metabolism is faster than average for age.
- If Metabolic Age = Actual Age: Metabolism is average for age.
- If Metabolic Age > Actual Age: Metabolism is slower than average for age.


## Recommendations \& Physician's Notes

- Lifestyle Recommendations:

Increase daily physical activity, aim for at least 30 minutes of moderate exercise.

- Dietary Recommendations: $\qquad$
- Exercise Recommendations: $\qquad$
- Follow-Up Assessments: Schedule a follow--p in 6 months to reassess BMR and body composition.


## Physician's Signature:

$\qquad$
Date: 10 /21 /2023

Note: Metabolic age is a comparative figure and should not be used as a definitive measure of health. It is one of many tools that can help guide lifestyle choices and health assessments. Always consult with a healthcare professional for a comprehensive understanding and personalized health advice.

