

Metabolic Age Chart

Medical Institution Details

- Name: _____
- Address: _____
- Phone Number: _____
- Website: _____

Patient Details

- Full Name: _____
- Date of Birth: ____/____/____
- Gender: _____
- Patient ID: _____
- Contact Number: _____
- Email Address: _____
- Referred by Dr./Physician: _____

Assessment Details

- Date of Assessment: ____/____/____
- Health Professional: _____
- Method of BMR Calculation: _____
- Equipment/Software Used: _____

Basal Metabolic Rate (BMR) Assessment

- BMR (kcal/day): _____
- BMR Calculation Formula Used: _____
- Factors Considered:
 - Weight: _____
 - Height: _____
 - Age: _____
 - Gender: _____
 - Body Composition (e.g., fat percentage, muscle mass):

Metabolic Age Calculation

- Patient's Actual Age: _____
- Average BMR for Age Group: _____
- Patient's Metabolic Age: _____
- 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: _____
- Dietary Recommendations: _____
- Exercise Recommendations: _____
- Follow-Up Assessments: _____

Physician's Signature: _____

Date: ____/____/____

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.