



## Initial Assessment Report

Prepared July 3, 2007

by Critical Mass

for Glen Krog

**Goal - Lose 2.3 lbs. per week for 15 weeks  
for a total weight loss of 35 lbs.**

### Client Information and Goals:

Start Date:	November 7, 2003	Present Weight:	238 lbs.
Activity Level:	Very Active	Desired Weight:	203 lbs.
Goal Date:	February 21, 2004	Weight Loss/Week:	2.3 lbs.
Client Name:	Glen Krog	Present Body Fat:	12.0%
Gender:	Male	Desired Body Fat:	4.9%
Age:	39	Body Build:	Medium
Resting Heart Rate:	72 bpm	Maximum Heart Rate:	185 bpm

### Daily Exercise Calorie Goals:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1058	1058	150	1058	1058	1058	0

\* Your average daily exercise calorie expenditure, Mr. Krog, is 777 calories.

### Estimated Daily Calorie Requirement Summary:

Basic calorie requirement:	2839 per day
Average exercise calories:	777 per day
Calories to maintain weight present weight:	3616 per day
Calories to lose 2.3 lbs. per week:	2448 per day

### Protein, Carbohydrate, and Fat Ratio Goals:

Nutrient		% of Daily
Calories		
Protein	40	
Carbohydrates	40	
Total Fat	20	
Saturated Fat	7	

## Daily Value Goals for Glen Krog Based on Daily Reference Values

<b>Nutrient</b>	<b>Daily Value</b>
Calories (kcal)	2448
Protein (g)	245
<i>Calories from Protein</i>	979.20
<i>% Calories from Protein</i>	40
Carbohydrates (g)	245
<i>Calories from Carbohydrates</i>	979.20
<i>% Calories from Carbohydrates</i>	40
Fat (g)	54
<i>Calories from Fat</i>	489.60
<i>% Calories from Fat</i>	20
Saturated Fat (g)	18
Cholesterol (mg)	239.10
Total Dietary Fiber (g)	23.91

## Daily Values for Glen Krog Based on Reference Daily Intake

### Fat-Soluble Vitamins:

<b>Nutrient</b>	<b>Daily Value</b>
Vitamin A (mcg) RAE	0.00
Vitamin D (IU)	200.00
Vitamin E (mg)	0.00
Vitamin K (mcg)	80.00

### Water-Soluble Vitamins:

<b>Nutrient</b>	<b>Daily Value</b>
Thiamin (mg)	1.50
Riboflavin (mg)	1.70
Niacin (mg)	19.00
Vitamin B6 (mg)	2.00
Folate (mcg)	200.00
Vitamin B12 (mcg)	2.00
Vitamin C (mg)	60.00

### Minerals:

<b>Nutrient</b>	<b>Daily Value</b>
Calcium (mg)	800.00
Iodine (mcg)	150.00
Iron (mg)	10.00
Magnesium (mg)	350.00
Phosphorus (mg)	800.00
Selenium (mcg)	70.00

Sodium (mg)	2391.00
Zinc (mg)	15.00

### **Assessment Summary for Glen Krog**

**The Role of Exercise.** You are looking to lose weight. Exercise will influence not only how much you weigh, but also the *composition* of your body weight. Your goal is to make certain that you maintain or improve your body fat-to-lean-mass ratio. (Losing lean body mass and gaining body fat is counterproductive.) The way to maintain or increase your lean body mass is by exercising. For this reason, it is important that you set realistic daily exercise calorie expenditure goals and meet them on a consistent basis. Only with the proper *consistent* exercise and nutritional regimen will you assure that the twin goals of losing body fat and preserving (or even gaining) lean body mass are achieved. See the attached **Calorie Expenditures Report** to see how many calories *you* will burn in performing a variety of exercises for 30 minutes.

**A Simple Way to Maximize your Benefit from Exercise.** Research has shown that exercise steps up your metabolism for several hours after you perform the exercise. This means that for several hours after you exercise, you will burn calories at an elevated rate. This is a good situation for you since you are trying to lose weight. If you ride your bicycle, say, for 15 miles each morning, your metabolism will be at an elevated level for six or more hours. But if you ride your bicycle 7.5 miles in the morning *and* 7.5 miles at night (by say, commuting to and from work), you'll elevate your metabolism once in the morning for six or more hours, then once again at night for another 6 or more hours. *By performing half your exercise in the morning and half at night, you can increase the benefit of increased metabolism following a workout without actually working out more.*

**Muscle and Calories.** Keep in mind that muscle (a form of lean body mass) requires energy. Muscles burn calories. And the more muscle you have, the more calories you burn every hour of the day. It takes energy (expressed in calories) to maintain your muscles. The more muscle you have, the more calories you need to burn. Fat, on the other hand, *is* calories - and because fat *is* calories, it doesn't contribute to burning calories... fat is your body's way of storing calories. *Increasing your muscle mass is an excellent way to burn more calories (and lose weight).* Resistance training has been shown to be the most effective way to increase muscle mass. And the most popular form of resistance training is weight training.

**Calories to Lose 2.3 lbs. per week.** To lose your desired weight of 2.3 pounds per week, you will need to consume no more than approximately 2448 calories per day.

**How Much Protein do you Need?** Your goal is to consume 40% of your calories from protein. Since your daily calorie goal is 2448 calories, you are looking to get 979.20 calories per day from protein (2448 daily calories x 40% calories from protein). Because there are approximately four calories per gram of protein, you need approximately 245 grams of protein per day (979.20 protein calories / 4).

**How Much Carbohydrate do you Need?** Your goal is to consume 40% of your calories from carbohydrates. Since your daily calorie goal is 2448 calories, you are looking to get 979.20 calories per day from carbohydrates (2448 daily calories x 40% calories from carbohydrates). Like protein, there are approximately four calories per gram of carbohydrate. This means you need approximately 245 grams of carbohydrate a day (979.20 carbohydrate calories / 4).

**How Much Fat do you Need?** Your goal is to consume 20% of your calories from fat. Since your daily calorie goal is 2448 calories, you are looking to get 489.60 calories per day from fat (2448 daily calories x 20% calories from fat). Because there are approximately nine calories per gram of fat, you need approximately 54 grams of fat a day (489.60 fat calories / 9) to meet your goal.

**A Note Regarding Sources of Calories.** From the discussion above, it is clear that your body gets more than twice the calories from fat (9 calories per gram) as it does from protein or carbohydrate (4 calories per gram each). If you're interested, alcohol - the fourth source of calories in human nutrition - provides you with approximately 7 calories per gram consumed. Mathematically, what all this means that you can eat approximately twice as much protein or carbohydrate (by weight) and still take in fewer calories than if you were to consume fat or alcohol. On a practical level, this means that *you can actually eat more food and take in fewer calories by making informed food choices!*

**A Parting Thought.** Glen, the key to your success on any nutrition/exercise plan is consistency. At this early stage of your plan, you're probably highly motivated. Use this motivation to make the practice of good nutrition, good exercise, and good living a *habit*. Do this and you will not fail.

***"Motivation is what gets you started. Habit is what keeps you going."***

**- Jim Ryun**