

BIO-PERFORMX

Endurance

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July 29, 2025

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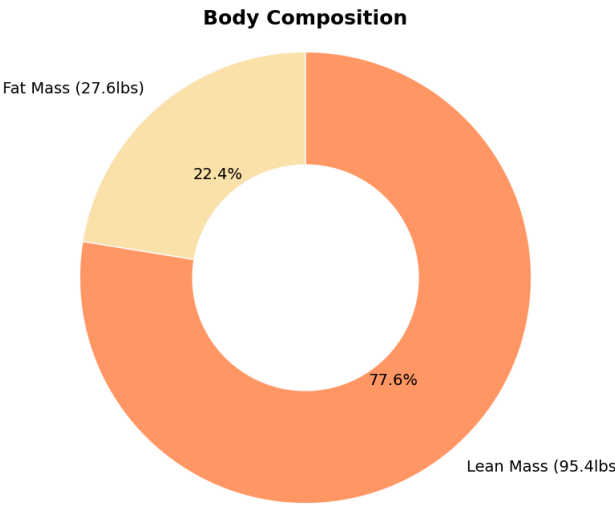
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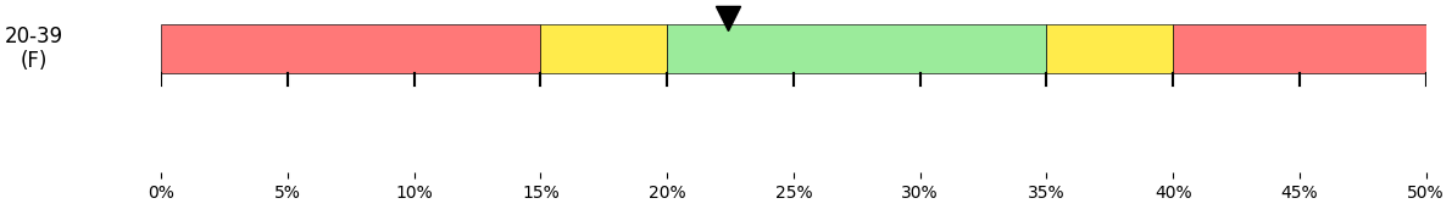
Ultrasound & Body Composition Assessment

Designed to track and optimize exercise and diet. Its proven technology can accurately measure tissue structure and body composition.

Body Composition



Body Fat Percent - 22.4%



Overview

Metabolic

Resting Metabolic Rate	Active Metabolic Rate
Fat/Carbohydrate Ratio	Metabolic Efficiency Low Intensity
Metabolism	Metabolic Efficiency High Intensity
Breathing Frequency	
Breath Volume	
Heart Rate	

Respiratory

Lung Function
Lung Capacity
Lung Capability
Breathing Frequency Zones

Cardiovascular

Active Metabolic Rate
Aerobic Health (VO2 Max)
Training Zones
Metabolic Efficiency (VO2 Pulse)

Strength

Strength - High Intensity
CO2/O2 (RER)
Heart Rate
Breath Frequency
Muscle Efficiency

Recovery

Active Metabolic Rate
Heart Rate <div>44</div>

Muscle Oxygen

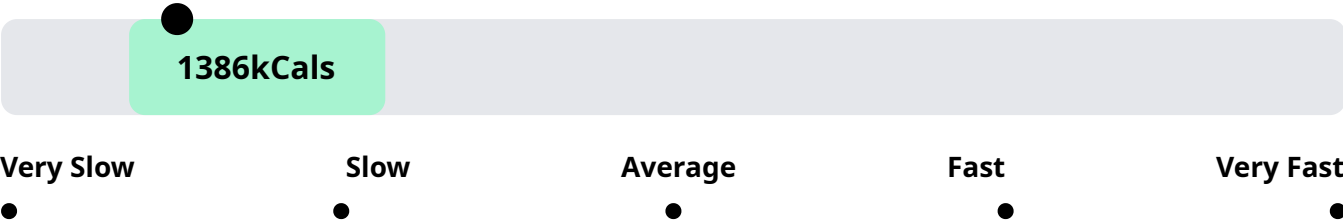
Breath Frequency

Nutrition Guidelines

Resting Metabolic Rate Assessment

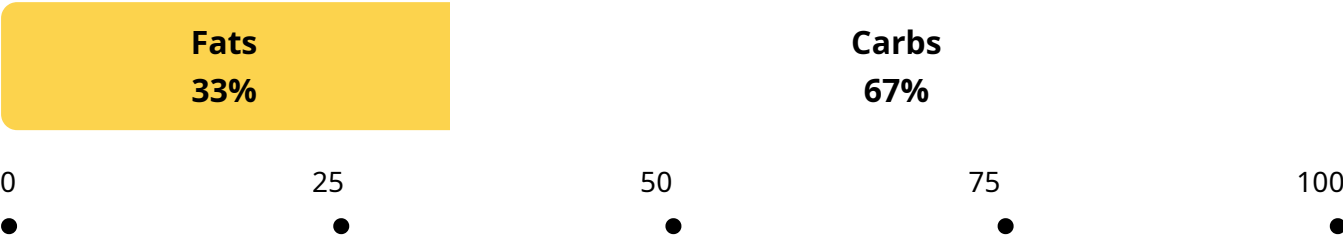
The resting metabolic rate assessment determines the number of calories that you burn at rest, and metabolic health. It is also an indicator of overall health and well-being.

Slow vs Fast Metabolism



Fuel Source

Optimal



Caloric Intake

1386kCals

Resting
Metabolic

+

762kCals

NEAT

-

423kCals

to lose 1.1lbs
per week

=

~1725kCals

Weekly Meal Plan Breakdown

Caloric Deficit Example

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1725KCals	1725KCals	1725KCals	1725KCals	1725KCals	1725KCals	1725KCals
120g Protein	120g Protein	120g Protein	120g Protein	120g Protein	120g Protein	120g Protein
155g Carbs	155g Carbs	155g Carbs	155g Carbs	155g Carbs	155g Carbs	155g Carbs
69g Fat	69g Fat	69g Fat	69g Fat	69g Fat	69g Fat	69g Fat
25g Fibre	25g Fibre	25g Fibre	25g Fibre	25g Fibre	25g Fibre	25g Fibre

Caloric Deficit with Maintenance/Refeed Example

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1615KCals	1615KCals	1615KCals	1615KCals	1615KCals	2000KCals	2000KCals
120g Protein	120g Protein	120g Protein	120g Protein	120g Protein	120g Protein	120g Protein
142g Carbs	142g Carbs	142g Carbs	142g Carbs	142g Carbs	190g Carbs	190g Carbs
63g Fat	63g Fat	63g Fat	63g Fat	63g Fat	84g Fat	84g Fat
24g Fibre	24g Fibre	24g Fibre	24g Fibre	24g Fibre	30g Fibre	30g Fibre

Macronutrients Recommendations

28%
Protein

36%
Carbs

36%
Fats

