



www.fitnessRxKy.com

MET FOLLOW-UP PATIENT PROFILE

Welcome back to FitnessRx for your follow-up Metabolic Efficiency Test. We hope that you have seen some changes to your training, racing, and just daily well-being with the changes you have made. We will be doing the same test as before and then in our assessment we will compare your before and after.

As with your first test, you will need to be fasting for 12 hours prior to the start of your test. We would also recommend not working out the 24 hours prior to your test. Please get a good nights rest and come ready to have a great test.

Please bring your heart rate monitor. If you do not have one, we can provide one. We would also ask that you answer the following questions and bring to your test or send in online.

Name: _____ Phone: _____

Date of Birth: _____ Email: _____

What are you training for right now? _____

What changes have you made since your previous test? Diet? _____

Exercise? _____

Sleep? _____

Hydration? _____

Do you have any specific questions you would like for us to try and answer in our report? _____

Do you use a coach? _____ If so, who?

If you would like for us to send them a copy of your results please provide contact info:

Thanks! We look forward to seeing you again!

Your FitnessRx team