

Unique Metabolic Profiling Questionnaire

Thermoplex is a revolutionary meal replacement shake based on a scientific breakthrough in weight management called Unique Metabolic Profiling (UMP). UMP uses your individual metabolism, body type, lifestyle and personal goals to calculate the metabolic characteristics that are unique to your body. These characteristics are translated into a nutritional profile that our lab uses to custom formulate your own personal meal replacement shakes with the exact amount of calories and ratio of protein, carbohydrates and fats your body requires to burn fat, build muscle and reach peak performance.

Mail to: NutraBio PO Box 626 Middlesex, NJ 08846 Fax to: 732-748-8607 Questions: 888-688-7224 Order Form Attached: Yes No

In order to properly calculate your Unique Metabolic Profile which will be used to formulate your Thermoplex custom meal replacement shakes, please complete this form as accurately as possible.

Last Name: _____ First: _____

NutraBio ID#: _____ Date: _____

Age: _____ years

Male Female

Height: _____ inches

Body Weight: _____ pounds

Body Fat Percentage: _____ %

How active are you throughout the day? (Base your selection on your daily lifestyle only, "excluding" any exercise.)

Sedentary (bed rest) Inactive (desk job) Active (normal) Very Active (always on the move)

What is your body weight goal: Lose Weight _____ pounds Gain Weight _____ pounds Maintain Weight

How many meals do you eat each day including your meal replacement shakes? _____

How many hours of cardio training do you participate in each week?

_____ hours - **Low Intensity** (below 60% of maximum Training Heart Rate)
 _____ hours - **Medium Intensity** (60%-70% of Maximum Training Heart Rate)
 _____ hours - **High Intensity** (80% or greater of Maximum Training Heart Rate)

How many hours of resistance training (weight lifting) do you perform each week?

_____ hours **Choose Level:** Low Intensity Medium Intensity High Intensity

How many hours of sleep do you get each day? _____ hours

How many Thermoplex shakes will you have each day? _____ per day

On average, how many hours apart are you meals? _____ hours

Tell us if you have any specific requirements:

Do you have any specific requirements or limits you want us to use when calculating your UMP? This section is optional and any information that you enter could effect the overall calculation of your UMP. If you enter any info here we will calculate your UMP then adjust it based on your limits or requirements.

	Minimum	Maximum	Exact
Protein per shake			
Carbs per shake			
Calories per shake			
Total daily calories			

Do you want to verify your UMP shake profile before we process your order?

- NO.** Calculate my UMP shake profile and process my shake order without contacting me for verification.
 YES. Contact me first to verify my UMP shake profile prior to processing my order.