

How to determine your Daily Calorie Intake

Step 1



Find your basic Metabolic Rate

Women: $65 + (4.35 \times \text{weight (lbs)}) + (4.7 \times \text{height (inches)}) - (4.7 \times \text{age (years)})$

Men: $66 + (6.23 \times \text{weight (lbs)}) + (12.7 \times \text{height (inches)}) - (6.8 \times \text{age (years)})$

Determine your activity level

Sedentary:

(Little or no exercise) 1.2

Lightly Active (Light exercise 1- 3 days/week):
1.375

Moderately Active:

(Moderate exercise (3-5 days/week)): 1.55

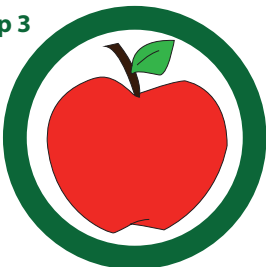
Very Active: (Hard exercise (6-7 days/week)):
1.725

Extra Active: (Very hard exercise and physical
job 7 days/week): 1.9

Step 2



Step 3



BMR x Activity Level:

Number of calories one should consume daily to
maintain current weight.