



# Calculating Your Basal Metabolic Rate (BMR)

(The calories you burn during normal daily activity)

BMR can be *estimated* with the following Harris-Benedict formula:

## Women

$$\text{BMR} = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age})$$

## Men

$$\text{BMR} = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age})$$

## My BMR

\_\_\_\_\_ Calories

## ***Now figure out the number of additional calories needed based on activity level:***

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

If you are sedentary (little or no exercise) = BMR x 1.1

If you are lightly active (light exercise/sports 1-3 days/week) = BMR x 1.275

If you are moderately active (moderate exercise/sports 3-5 days/week) = BMR x 1.35

If you are very active (hard exercise/sports 6-7 days a week) = BMR x 1.525

If you are extra active (very hard exercise/sports & physical job or 2x training) = BMR x 1.7

## **My Total Calorie Needs:**

This is the total number of calories you need in order to **maintain** your current weight.

\_\_\_\_\_ Calories

*If you want to lose fat, a useful guideline for lowering your calorie intake is to reduce your calories by at least 500, but not more than 1000 below your maintenance level. For people with only a small amount of weight to lose, 1000 calories will be too much of a deficit. As a guide to minimum calorie intake, the American College of Sports Medicine (ACSM) recommends that calorie levels never drop below 1200 calories per day for women or 1800 calories per day for men.*