

BMR & DAILY CALORIC EXPENDITURE

Weight _____ divided by 2.2= _____ bodyweight in KG

Men: 1.0 x _____ bodyweight x 24 _____

Women: .9x _____ bodyweight x 24 _____

LEAN FACTOR MULTIPLIER FROM TABLE 1

TOTAL FROM ABOVE _____ X _____ = _____ BMR CALORIES

CALORIE EXPENDITURE

BMR X ACTIVITY MULTIPLIER FROM TABLE 2

BMR _____ X _____ = _____ CALORIES EXPENDED DAILY

TABLE 1	LEAN FACTOR	% BODY FAT	MULTIPLIER
MEN	1	10-14	1
	2	15-20	.95
	3	21-28	.90
	4	OVER 28	.85
WOMEN	1	14-18	1.0
	2	19-28	.95
	3	29-38	.90
	4	OVER 38	.85

AVG DAILY ACTIVITY LEVELS	
COUCH POTATO	1.30 Very light , sitting talking little walking or other activities
	1.55 Light , typing, teaching, lab/shop work some walking
Fitness buff range	1.55 Typing , teaching, lab, workshop, walking throughout the day
	1.65 Moderate , walking, jogging, gardening type job with activities such as cycling
Athlete Hard Daily workouts	1.80 Heavy , heavy daily manual labor digging, tree felling, climbing, football soccer bodybuilding
	2.00 Very Heavy , a combination of moderate and heavy activity 8 or more hours per day, plus 2-4 hours of intense training per day

