



CALORIE REQUIREMENT FOR WEIGHT MAINTENANCE

$$\text{BMR} = \boxed{} \times 24$$

Weight in
kilograms =
(# of lbs. x .45)

$$\text{KCAL/DAY} = \boxed{}$$

BMR

ACTIVITY REQUIREMENTS

Heavy Activity

$$\text{BMR} \times 50\% =$$

or

Moderate Activity

$$\text{BMR} \times 40\% =$$

or

Light Activity

$$\text{BMR} \times 30\% =$$

TOTAL ENERGY NEED

$$\text{BMR} + \text{CALCULATED ACTIVITY REQUIREMENT} =$$