

Calculate Your Caloric Intake to Lose Weight

Harris-Benedict Calorie Calculation for WOMEN

To maintain your weight, use the Harris-Benedict principle and formula below to assess your **basal metabolic rate** (BMR)

In order to lose weight, you'll need to take in fewer calories than this result. Eating 500 calories less each day and 500 calories per day from cardio will result in a 2 pound fat loss that week. Too much work? Cut both numbers back to 250 and lose 1 pound of fat each week.

Your **BMR** is the amount of energy your body needs to function. We use about 60% of the calories we consume each day for basic bodily functions such as breathing. Other factors that influence your BMR are height, weight, age and sex.

Basic information you need:

Your weight in pounds _____ x 4.3 = _____ (A)
Your height in inches _____ x 4.7 = _____ (B)
Your age _____ x 4.7 = _____ (C)

Step 1: Calculate your BMR using A, B, C above:

Adult Women: **655** + **A** _____ + **B** _____ minus **C** _____ =
_____ **BMR** (Don't forget to *add* the 655 and *subtract* C)

Step 2: Calculate activity calories:

If you are sedentary: BMR _____ x 20 % = _____ **activity calories**.
If you are lightly active: BMR _____ x 30 % = _____ **activity calories**.
If you are moderately active: (You exercise most days a week):
BMR _____ x 40 % = _____ **activity calories**.

Step 3: Calculate total maintenance TM calories:

Add **Activity Calories** _____ to your **BMR** _____ = **TM** _____ the total number of calories you can eat daily and **maintain your current weight**.

Step 4: Calculate weight loss calories:

Total maintenance calories **TM** _____ minus **500** =
_____ **your weight loss daily calorie goal**. Stay at this number or less to lose 1 pound of fat a week.

Harris-Benedict Calorie Calculation for MEN

Your weight in pounds _____ x 6.2 = _____ (A)

Your height in inches _____ x 12.7 = _____ (B)

Your age _____ x 6.8 = _____ (C)

Plug these into the following equation to find your Basal Metabolic Rate (BMR) caloric needs for men (it is a different equation for women):

$655 + (A) + (B) - (C) =$ _____

Now, consider your true current activity level and do the next part:

Activity point calculation:

If you are sedentary _____ (BMR) x 20% =

_____ (BMR) x 30%

_____ (BMR) x 40%

Now Add BMR and Activity Points together to determine total calories needed to maintain your current weight. _____

Subtract 500 from this number and that should be the total amount of calories you will need in order to lose 1 pound of fat a week _____