

Basal Metabolic Rate Worksheet

Most people can have a successful healthy diet just by estimating their quantity of food and timing their meals equally throughout the day. Until you get used to a new diet regimen though, you may need to weigh some foods at first to grasp the idea of what one cup looks like and what 'two ounces of salad dressing' is in your bowl. Most people, at first, will over estimate and therefore over consume.

Your Basal metabolic Rate (BMR) is the rate at which your body uses energy while at rest to keep vital functions going, such as breathing and keeping warm. It is a good formula to work into your diet regimen to understand how much fuel you need to survive. Here is the formula:

$$\text{Women: BMR} = 655 + (4.35 \times \text{weight in lbs.}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$
$$655 + \underline{\hspace{2cm}} + \underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \text{BMR } \underline{\hspace{2cm}}$$

$$\text{Men: BMR} = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$$
$$66 + \underline{\hspace{2cm}} + \underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \text{BMR } \underline{\hspace{2cm}}$$

This formula uses the variables of height, weight, age and gender to calculate the BMR. This is a good formula because it is more accurate than calculating calorie needs based on body weight alone. The only factor that is omitted is lean body mass (the ratio of muscle to fat that a body has). So the leaner a body is the more calories it needs than heavier ones. This equation is very accurate but be aware that more muscular people will underestimate their caloric needs and very obese people will overestimate their caloric needs.

Once you know your BMR you need to calculate your daily caloric needs based on your activity level. The Harris Benedict Equation, used below, has been found to be very accurate.

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) : Calorie-Calculation = BMR x 1.2
- If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation = BMR x 1.375
- If you are moderately active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation = BMR x 1.55
- If you are very active (exercise/sports 6-7 days a week) : Calorie-Calculation = BMR x 1.725
- If you are extra active (very hard exercise/sports & physical job or 2x training) : Calorie-Calculation = BMR x 1.9

BMR X activity level = daily caloric needs to maintain current weight.

$$\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} = \underline{\hspace{2cm}} \text{ DAILY CALORIC NEEDS to maintain current weight.}$$

(A slight caloric deficit is required for weight loss. Do not exceed more than a 500 calorie deficit per day until you've reached your weight loss goals. Once you've reached your goal weight you will need to recalculate the above formulas.)

Protein Intake (15% of total calories):

daily caloric intake x .15 = protein in calories

$$\underline{\hspace{2cm}} \times .15 = \underline{\hspace{2cm}} \text{ protein calories per day}$$

Carb Intake (60% of total calories):

daily caloric intake x .60 = carbs intake in calories

$$\underline{\hspace{2cm}} \times .60 = \underline{\hspace{2cm}} \text{ carbohydrates per day in calories}$$

FAT INTAKE (25% of total calories):

Daily caloric intake x .25 = fat intake in calories

$$\underline{\hspace{2cm}} \times .25 = \underline{\hspace{2cm}} \text{ of fat calories per day in calories per day}$$