**Metric BMR Formula**

**Conversions:
Body weight in pounds/2.2 = kg
Height in inches X 2.54 = cm**

**Women**:

BMR = 655 + (9.6 x weight in kg) + (1.8 x height in cm) - (4.7 x age in years)

BMR = 655 + (9.6 x \_\_kg) + (1.8 x \_\_cm) - (4.7 x \_\_)

**Total=\_\_ \_\_\_kcal**

**Men**:

BMR = 66 + (13.7 x weight in kg) + (5 x height in cm) - (6.8 x age in years)

BMR = 66 + (13.7 x \_\_\_kg) + (5 x cm) - (6.8 x \_\_\_)

**Total=\_\_\_\_\_\_\_\_\_\_\_\_kcal**

**Now use the Harris Benedict Equation to work out daily requirements including exercise.** To determine your total daily calorie needs, multiply your [BMR](http://www.bmi-calculator.net/bmr-calculator/) by the appropriate activity factor, as follows:

|  |  |
| --- | --- |
| **Activity Level** | **Multiply:** |
| Sedentary (little or no exercise) | **BMR x 1.2** |
| Lightly active (light exercise/sports 1-3 days/week) | **BMR x 1.375** |
| Moderately active (moderate exercise/sports 3-5 days/week) | **BMR x 1.55** |
| Very active (hard exercise/sports 6-7 days a week) | **BMR x 1.725** |
| Extra active (very hard exercise/sports & physical job or 2x training) | **BMR x 1.9** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day:** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| BMR Activity Level |  |  |  |  |  |  |  |

**Meal Planning Options**

|  |  |  |  |
| --- | --- | --- | --- |
| **Breakfast** | **Lunch** | **Dinner** | **Snacks** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Meal Planning**

**Day 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Breakfast** | **Snack** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |  |

**Other Options:**

**Day 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Breakfast** | **Snack** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |  |

**Other Options:**

**Day 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Breakfast** | **Snack** | **Lunch** | **Dinner** | **Snack** |
|  |  |  |  |  |

**Other Options:**