



Daily Caloric Needs Calculator

Multiply your calculated RMR (below) by 1.3 (sedentary), 1.4 (moderately active), or 1.5 (very active). If you work out intensely 4-5 days/week or are active in sports or outdoor activities, use 1.5 as the multiplying factor.

RMR expressed in calories (kcal)/day

Height expressed in inches _____ inches

Weight expressed in pounds _____ pounds

Age expressed in years _____ years

For Men: RMR = $66 + (12.7 \times \text{height}) + (6.27 \times \text{weight}) - (6.8 \times \text{age})$

For Women: RMR = $655 + (4.57 \times \text{height}) + (4.36 \times \text{weight}) - (4.7 \times \text{age})$

Example: A 190 lb male, 6'0" tall, 28 yrs old, very active
Daily caloric requirements for weight maintenance
 $1.5 \times (66 + (12.7 \times 72) + (6.27 \times 190) - (6.8 \times 28)) = 2972$ calories/day

Calculate:

For Men: RMR = $\frac{\text{int.}}{\text{int.}} \times ((66 + (12.7 \times \frac{\text{ht.}}{\text{ht.}}) + (6.27 \times \frac{\text{wt.}}{\text{wt.}}) - (6.8 \times \frac{\text{age}}{\text{age}}))$

For Women: RMR = $\frac{\text{Int.}}{\text{Int.}} \times (655 + (4.57 \times \frac{\text{ht.}}{\text{ht.}}) + (4.36 \times \frac{\text{wt.}}{\text{wt.}}) - (4.7 \times \frac{\text{age}}{\text{age}}))$

RMR = _____ calories/day

Generally, it is considered safe and more effective in the long term to lose only 1-2 lbs per week. If you lose the weight more slowly, you will generally be able to maintain more muscle. You need to create approximately a 3500-calorie deficit to lose 1 lb. Hence, if the male in the example would like to lose 1 lb per week, he could reduce his daily caloric intake by about 500 calories/day to around 2472, or any other combination to create a 3500-calorie deficit per week.