

SAMPLE Caloric Requirements Calculator - fill in the appropriate info, click calculate . . .

Estimated Calorie Requirements

ExRx.net > Diet > Calculator

| | | |
|--|--|-------------------------------|
| Male <input type="button" value="v"/> Sex | <input type="text" value="12"/> Resting | <input type="text" value=""/> |
| <input type="text" value="30"/> Age | <input type="text" value="10"/> Very Light | <input type="text" value=""/> |
| <input type="text" value="190"/> Pounds <input type="button" value="v"/> Weight | <input type="text" value="1"/> Light | <input type="text" value=""/> |
| <input type="text" value="74"/> Inches <input type="button" value="v"/> Ht or BF | <input type="text" value="1"/> Moderate | <input type="text" value=""/> |
| | <input type="text" value="0"/> Heavy | <input type="text" value=""/> |
| | <input type="text" value=""/> | <input type="text" value=""/> |
| | <input type="text" value="24"/> Total (24 hrs) | <input type="text" value=""/> |

Directions

Fill first column with age in years, weight, and height (inches or centimeters) or percent body fat (eg: 21.2); select appropriate menu options. Fill the number of hours spent on respected activity levels considering the example activities below. Decimal values are allowed (e.g. 2.5, 0.25). The total must equal 24 hours; "Total" is not a required entry. Use weighted average values since activity levels probably vary from day to day. Keep in mind, most people over estimate their activity level. Click "Calculate" when complete.

The "Total Calorie" value can be considered when planning a diet using the [Food Exchange Calculator](#).

Resting
Sleeping, reclining

Very light
Done

Ads by Google

Weight Loss Tools
Calculate Your BMI and Your Ideal Calorie Intake With HealthVault.
www.HealthVault.com

Drop 25 Pounds in 30 days
Fastest Weight Loss Guaranteed! As Seen on CBS News
www.ProjectWeightLoss.com

Gives you a calculation of your estimated Basal Metabolic Rate (BMR) & Caloric Activity level Requirements

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| | | |
|--|--|--|
| Male <input type="button" value="v"/> Sex | <input type="text" value="12"/> Resting | <input type="text" value="1992"/> BMR (Calories) |
| <input type="text" value="30"/> Age | <input type="text" value="10"/> Very Light | <input type="text" value="872"/> Activity (Calories) |
| <input type="text" value="190"/> Pounds <input type="button" value="v"/> Weight | <input type="text" value="1"/> Light | <input type="text" value="2864"/> Total Calories |
| <input type="text" value="74"/> Inches <input type="button" value="v"/> Ht or BF | <input type="text" value="1"/> Moderate | |
| | <input type="text" value="0"/> Heavy | |
| | <input type="text" value=""/> | |
| | <input type="text" value="24"/> Total (24 hrs) | |