

Figuring Your Daily Caloric Needs Worksheet

(Harris-Benedict equation)

Resting Metabolic Rate (RMR)

MEN

Your height, Ht (inches): _____

Your current weight, Wt (lbs): _____

Your age (years): _____

Calculations:

Adjusted height: $Ht \times 12.7 =$ _____

Adjusted weight: $Wt \times 6.23 =$ _____

Adjusted age: $Age \times 6.8 =$ _____

$66.5 + \text{Adjusted height} + \text{Adjusted weight} + \text{Adjusted age} = \text{Resting Metabolic Rate (RMR)}$

$66.5 + \text{_____} + \text{_____} + \text{_____} = \text{Your RMR in calories}$

Resting Metabolic Rate (RMR)

WOMEN

Your height, Ht (inches): _____

Your current weight, Wt (lbs): _____

Your age (years): _____

Calculations:

Adjusted height: $Ht \times 4.57 =$ _____

Adjusted weight: $Wt \times 4.36 =$ _____

Adjusted age: $Age \times 4.7 =$ _____

$655.1 + \text{Adjusted height} + \text{Adjusted weight} + \text{Adjusted age} = \text{Resting Metabolic Rate (RMR)}$

$655.1 + \text{_____} + \text{_____} + \text{_____} = \text{Your RMR in calories}$

Basal Energy Expenditure (BEE)

$RMR \times \text{Activity Factor} = BEE$, your daily caloric needs

Activity Factor:

Sedentary (less than 30min 1-2 days of the week at 0-3 intensity, use scale 0 – 10) = 1.2

Moderately Active (30min 6-7 days of the week at 4-5 intensity, use scale 0 – 10) = 1.3

Very Active (45-60min 6-7 days of the week at 7-9 intensity, use scale 0 – 10) = 1.4

$RMR \text{ _____} \times \text{Activity Factor} \text{ _____} = \text{Your BEE in calories}$

Determining Your Daily Energy Consumption

Protein = $BEE \text{ _____} \times 0.15 = \text{_____} \text{ calories} / 4.0 = \text{_____} \text{ grams}$

Carbohydrate = $BEE \text{ _____} \times 0.55 = \text{_____} \text{ calories} / 4.0 = \text{_____} \text{ grams}$

Fat = $BEE \text{ _____} \times 0.30 = \text{_____} \text{ calories} / 9.0 = \text{_____} \text{ grams}$