



Your Daily Calorie Needs

If you are looking to reduce your weight / Body fat % then you will need to consume less calories than you burn off each day.

Use the formula below to calculate your needs:

Basal Metabolic Rate (BMR).

BMR calculation for men $BMR = 66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.76 \times \text{age in years})$
BMR calculation for men $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in years})$
BMR calculation for women $BMR = 655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$
BMR calculation for women $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

The following table enables calculation of an individuals recommended daily calorie intake to maintain current weight:

Little to no exercise	Daily calories needed= BMR x 1.2
Light exercise (1-3 days per week)	Daily calories needed= BMR x 1.375
Moderate exercise (3-5 days per week)	Daily calories needed= BMR x 1.55
Heavy exercise (6-7 days per week)	Daily calories needed= BMR x 1.725
Very heavy exercise (twice per day, extra heavy workouts)	Daily calories needed= BMR x 1.9

Your BMR:

Your Daily Calorie Requirements (- 500 kcals if you are trying to lose weight):

Remember – the quality of your food is also important and you should aim for a balanced, low GI diet.

Alternatively go to www.c-slim.co.uk and use our free Kcalculator