

Calorie Customization Worksheet

The averages method:

Use this method if you want a ballpark estimate (based on a typical reference man or woman) and you don't want to do *any* math. Use the lower end of the ranges if you are small-framed and/or inactive. Use the high end of the ranges if you are large-framed and/or active.

Average Calorie Intakes Daily For Fat Loss:	
Men	2100 – 2500 calories
Women	1400 – 1800 calories

Average Calorie Intakes Daily For Maintenance	
Men	2700 – 2900 calories
Women	2000 – 2200 calories

Your Customized Daily Calorie Goal	
Fat loss	
Maintenance	

The quick method:

Use this method if you want a customized estimate with one quick calculation. When choosing your multiplier, use the lower number if you're lightly active, the middle number if you're moderately active and the higher number if you're very active. The formula is based on bodyweight, so it's the same for men and women.

Calorie Multipliers For Fat Loss And Maintenance	
Fat loss	10 - 12 calories per pound of bodyweight
Maintenance	14 - 16 calories per pound of bodyweight

Your Customized Daily Calorie Goal For Fat Loss		
Your Body Weight	X Your activity multiplier (10-12)	= Your Optimal Calorie Intake For Fat Loss

Your Customized Daily Calorie Goal For Maintenance		
Your Body Weight	X Your activity multiplier (14 - 16)	= Your Optimal Calorie Intake For Maintenance

The Harris Benedict & Katch Mcardle Formulas

Use this 4-step method if you want the most accurate estimate of your customized calorie needs and you don't mind crunching a few numbers.

Step 1: Calculate your basal metabolic rate (BMR) Option A: Harris Benedict equation	
Men	$BMR = 66 + (13.7 \times \text{wt in kg}) + (5 \times \text{height in cm}) - (6.8 \times \text{age})$
Women	$BMR = 655 + (9.6 \times \text{wt in kg}) + (1.8 \times \text{ht in cm}) - (4.7 \times \text{age})$
Your basal metabolic rate (BMR)	
Step 1: Calculate your basal metabolic rate (BMR) Option B: Katch McArdle equation	
Men and women	$BMR = 370 + (21.6 \times \text{lean mass in kg})$
Your basal metabolic rate (BMR):	

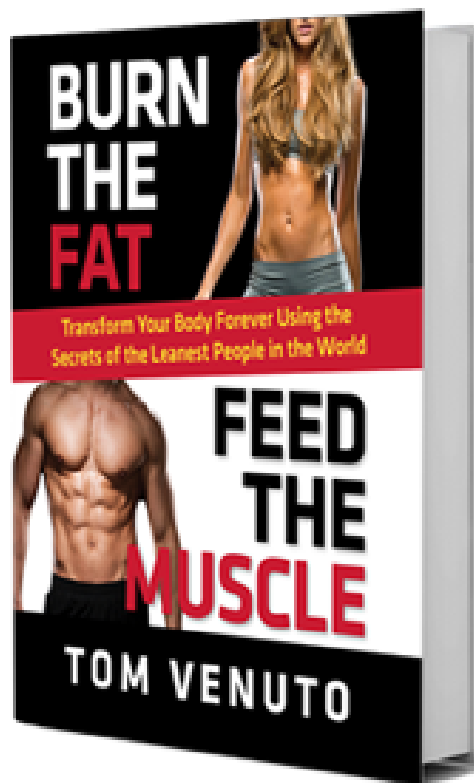
Step 2: choose your activity level (multiplier)		
Activity Level	Multiplier	Description
Sedentary	BMR X 1.2	Little or no exercise, desk job
Lightly Active	BMR X 1.375	Light exercise or sports 3–5 days/week
Moderately Active	BMR X 1.55	Moderate exercise or sports 3–5 days/week
Very Active	BMR X 1.725	Hard exercise or sports 6–7 days/week
Extremely Active	BMR X 1.9	Hard daily exercise or sports and physical labor job or twice-a-day training (football camp, etc)
Your activity multiplier:		

Step 3: Calculate your maintenance level (TDEE)		
BMR	X Your activity multiplier	= TDEE (maintenance level)

Step 4: Choose a calorie deficit and calculate your calorie target for fat loss					
Your maintenance level (TDEE)	Very conservative deficit (TDEE-15%)	Conservative deficit (TDEE-20%)	Moderate deficit (TDEE-25%)	Very Aggressive deficit (TDEE-30%)	Other deficit _____ %

Burn the Fat, Feed the Muscle: The Bible of Fat Loss And Body Transformation

- **A bestselling e-book for 10 years online** – known to men and women in 154 countries as the “Bible of fat loss” – *Burn the Fat, Feed the Muscle* is now available in a new audiobook edition, available at audible, Amazon.com and iTunes, and a new hardcopy edition, available in bookstores everywhere (published by Random House New York, Toronto, London).
- **Completely updated and revised**, with never-before-seen material, including “The New Body (TNB) 28-day training plan, plus powerful new plateau-breaking and advanced “next level” fat burning strategies.
- **Shed fat, build muscle and transform your body forever** with the same nutrition, training and motivation secrets used by fitness models and bodybuilders – the leanest athletes with the best bodies in the world.



Own *Burn the Fat, Feed the Muscle* in audio and in hardcopy! Order now by clicking the links below:

[Order from Amazon.com](#)

[Order from Amazon.ca](#)

[Order from Amazon.uk](#)

[Order from Barnes & Noble](#)

[Order from iBookstore](#)

[Order from Audible \(via Amazon\)](#)