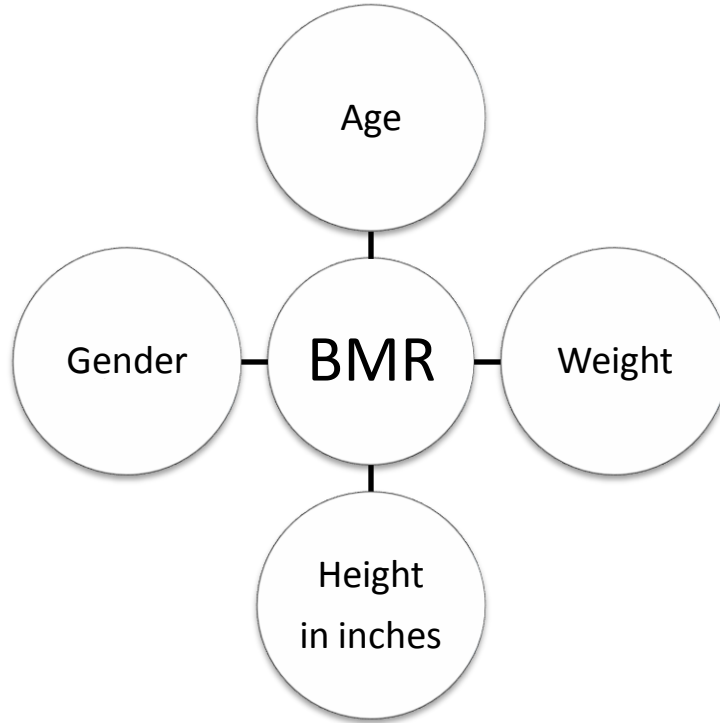


## Factors in Calculating BMR



## Daily Calorie Needs

Activity Level	Description	Formula
Low	You get little to no exercise	Calories Burned a Day = BMR x 1.2
Light	You exercise lightly (1-3 days per week)	Calories Burned a Day = BMR x 1.375
Moderate	You exercise moderately (3-5 days per week)	Calories Burned a Day = BMR x 1.55
High	You exercise heavily (6-7 days per week)	Calories Burned a Day = BMR x 1.725
Very High	You exercise very heavily (i.e. 2x per day, extra heavy workouts)	Calories Burned a Day = BMR x 1.9