

## Figure Out Your Calories—The Easy Way!

### Introduction:

This guide will help you calculate how many calories your body needs to reach your goals. Whether you're looking to lose weight, gain muscle, or maintain, this step-by-step method makes it simple. Don't worry—conversions for weight and height are included!

### Step 1: Convert Your Measurements (if needed):

1. Convert Pounds to Kilograms:

- Formula:  $\text{Weight in pounds} \div 2.2 = \text{Weight in kilograms}$ .
- Example:  $154 \text{ lbs} \div 2.2 = 70 \text{ kg}$ .
- Your Calculation: \_\_\_\_\_ lbs  $\div$  2.2 = \_\_\_\_\_ kg

2. Convert Inches to Centimeters:

- Formula:  $\text{Height in inches} \times 2.54 = \text{Height in centimeters}$ .
- Example:  $65 \text{ inches} \times 2.54 = 165 \text{ cm}$ .
- Your Calculation: \_\_\_\_\_ inches  $\times$  2.54 = \_\_\_\_\_ cm

### Step 2: Calculate Your BMR (Basal Metabolic Rate):

Use this formula to find out how many calories your body needs to survive:

- For Men:  $\text{BMR} = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) + 5$
- For Women:  $\text{BMR} = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) - 161$

Example: A 35-year-old woman weighing 154 lbs (70 kg) and 5'5" tall (165 cm):

- $\text{BMR} = (10 \times 70) + (6.25 \times 165) - (5 \times 35) - 161$
- $\text{BMR} = 1,395 \text{ calories/day}$
- Your Calculation:  $\text{BMR} = (10 \times \text{_____}) + (6.25 \times \text{_____}) - (5 \times \text{_____}) +/-$   
\_\_\_\_\_

### Step 3: Determine Your TDEE (Total Daily Energy Expenditure):

Multiply your BMR by your activity level:

- Sedentary:  $\text{BMR} \times 1.2$
- Lightly active:  $\text{BMR} \times 1.375$
- Moderately active:  $\text{BMR} \times 1.55$
- Very active:  $\text{BMR} \times 1.725$
- Extremely active:  $\text{BMR} \times 1.9$

Example: If your BMR is 1,395 and you're lightly active:

- TDEE =  $1,395 \times 1.375 = 1,917$  calories/day

- Your Calculation: TDEE = \_\_\_\_\_  $\times$  \_\_\_\_\_ = \_\_\_\_\_

#### Step 4: Set Your Goal:

- To Lose Weight: Subtract 500–750 calories from your TDEE.

- To Gain Muscle: Add 250–500 calories to your TDEE.

- To Maintain Weight: Stick with your TDEE.

Example: Weight loss goal:  $1,917 - 500 = 1,417$  calories/day

- Your Calculation: \_\_\_\_\_  $-/+$  \_\_\_\_\_ = \_\_\_\_\_

#### Step 5: Start Tracking:

Use your calorie goal as a guide when logging meals in an app or journal.

#### Step 6: Reflect:

Write down one thing you learned from calculating your calorie needs:

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