

**Maintenance
Calories
(TDEE)**

=

**Basal
Metabolic
Rate**

×

**Standard
Activity
Factor**



BMR (men)

$$= 9.99 \times \text{Weight (kg)} \\ + 6.25 \times \text{Height (cm)} \\ - 4.92 \times \text{Age} + 5$$



BMR (women)

$$= 9.99 \times \text{Weight (kg)} \\ + 6.25 \times \text{Height (cm)} \\ - 4.92 \times \text{Age} - 161$$



Standard Activity Factors (SAFs)

Sedentary
× 1.2

Light
× 1.375

Moderate
× 1.55

Very
× 1.725

Extra
× 1.9

Sedentary – Little to no exercise.

Light Activity – Light exercise 1-3 days/week.

Moderate Activity – Moderate exercise 3-5 days/week.

Very Active – Moderate exercise 6-7 days/week.

Extra Active – Vigorous training two times a day.

Nutritioncard Formulas Calories And Anthropometrics 4 X 7 Laminated Card

S Ben Porath



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