



### Notes on the Equations:

- These formulas are for adults only— different formulas are used for children.
- The **Basal Metabolic Rate (BMR)** formula (Harris-Benedict Equation) estimates the number of calories you would require in a day if you were totally sedentary (bedridden). It is used to estimate calories needed to keep your body systems working.
- The **Estimated Calories Burned per Day** formula uses your estimated BMR and an activity multiplier to estimate of how many calories you need to **MAINTAIN** your current weight in “real life”.
- When estimating your daily activity, it is important to use the multiplier that reflects what you do on a **CONSISTENT** basis. When in doubt, use a conservative estimate, especially if you have a sedentary desk job!
- **TO LOSE WEIGHT**, you must create a calorie “deficit” in your body — burning more calories than you consume. (To **GAIN** weight, do the opposite... but we all knew that already!)
- To **LOSE WEIGHT**, these are your options:
  1. decrease your daily calories below your “estimated calories burned”. (This is your only option if you won’t increase your activity!)
  2. increase your activity level to burn more calories. (This is your only option if you won’t change your diet!)
  3. for best results, **DO BOTH** — increase activity and decrease calorie consumption.
- To lose 1 pound, you must create a calorie deficit of 3,500 calories! (This means consuming 500 fewer calories than you burn each day for a week! Or burning an **EXTRA 500** per day **OVER & ABOVE ANY EXERCISE YOU ARE ALREADY DOING!**)
- Reducing your calorie level below 1,200 kcal/day is considered unsafe. Very low calorie diets result in loss of muscle as well as fat— leaving you with less fat-burning tissue than when you started!