

## Maintenance Calculation

Name \_\_\_\_\_ Date \_\_\_\_\_

Current Weight kg \_\_\_\_\_ x 10 = (A) \_\_\_\_\_

Height in cm \_\_\_\_\_ x 6.25 = (B) \_\_\_\_\_

Age \_\_\_\_\_ x 5 = (C) \_\_\_\_\_

(A) \_\_\_\_\_ + (B) \_\_\_\_\_ - (C) \_\_\_\_\_ = BMR \_\_\_\_\_

Multiplying your number from above by an activity variable.

1.1 - 1.2 = Sedentary (Desk job, and Little Formal Exercise)

1.3 - 1.4 = Lightly Active (Light daily activity AND light exercise 1-3 days a week)

1.5 - 1.6 = Moderately Active (Moderately daily Activity/Moderate exercise 3-5 days a week)

1.7 - 1.8 = Very Active (Physically demanding lifestyle and Hard exercise 6-7 days a week)

1.9 - 2.2 = Extremely Active (Athlete in ENDURANCE training or VERY HARD physical job)

BMR \_\_\_\_\_ x Activity level \_\_\_\_\_ = Maintenance Calories \_\_\_\_\_

**My maintenance is \_\_\_\_\_ calories a day**

**Water intake = 40ml per kg of bodyweight**

**Bodyweight \_\_\_\_\_ x 0.04 = \_\_\_\_\_ litres a day**