**METABOLIC RATES**

**Resting Metabolic Rates - Uses Active for life book (Purple) – Page 163**

**Male**

**RMR = 66.5 + (5 x height in cm) + (13.7 x weight in kg) – (6.8 x age in years)**

**= 66.5 + (5 x \_\_\_\_\_\_\_\_) + (13.7 x \_\_\_\_\_\_\_\_) – (6.8 x \_\_\_\_\_\_\_\_)**

**= 66.5 +**

**= calories/day**

**Female**

**RMR = 655 + (1.9 x height in cm) + (9.5 x weight in kg) – (4.7 x age in years)**

**= 655 + (1.9 x \_\_\_\_\_\_\_\_) + (9.5 x \_\_\_\_\_\_\_\_\_) – (4.7 x \_\_\_\_\_\_\_\_)**

**= 655 +**

**= calories/day**

**Total Daily Caloric Need**

**Multiply RMR by appropriate activity factor….**

* **Sedentary (little or no exercise) x 1.2**
* **Lightly active (Moderate Exercise/sports 1-3 days week) x 1.375**
* **Moderately active (moderate exercise/sports) 3-5 days week) x 1.55**
* **Very Active (hard exercise/sports 6-7 days a week) x 1.725**
* **Extra Active (very hard daily exercise/sports) x 1.9**

**Total daily caloric need = RMR x activity factor**

**You can use these calculations to ensure that you are taking in the right number of calories every day!!!!**