1. Caluclate BMR (Basal Metabolic Rate)

Result is in calories/day

Women BMR = 655 + (9,6 \* weight in kg) + (1,8 \* height in cm) - (4,7 \* age in yrs)

Men BMR = 66 + (13,7 \* weight in kg) + (5 \* height in cm) - (6,8 \* age in yrs)

2. Calculate TDEE (Total Daily Energy Expenditure)

TDEE = BMR \* Activity Factor

Activity Factor Table

