How to Calculate Calories (209)

The basic equation for finding how many calories you burn in a day is:

**T**otal **E**nergy **E**xpenditure (**TEE**) **= RMR \* activity factor**

**RMR = bodyweight (lbs) \* 10**

In your current state, your RMR (Resting Metabolic Rate) would be: 209 \* 10 = 2090

Just recalculate this every couple of weeks as you lose weight.

To find your activity factor, just compare your day to the chart below.

|  |  |  |
| --- | --- | --- |
| Level | Description | Activity Factor |
| Very light | Seated and standing activities, office work, driving, cooking; no vigorous activity. This is what you’ll choose if you do nothing active at all on your rest days. | 1.2 – 1.3 |
| Low Active | In addition to the activities of a sedentary lifestyle, 30 minutes of moderate activity equivalent to walking 2 miles in 30 minutes (4 mph). This is what I would suggest if you just do cardio. | 1.5 – 1.6 |
| Active | In addition to the activities of a low active lifestyle, an additional 3 hours of activity such as cycling 10 – 12 mph or walking 4.5 mph. Choose this if you lift on that day. | 1.6 – 1.7 |
| Heavily Active | Planned vigorous activities, physical labor, full-time athletes, or hard labor professions such as steel or road workers. Basically, never choose this tier unless your do a 50 mile group ride. | 1.9 – 2.1 |

Now that you have your activity factor, you can plug it into the equation.

**TEE = 2120 \* aF**

For a rest day, you’ll get something like **2717**

For a cardio only day, you’ll get something like **3135**

And for a workout day, you’ll get something like **3553**

Finally, you’ll take your TEE and subtract 500 from it to find the number of calories that you can eat to maintain a loss of one pound per week.

**TEE – 500 = Caloric Deficit Goal**

**RMR = 2090**

**Active Day TEE = 3135 - 3553**

**Active Day TEE (Cutting Phase) = 2635 - 3003**

**Active Day Cals/meal = 600 – 527**

**Off Day Cals/meal = 443**