Weight Loss Calculator:

Attributes Age, Gender, Height, Weight to get Calorie Number. Metabolic rate.

[Harris – Benedict Equation](https://www.verywell.com/what-is-metabolism-and-how-do-i-change-it-3495537)

Men: BMR = 88.362 + (13.397 \* weight kg) + (4.799 \* height cm) – (5.677 \* age years)

Women: BMR = 447.593 + (9.247 \* weight kg) + (3.098 \* height cm) – (4.330 \* age years)

Add additional calories

Intake

Lose Weight = weight kg \* 30 kcal

Maintain = wright kg \* 40 kcal

Gain Weight = weight kg\* 50 kcal

Weekly Calories Loss of 3,500 kcal for one pound