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Step

Please note, for protection of personal data (GDPR) you cannot save these results...

However, you can **print and keep your own record** of your results using the link at the **bottom of the page**.

**CAN'T SEE THE CALCULATOR?**





## Daily Calorie/Marcos Calculator

Gender:	Male	
Start body weight (today):	102	kg or 224.87lbs
Start body fat % (today):	30.00	%
Height:	184	cm or 72.44 Inches
Wrist circumference:	21.5	cm or 8.46 Inches
Body composition goal:	Fat loss	
Intended rate of loss/gain:	Moderate	
Target body fat:	10.00	%
Target body weight:	79.33	kg or 224.87lbs

Estimated RMR:	2070.8	kcal
Estimated PAL:	1.4	1.4 default, adjust if required
Estimated NEAT:	2899	kcal

RMR = Resting Metabolic Rate (*Cunningham formula*)

PAL = Physical Activity Level (multiplier)

NEAT = Non Exercise Activity Thermogenesis

## Daily Macro Nutrient Requirements $\pm 5g$

Recommended Daily Range	Quantity Used	
Protein: 163 - 204 grams	141	g
Fat: 51 - 102 grams	50	g
Carb intake (non training day)	346	g
<i>Ref. Min. recommended carb Intake:</i>	510	g

## Suggested Target Macro Calorie Ratios Based on Somatotype

Endomorph	Calculated	
Protein target: 35% or 210 g	24	% Protein
Fat target: 40% or 107 g	19	% Fat
Carb target: 25% or 150 g	58	% Carb

## Resulting Daily Calorie Intake

Total Calorie Intake:	2399	kcal
<i>Ref. Suggested Minimum Calorie Intake:</i>	3162	kcal
Difference:	763	kcal

## (BASELINE) Example Meal Portion Sizes

	3 Snack Strategy	2 Snack Strategy
Breakfast:	480 kcal	480 kcal
Snack 1:	200 kcal	300 kcal
Lunch:	600 kcal	600 kcal
Snack 2:	200 kcal	300 kcal

<i>Dinner:</i>	<i>720 kcals</i>	<i>720 kcals</i>
<i>Snack 3:</i>	<i>200 kcals</i>	<i>-</i>
<b><i>TOTAL:</i></b>	<b><i>2399.12 kcals</i></b>	<b><i>2399.12 kcals</i></b>

**(BASELINE) Non Training Day Macronutrient Requirements**

<b>Protein ±5g</b>	<b>141</b>	<b>g</b>
<b>Fat ±5g</b>	<b>50</b>	<b>g</b>
<b>Carbs ±5g</b>	<b>346</b>	<b>g (increase on training days)</b>

**Adjusted Daily Carb Requirement (including Thermic Effect of Activity)**

<b>Total Daily Exercise Calories kcal</b>	<b>Daily Carbs</b>
100	371 g
200	396 g
300	421 g
400	446 g
500	471 g
600	496 g
700	521 g
800	546 g
900	571 g
1000	596 g
1100	621 g
1200	646 g
1300	671 g
1400	696 g
1500	721 g
1600	746 g
1700	771 g
1800	796 g
1900	821 g
2000	846 g

**REFERENCE INFORMATION**

Lean mass:	71.40	kg
Fat mass:	30.60	kg
Somatotype:	Endomorph	
Target fat loss rate:	0.45	kg/week
Weeks to target:	50.4	weeks

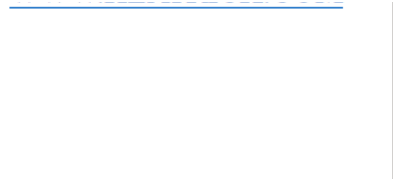
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