

**You**

calculate min calories needed for a person per day with their weight and height age

**ChatGPT**

The minimum number of calories needed for a person per day depends on various factors, including their age, weight, height, gender, activity level, and overall health. A commonly used formula to estimate the basal metabolic rate (BMR), which represents the number of calories the body needs at rest, is the Harris-Benedict equation.

For men:

$$BMR = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$$

For women:

$$BMR = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$$

Once you have the BMR, you can estimate the total daily calorie needs by multiplying the BMR by an activity factor that represents the person's level of physical activity. The activity factors are typically:

- Sedentary (little or no exercise):  $BMR \times 1.2$
- Lightly active (light exercise/sports 1-3 days/week):  $BMR \times 1.375$
- Moderately active (moderate exercise/sports 3-5 days/week):  $BMR \times 1.55$
- Very active (hard exercise/sports 6-7 days a week):  $BMR \times 1.725$
- Extremely active (very hard exercise/sports & physical job or 2x training):  $BMR \times 1.9$



Here's a simple example using the Harris-Benedict equation and assuming a

Message ChatGPT...