Total Estimated Energy Expenditure (TEEE) Report  
  
Name: John Doe  
Age: 45 years young  
Gender: M  
Height: 80 inches  
Weight: 230 pounds  
Activity Level: 4  
Calculated TEEE (Harris-Benedict): 2388.51 calories/day  
Estimated Carbohydrate Intake: 298.56 grams per/day  
Estimated Protein Intake: 149.28 grams per/day  
Estimated Fat Intake: 149.28 grams per/day  
To lose 1 lb. per week: 1888.51calories/day  
To lose 2 lbs. per week: 1388.51calories/day  
Calculated TEEE (Mifflin St. Jeor): 1763.48 calories/day  
Estimated Carbohydrate Intake: 220.43 grams per/day  
Estimated Protein Intake: 110.22 grams per/day  
Estimated Fat Intake: 110.22 grams per/day  
To lose 1 lb. per week: 1263.48 calories/day  
To lose 2 lbs. per week: 763.48 calories/day