Total Estimated Energy Expenditure (TEEE) Report  
  
Name: Joe Smith  
Age: 33 years young  
Gender: M  
Height: 72 inches  
Weight: 235 pounds  
Activity Level: 2  
Calculated TEEE (Harris-Benedict): 2018.64 calories/day  
Estimated Carbohydrate Intake: 252.33 grams per/day  
Estimated Protein Intake: 126.16 grams per/day  
Estimated Fat Intake: 126.16 grams per/day  
To lose 1 lb. per week: 1518.64calories/day  
To lose 2 lbs. per week: 1018.64calories/day  
Calculated TEEE (Mifflin St. Jeor): 1492.35 calories/day  
Estimated Carbohydrate Intake: 186.54 grams per/day  
Estimated Protein Intake: 93.27 grams per/day  
Estimated Fat Intake: 93.27 grams per/day  
To lose 1 lb. per week: 992.35 calories/day  
To lose 2 lbs. per week: 492.35 calories/day