Smart Diet Planner

Recommended Calories Calculations:

Step 1 :

BMR calculation:

The Harris–Benedict equations revised by Mifflin and St Jeor in 1990:[4]

Men	BMR = (10 × weight in kg) + (6.25 × height in cm) - (5 × age in years) + 5
Women	BMR = (10 × weight in kg) + (6.25 × height in cm) - (5 × age in years) - 161

Step 2 :

Calculate calories need as per Activity level

calories = bmr * Activity Multiplier

Sedentary (No Exercise), "Multiplier" : 1.2,

Lightly Active (Walking, Yoga, etc), " Multiplier " : 1.375,

Moderately Active (Train around 3 times a week), "Multiplier" : 1.55,

Super Active (Train more than 3 times a week) "Multiplier" : 1.7,

Where in customer input is not available such as in healthians we recommend 1.375

Step 3 :

We reduce by 500 calories in case of weight loss and 200 calories in case of weight maintenance and 0 in case of muscle building it is 0

In cases such as our tie up with Healthians where in customer is not choosing weight loss/ weight maint we use following logic:

If BMI is less than 23 then we reduce by 200 calories and if more than 23 then we reduce 500 calories

We open for discussions to fine tune these logics as per discussions