|  |  |  |  |
| --- | --- | --- | --- |
| **Men** | **< 0.95**  Low Risk | **0.96-1.0**  Moderate Risk | **1.0+**  High Risk |
| **Women** | **< 0.80**  Low Risk | **0.81-0.85**  Moderate Risk | **0.85+**  High Risk |

|  |  |
| --- | --- |
| **Activity Factor** | **Calorie Calculation** |
| Sedentary (light or no exercise) | BMR x 1.2 |
| Lightly Active (light exercise/sports 1-3 days/week) | BMR x 1.375 |
| Moderately Active (moderate exercise/sports 3-5 days/week | BMR x 1.55 |
| Very Active (hard exercise/sports 6-7 days a week) | BMR x 1.725 |
| Super Active (very hard exercise/sports & physical job or 2x training) | BMR x 1.9 |