

Energy Worksheet

Energy in Macronutrients

Carbohydrate

_____ kcal/g

Protein

_____ kcal/g

Fat

_____ kcal/g

Your Basal Metabolic Rate

_____ kcal/day

Men: 24kcal/kg/day

Women: 23kcal/kg/day

Your Total Energy Expenditure

_____ kcal/day

See the table in
Lesson 2!

Your Macronutrient Requirements

Carbohydrate
(Lower Limit)

_____ g/day

Protein
(Lower Limit)

_____ g/day

Protein
(Upper Limit)

_____ g/day

Total Fat
(Upper Limit)

_____ g/day

Saturated Fat
(Upper Limit)

_____ g/day