

# 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