BMR FORMULA

BMR calculates your basal metabolic rate. Some people might be aware of how many calories they should eat and as we age our BMR decreases as well. BMR calculation helps one find out their daily calories intake.

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| **English BMR Formula** |
| **Women**: BMR = 655 + ( 4.35 x weight in pounds ) + ( 4.7 x height in inches ) - ( 4.7 x age in years ) **Men**: BMR = 66 + ( 6.23 x weight in pounds ) + ( 12.7 x height in inches ) - ( 6.8 x age in year ) |
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| **Metric BMR Formula** |
| **Women**: BMR = 655 + ( 9.6 x weight in kilos ) + ( 1.8 x height in cm ) - ( 4.7 x age in years ) **Men**: BMR = 66 + ( 13.7 x weight in kilos ) + ( 5 x height in cm ) - ( 6.8 x age in years ) |

To determine your total daily calorie needs, multiply your [BMR](http://www.bmi-calculator.net/bmr-calculator/) by the appropriate activity factor, as follows:

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| Little to no [exercise](http://en.wikipedia.org/wiki/Exercise) | Daily calories needed = BMR x 1.2 |
| Light exercise (1–3 days per week) | Daily calories needed = BMR x 1.375 |
| Moderate exercise (3–5 days per week) | Daily calories needed = BMR x 1.55 |
| Heavy exercise (6–7 days per week) | Daily calories needed = BMR x 1.725 |
| Very heavy exercise (twice per day, extra heavy workouts) | Daily calories needed = BMR x 1.9 |

BMI FORMULA

Body mass index is a measure for human body shape based on individuals mass and height.

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| Men | BMR = 88.362 + (13.397 x weight in kg) + (4.799 x height in cm) - (5.677 x age in years) |
| Women | BMR = 447.593 + (9.247 x weight in kg) + (3.098 x height in cm) - (4.330 x age in years) |