

- I. This app uses the Mifflin St. Jeor formula to calculate a person's RMR (resting metabolic rate). One's RMR is defined as the number of calories burned during an absence of physical activity (usually measured by day).
 - a. Formula for male-identifying persons:
 - i. $10 \times \text{weight}_{\text{kg}} + 6.25 \times \text{height}_{\text{cm}} - 5 \times \text{age} + 5$
 - b. Formula for female-identifying persons:
 - i. $10 \times \text{weight}_{\text{kg}} + 6.25 \times \text{height}_{\text{cm}} - 5 \times \text{age} - 161$
 - c. After performing this calculation, the user's TDEE (Total Daily Energy Expenditure) is multiplied by the result. This takes into account their levels of physical activity, which directly impact the number of calories they burn each day.
 - d. Following this, the user's decision to maintain, lose, or gain weight is factored into their customized results:
 - i. If they would like to lose weight:
 1. Their calculated caloric intake is reduced by 250 calories, if they would like to lose $\sim 1/2$ of a pound ($1/4$ of a kilogram) per week.
 2. Their calculated caloric intake is reduced by 500 calories, if they would like to lose $\sim 1/4$ of a pound ($1/2$ of a kilogram) per week.
 3. Their calculated caloric intake is reduced by 1,000 calories, if they would like to lose ~ 2 pounds (1 kilogram) per week.
 - ii. If they would like to gain weight:
 1. Their calculated caloric intake is increased by 250 calories, if they would like to gain $\sim 1/2$ of a pound ($1/4$ of a kilogram) per week.
 2. Their calculated caloric intake is increased by 500 calories, if they would like to gain $\sim 1/4$ of a pound ($1/2$ of a kilogram) per week.
 3. Their calculated caloric intake is increased by 1,000 calories, if they would like to gain ~ 2 pounds (1 kilogram) per week.
 - iii. If they would like to maintain their current weight:
 1. There are no additional caloric intake adjustments.
- II. All users of this app should check with a doctor before making medical decisions regarding daily caloric intake, insulin levels, blood-glucose levels, and overall dietary lifestyle.
- III. Users embark on a weight loss, gain, or maintenance journey at their own risk, or that of a doctor.