

TDEE Calculator Problem Statement

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Problem Statement

Athletes at all levels need a reliable, accurate tool to calculate their Total Daily Energy Expenditure (TDEE) and receive personalized calorie recommendations that reflect the intensity of their training. Currently, athletes are often given calorie targets that are too low, leading to negative effects on performance, recovery, and mental health, as well as making it harder to reach their weight goals safely and effectively.

Who is experiencing this problem?

Athletes aiming to lose weight.

What is the problem?

The problem is that athletes attempting to lose weight are often given calorie recommendations that are too low due to various pieces of misinformation online and TDEE calculators not considering the intensity of their training and sports activities. This can result in athletes being told to eat fewer calories than they actually need, which negatively affects their performance, recovery, and overall health; it can also lead to athletes struggling to meet these unrealistic calorie targets, causing feelings of failure and negatively impacting their mental health and well-being.

Where does the problem present itself?

The problem presents itself in the tools and resources athletes rely on when starting their weight loss journey, specifically online TDEE calculators and generalized dietary advice.

Why does it matter?

What and how much an athlete consumes has a serious impact on their performance, health, and overall well-being. By creating a reliable Total Daily Energy Expenditure (TDEE) calculator, athletes wanting to lose or gain weight have access to a more accurate and personalized calorie recommendations that align with their training needs. This way, athletes can fuel their bodies correctly, improve performance, maintain muscle, and avoid the negative mental health effects of unrealistic calorie targets.