**Calculating Energy Needs: Harris Benedict Equation**

Step 1. Calculate your BMR (basal metabolic rate):

**Women**: 655 + (4.35 x weight in pounds) + (4.7 x height in inches) - (4.7 x age in years)

**Men**: 66 + (6.23 x weight in pounds) + (12.7 x height in inches) - (6.8 x age in years)

Step 2. Multiply your BMR by the appropriate activity factor:

* + Sedentary (little or no exercise): BMR x 1.2
  + Lightly active (light exercise/sports 1-3 days/week): BMR x 1.375
  + Moderately active (moderate exercise/sports 3-5 days/week): BMR x 1.55
  + Very active (hard exercise/sports 6-7 days a week): BMR x 1.725
  + Extra active (very hard exercise/sports & physical job or 2x training): BMR x 1.9

Step 3. Your final number is the approximate number of calories you need each day to maintain your weight.

Adapted from: HealthFIT™ (2014)

http://www.healthfitonline.com/resources/harris\_benedict.php