Targeted Calorie Recommendations

Often practitioners will provide a personalized calorie target when managing metabolic dysfunction, obesity, or weight loss. The steps outlined below identify how to establish a targeted daily calorie allowance and should be considered when a clinical goal of weight loss, fat loss, or gain in muscle mass is desired.

A specific calorie guideline can be created by taking into consideration the person's height, weight, age, activity level, body composition, and desired weight. The steps below will guide you through the simple equation that will allow for a more personalized caloric target.

1. Determine the resting metabolic rate (RMR) using the equation in the box below
2. Adjust using the daily activity factor
3. Reduce or add calories to account for desired improvements in body composition
4. The result is a new, personalized target for daily calorie consumption

Calorie Assessment

Resting Metabolic Rate (RMR): _____

Adjustment, Activity Factor: x _____

Adjustment for Body Fat Loss or Muscle Gain: _____

Recommended Calories/Day: _____

RMR Calculation

Men 9.99 x weight (kg) + 6.25 x height (cm) - 4.92 x age (y) + 5

Women 9.99 x weight (kg) + 6.25 x height (cm) - 4.92 x age (y) - 161

Adjustments

		Calorie Adjustment for Loss/Gain	
Activity Factor Adjustment		**Body Fat Loss**	**Muscle Gain**
No Minimal Activity	RMR	-250	+250
Minimal Daily Activity	RMR x 1.2	-250	+250
Mild Daily Activity	RMR x 1.3	-500	+500
Moderate Exercise	RMR x 1.5	-500	+500
Heavy Exercise (6–7x per week)	RMR x 1.7	-500	+500

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