

DIETSMART MATH

HEADING

Metabolic Specs:

Age: _____

Height: _____

Present Weight: _____

Goal Weight: _____

Activity:

- Sedentary X .13 (no physical activity)
- Moderate X .15 (2 - 4 workouts a week)
- Active X .17 (5 - 7 or more workouts a week)

Body Frame: Small = 0 calories added, Medium = 200 +calories, Large = 300+calories are added to the Daily Calorie Intake for your metabolism.

Metabolic Formula: (Basic) For Goal Weight

_____ X 10 = _____ Basal Metabolism (calories required for living)
(goal weight) (calories per day)

_____ + _____ = **Resting Metabolism** (Total Calories per day)
(calories day) (activity)

_____ - 500 calories for weight loss per day = _____
Calories **Weight Loss Metabolism**

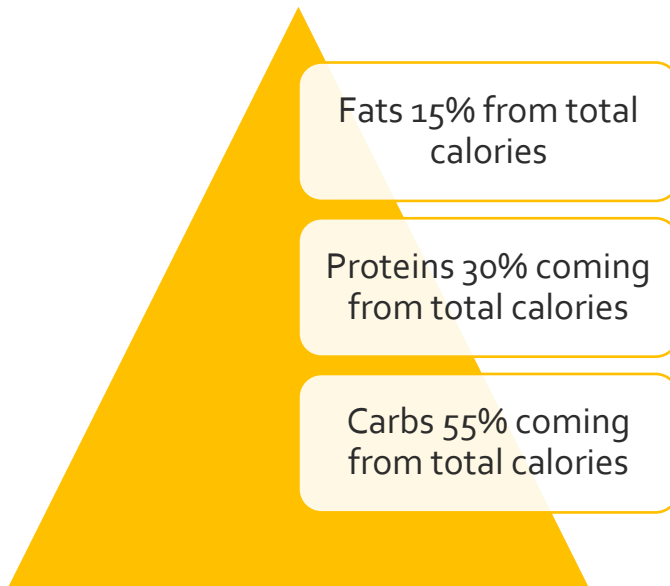
EXAMPLE:

160 X 10 = 1600 calories per day + (X .17 for activity) 272 = 1872 calories – 500 = **1372 calories**
plus add 200 cal. for body frame for accurate weight loss metabolism with a goal weight of 160 pounds.

This Weight loss metabolism would average a healthy weight loss of 2 pounds a week.

Caloric Balancing: Carbohydrates, Proteins and Fats coming from **Total Daily Calories**

Calories per Day _____	Macronutrients	Calories to Grams
55% Carbs	X .55 = _____ calories	Divide by 4 = _____ grams
30% Protein	X .30 = _____ calories	Divide by 4 = _____ grams
15% Fats (Saturated & Trans)	X .15 = _____ calories	Divide by 9 = _____ grams



Example:

Total Daily Calories = 1372 calories for weight loss per day

Carbs = 754 calories = 188 grams read labels for tracking calories IN

Proteins = 412 calories = 103 grams read labels for tracking calories IN

Fats = 206 calories = 22 grams read labels for tracking calories IN

Double Check 754 + 412 + 206 = 1372 Total Daily Calories



Example:



If you take in more calories that you use = Weight Gain

If you use more calories than you take in = Weight Loss

If you use the same amount of calories that you take in = Balance or Goal

Metabolic Formula (Advanced): Ideal Weight using Body Fat Percentage

Your present Body Fat % _____

Your goal Body Fat % _____

Calculate:

$(100 - \text{bf } \%) \text{ divided } (100 - \text{goal bf } \%) \times \text{present body weight} = \text{Ideal Weight}$

Body Mass:

Present bf % - Ideal Weight = _____

Body Fat: _____ + _____ = _____ **Present Body Weight**

Body Mass – Body Weight = _____

