

ADVANCED CALORIE CALCULATION GUIDE

Hi,

If you have been directed here, or you stumbled upon it, you are looking for the most accurate calorie calculator available, to estimate your *Total Daily Energy Expenditure* (TDEE). This calorie calculator is necessary if you exercise and recommended for anyone else.

This calculator is based on the Mifflin-St. Jeor equation and requires five pieces of information:

1. Your biological sex.
2. Your weight, in kilograms.
3. Your height, in centimeters.
4. Your age, in years.
5. Your activity level.

Before we begin – if you would like to forgo the manual calculations, you may use the free self-calculating template that is provided on the Physionic website (likely where you received this guide, as well).

Otherwise, let us begin.

1. Biological Sex

First, you will choose the calculator for your biological sex:

$$\text{Men: } 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$$
$$\text{Women: } 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$$

Example:

The example is male, so he would use $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$

2. Weight

Second, you will insert your bodyweight, in kilograms, into your selected equation.

Note: If you only know your weight in lbs, simply divide your weight by 2.2 – that is your weight, in kilograms.

Example:

This imaginary man is 88.6 kg (195 lbs), so he fills in the equation as such: $10 \times (88.6) + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$.

3. Height

Third, you will input your height, in centimeters, into your selected equation.

Note: If you only your height in inches, simply multiply your total amount of inches tall by 2.54 – that is your height in centimeters.

Example:

This imaginary man is 183 cm (6 feet / 72 inches) tall, so he fills in the equation as such:
 $10 \times (88.6) + 6.25 \times (183) - 5 \times \text{age (y)} + 5$.

4. Age

Fourth, input your age, in years, into your selected equation.

Example:

This imaginary man is 33 years old, so he fills in the equation as such:
 $10 \times (88.6) + 6.25 \times (183) - 5 \times (33) + 5$.

Calculate

At this point, you have filled out everything within the calculator, so you can sum all the numbers together and you will have a single number in front of you – that number is your *Basal Metabolic Rate* (BMR), which is not your *Total Daily Energy Expenditure* (TDEE), as it does not take into account your activity level – this is what we will factor in next.

Example:

This imaginary man has, based on the summation of the previous information [$10 \times (88.6) + 6.25 \times (183) - 5 \times (33) + 5$], a *Basal Metabolic Rate* of 1869 calories.

5. Activity Level

Fifth, multiply your calculated *Basal Metabolic Rate* by your appropriate, accurate activity level (as explained below).

Your activity level can be stratified as such:

- Sedentary (1.2)
- Exercise 1-2 times a week (1.375)
- Exercise 3-5 times a week (1.55)
- Exercise 6-7 times a week (1.725)
- Exercise 2 times a day (1.9)

Once you have decided on your accurate activity level, you will multiply your *Basal Metabolic Rate* (BMR) by the number next to your activity level.

Example:

This imaginary man has a *Basal Metabolic Rate* of 1869 calories (as calculated above), and he works out 4 times a week, so multiply 1869×1.55 to yield 2896 calories as his final value – his *Total Daily Energy Expenditure*.

You now have a more precise calculated *Total Daily Energy Expenditure*.

To *gain* weight, you must consume above this number, daily.

To *maintain* weight, you must consume (within 50 calories) this number, daily.

To *lose* weight, you must consume under this number, daily.

Remember, this is simply an estimation, you will need to make adjustments based on your results.

If you found this content useful, please do me the favor of sharing it with your friends and family, as well as mentioning Physionic on any and all social platforms – you can find me on all the major ones. Thank you so much, and I wish you all the best in your physique goals!

