

Calculating your Total Energy Expenditure and Adjusted Calorie Needs

Your total calorie needs are calculated by multiplying your Resting Metabolic Rate (RMR) times your Lifestyle Factor: Once you know your total calorie needs you can make the appropriate calorie adjustment to get the number of calories your need to lose weight (Adjusted Calorie Budget).

Step 1: Calculate your Basal Metabolic Rate (BMR) or Resting Metabolic Rate (RMR)

BMR and RMR are slightly different but for the purpose of calculating your calorie needs we will consider them the same. RMR represents the calories the body burns to maintain vital body functions (heart rate, brain function breathing). In simple terms it is the number of calories a person burns per day at rest.

Take this number from your MedGem or Korr Measurement or from the calculation through <http://www.calculator.net/calorie-calculator.html>.

Step 2: Identify your Lifestyle Factor

Your lifestyle factor represents the amount of physical activity that you get in a day including work and additional exercise. Use the following descriptions to choose your Lifestyle Factor.

- 1.2: Sedentary—mostly sitting job with little to no regular exercise
- 1.4: Mildly Active—including a standing or walking job for more than 50% of the day or moderate to intensive exercise 2-3 times a week for 30-minutes
- 1.6: Active—including demanding physical job or intensive exercise for 45-60 minutes, 4-5 times a week
- 1.8: Very Active—extreme physically demanding job or intensive physical activity for 60 plus minutes, 5-7 days a week

Step 3: Calculate your Calorie Adjustment

This number represents the rate of weight loss you would like to achieve. Choose the desired rate of loss per week from the chart below and enter the number of calories/day. Note: Do not choose a weight loss goal that puts your daily calorie budget below your RMR. This will slow your metabolism.

Pounds per week	- Calories per day
.5	250
1.0	500
1.5	750

Step 4: Calculate Adjusted Calorie Needs

Use the values above to complete the formula and calculate your adjusted calorie needs.

$$\frac{\text{RMR}}{\text{Lifestyle Factor}} \times \text{Lifestyle Factor} = \text{Total Energy Expenditure} - \text{Calorie Adjustment} = \text{Adjusted Calorie Needs}$$