



DAILY CALORIC PLANNER

Client Name:

Date:

Gender: Male x22

Female x21 =

Weight: kg

BMR Calculation: kg

x Male (22) / Female (21) =

This is the basic figure of calories for the body to function each day.

Physical Activity Level (PAL)

The below figures are multiplied by your BMR to give your Total Daily Energy Expenditure (TDEE)

- Little or no exercise or sedentary job: 1.2

- Light exercise 1 - 3 days per week or moderately active job: 1.35

- Moderate exercise 3 - 5 days per week, or light exercise with moderately active job: 1.5

- Heavy exercise 5 days per week, or moderately active job and moderate exercise: 1.7

- Very heavy exercise twice per day or a highly active job: 1.9

TDEE = BMR

x PAL

=

Calories A Day