

# DAILY MACRONUTRIENT PROFILE

		GRAMS		RATIO	
		MALE	FEMALE		
4 cal	<b>PROTEIN</b>			<b>42%</b>	
	BMR	200.3	182.9		
	AMR	280.4	256.0		
9 cal	<b>FAT</b>			<b>16%</b>	
	BMR	33.9	31.0		
	AMR	47.5	43.3		
4 cal	<b>CARBS</b>			<b>42%</b>	
	BMR	200.3	182.9		
	AMR	280.4	256.0		

	MALE	FEMALE	
AMR	2,670.51	2,438.11	cal
BMR	1,907.51	1,741.51	cal
EER	3,169.63	2,543.83	cal
LBM	67.35	60.02	kg

3,500 -7,000 calories = 1 pound

Lose 1 lb per week = (500 - 1,000) calories per day

Gain 1 lb per week = ↑500 - 1,000 calories per day

\*\*\* over 12 month period\*\*\*

<b>WEIGHT</b>	<b>195</b>	lbs.	<b>88.45</b>	kg	<b>male</b>	<b>female</b>
<b>HEIGHT</b>	<b>72</b>	inches	<b>1.83</b>	meters	<b>182.88</b>	cm
<b>AGE</b>	<b>25</b>	years	<b>25</b>	years	SELECT EITHER MALE OR FEMALE	
<b>PA</b>	<b>1.25</b>	+	<b>1.25</b>	+		
<b>AMR MOD.</b>	<b>1.4</b>	++	<b>1.4</b>	++		
100%						
<b>LBM</b>	<b>148.49</b>	lbs.	<b>132.33</b>	lbs.	<b>BODY FAT %+++</b>	<b>8.3</b>
<b>GRAMS per LBS.</b>	<b>BMR</b>			<b>AMR</b>		
	<b>1.03</b>	protein	<b>0.94</b>	<b>1.44</b>	protein	<b>1.31</b>
	<b>0.17</b>	fat	<b>0.16</b>	<b>0.24</b>	fat	<b>0.22</b>
	<b>1.03</b>	carbs	<b>0.94</b>	<b>1.44</b>	carbs	<b>1.31</b>

PROTEIN: 4 CALORIES PER GRAM

FAT: 9 CALORIES PER GRAM

CARBOHYDRATES: 4 CALORIES PER GRAM

# BODY FAT CALCULATOR (3 SKINFOLDS)

**8.3 %**

AGE	25
WEIGHT	195

### MEASUREMENTS

TRICEPS	5	mm
THIGH	5	mm
SUPRAILIAC	5	mm

# PHYSICAL ACTIVITY SCALE+

<b>LEVEL</b>	<b>MEN</b>	<b>WOMEN</b>	<b>MIN/DAY</b>
SEDENTARY	1	1	15
LOW ACTIVE	1.11	1.12	30-60
ACTIVE	1.25	1.27	60
VERY ACTIVE	1.48	1.45	120

# AMR MODIFIER++

Light Active = **1.25** → If you do some basic household chores and/or light exercise or sports 1-3 days/week

Habitual Daily Exercise = **1.40** → If you are doing some daily walking or cycling for atleast 5 kilometers and/or moderate exercise or sports 3-5 days/week

Highly Active = **1.60** → If you are an athlete or do hard exercise or sports 6-7 days/week or has a physical job