Step by step basal metabolic calculator pdf

1. **Step 1: Calculating the Harris-Benedict BMR**
   - **Women:** 655.1 + (9.563 x weight in kg) + (1.85 x height in cm) - (4.678 x age in years)
   - **Men:** 66.5 + (13.75 x weight in kg) + (5.003 x height in cm) - (6.775 x age in years)

2. **Step 2: Determine BMR calculation for men metric**
   - BMR = 66.75 x weight in kg + 5.003 x height in cm - 1.55 x age in years

3. **Calculate your daily energy expenditure.**
   - It calculates your resting metabolic rate and your total energy consumption in calories or kilojoules.

4. **Im overly active, I walk about 80,000 steps a day, exercise a few times a week.**

5. **Your Basal metabolic Rate BMR is the rate at which your body uses energy while resting.**
   - Uses the variables of height, weight, age and gender to calculate the Basal Metabolic Rate.

6. **Workers, heavy manual digging, rickshaw pullers, and coal mining.**

7. **Follow the steps below to estimate your total daily caloric expenditure:**
   - **Step 1:** Use this formula, known as the Harris-Benedict principle, to assess your basal metabolic rate (BMR).
   - **Step 2:** Calculate the equation that corresponds to your gender.
   - **Step 3:** If you are male:
     - A = 1.0
     - B = 0
     - C = 0
   - **Step 4:** Your BMR = Basal Metabolic Rate
   - **Step 5:** Calculate your needs using the formula below:
     - If you are male: A x B x C = Your BMR

8. **Combining these factors with a slowing metabolism rate at which you burn calories and you can see how much you should eat.**

9. **Step 5: Calculate your total daily caloric requirement.**
   - Now that you know your basal metabolic rate, the last step is to multiply by your physical activity level.
The precision of calorie calculation 4.

The next step is to work out your Basal Metabolic Rate. The Harris Benedict equation is a calorie formula using the factors of.

Conclusion: The novel predictive equation presented in this study can be used to calculate BMR for adult Malaysian elite athletes. Further studies may be.