Name _________________________  Date _________________________

1. Conversions

Weight

_________ lbs / 2.2 = ________ kg

Height

____ ‘ ____” = ____ “ * 2.54 = __________ cm

2. Resting Metabolic Rate (RMR)

If you know your % fat:

_______ * _________ = __________
%fat weight fat weight

_______ - _________ = __________
Weight fat weight lean body weight

Cunningham: RMR = 500 + 22 (___________) = ______________ kcal

Lean body weight RMR

If you do not know your % fat:

Harris-Benedict:

Male RMR = 66.47 + 13.75 (___________) + 5 (_________ – 6.76 (_______) = __________ kcal

weight height age RMR

Female RMR = 655.1 + 9.56 (___________) + 1.85 (_________) – 4.68 (_______) = __________ kcal

weight height age RMR
RMR = ______________

3. Physical Activity Index (PAI)

<table>
<thead>
<tr>
<th>Activity level</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bed Rest</td>
<td>1.2</td>
<td>1.2</td>
</tr>
<tr>
<td>Very Sedentary</td>
<td>1.3</td>
<td>1.3</td>
</tr>
<tr>
<td>Sedentary/Maintenance</td>
<td>1.4</td>
<td>1.4</td>
</tr>
<tr>
<td>Light</td>
<td>1.5</td>
<td>1.5</td>
</tr>
<tr>
<td>Light Moderate</td>
<td>1.7</td>
<td>1.6</td>
</tr>
<tr>
<td>Moderate</td>
<td>1.8</td>
<td>1.7</td>
</tr>
<tr>
<td>Heavy</td>
<td>2.1</td>
<td>1.8</td>
</tr>
<tr>
<td>Very Heavy</td>
<td>2.3</td>
<td>2.0</td>
</tr>
</tbody>
</table>

PAI workout (PAI-w) days = __________
PAI non-workout (PAI-nw) days = __________

4. Thermic Effect of Food (TEF)

RMR * 5-10% * TEF = __________ kcal

5. Estimated Energy Requirement (EER)

Workout day: RMR * PAI-w + TEF = ________ kcal
Non-workout day: RMR * PAI-nw + TEF = ________ kcal