

The Harris Benedict Equation

Calculation Directions: Enter in your weight, height & age in the first column.

PART I General Daily Calorie Allowance

The amount of daily calories you can eat without gaining weight and without exercising.

PART II Daily Calorie Allowance w/ Exercise

The amount of daily calories you can eat without gaining weight, and with weekly exercise.

PART II Daily Calorie Allowance to Lose w/ Exercise

The daily calorie allowance you have to maintain to lose a pound per week with exercise.

Your WT.	260	X 6.24=	1622.4	<u>Net Calories / Part I</u>	<u>Exercise Factors</u>	<u>Tot Cal</u>	<u>Daily Calories / Part II</u>	<u>To Lose 1 lb./Wk</u>	<u>Tot Cal</u>		
Your HT. (total ")	71	X 12.7 =	<u>901.70</u>	2389.00	2 EX / Wk	X 1.3	<u>3105.70</u>	Daily Cal w/ 2 EX/Wk	3105.70	-500	<u>2605.70</u>
Wt. & Ht. Total			2524.10	2389.00	3-4 EX / Wk	X1.40	<u>3344.60</u>	Daily Cal w/ 3-4 EX/Wk	3344.60	-500	<u>2844.60</u>
Add in HB Variable			<u>+ 67</u>	2389.00	5 EX / Wk	X 1.50	<u>3583.50</u>	Daily Cal w/ 5 EX/Wk	3583.50	-500	<u>3083.50</u>
Sub Total Wt./Ht. Factor			2591.10	2389.00	6-7 EX / Wk	X 1.80	<u>4300.20</u>	Daily Cal w/ 6-7 EX/Wk	4300.20	-500	<u>3800.20</u>
Your AGE	43	X 6.9 =	<u>202.10</u>	<i>Exercise is one of the best weight control tools around. (It's good for your health and you get to eat more!)</i>			<i>It takes a reduction of 3,500 calories per week to lose 1 lb. (That's 500 less calories per day!)</i>				
			<u>Net Cal</u>	<u>2389.00</u>							

The Harris Benedict Equation is a calorie formula which uses the variables of a person's height, weight, age & gender to calculate the basal metabolic rate (BMR). Your BMR tells you the number of calories your body needs for basic sustenance. Multiplying your BMR by an activity factor further defines your body's calorie needs. This formula was pioneered from studies conducted by researcher, Francis G. Benedict on the BMR, dating as far back as the turn of the 20th century. The equation provides a great dietary planning basis for people who wish to lose and maintain weight.