

resting metabolic rate

MY GOAL

my current weight: **180 lbs.** 

my goal weight: **180 lbs.**

WEIGHT CHANGE PER WEEK

move the slider to select your weight lose/gain per week

0.00 lbs./wk



reach my goal: **February 01, 2011**

Client Name: Buddy Mazurek **Date of Assessment:** February 01, 2011
Facility: Onurleft **Assessment Administrator:** Aaron Palaian
Next Assessment: April 26, 2011


The Calories Equation figures out how many calories you should eat every day. Notice you can increase your total amount of calories you can eat by working out! But be careful not to eat fewer calories than your RMR amount: doing this might signal your body that it's in trouble and react by getting rid of lean muscle instead of fat.

How much should I be eating?

1993

calories per day

Calories Equation - what happens when I work out?

RMR	my lifestyle	lose/gain per week	workout	calories per day
1533	+	460	-	0
		+	0	=
		0.00 lbs./wk	+	1993
	very light			

RMR resting metabolic rate; number of calories your body needs to support your vital organs

my lifestyle very light (spend day sitting) moderate (standing with some physical labor)
 light (spend day standing) heavy (spend day in heavy physical labor)

lose/gain per week weight change per week converted to calories
workout calories burned during your workout