New Leaf

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Client Name: Gregory Smith
Facility: Third Coast Training - Houston
Date of Assessment: December 10, 2010
Assessment Administrator: Johnny Shelby
Next Assessment: March 04, 2011

resting metabolic rate

MY GOAL

my current weight: **221 lbs.**

my goal weight: **200 lbs.**

WEIGHT CHANGE PER WEEK
move the slider to select your weight lose/ gain per week

-1.00 lbs./wk

reach my goal: May 06, 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? **1939 calories per day**

Calories Equation - what happens when I work out?

RMR		my lifestyle		lose/gain per week		workout		calories per day
1876	+	563	-	500	+	0	=	1939
		very light		-1.00 lbs./wk				

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