Factors in Calculating BMR

- **Age**
- **Gender**
- **BMR**
- **Weight**
- **Height in inches**

**Daily Calorie Needs**

### Activity Level
- **Low**
- **Light**
- **Moderate**
- **High**
- **Very High**

### Description
- **You get little to no exercise**
- **You exercise lightly (1-3 days per week)**
- **You exercise moderately (3-5 days per week)**
- **You exercise heavily (6-7 days per week)**
- **You exercise very heavily (i.e. 2x per day, extra heavy workouts)**

### Formula
- **Calories Burned a Day = BMR x 1.2**
- **Calories Burned a Day = BMR x 1.375**
- **Calories Burned a Day = BMR x 1.55**
- **Calories Burned a Day = BMR x 1.725**
- **Calories Burned a Day = BMR x 1.9**