

## Calculating Your Daily Caloric Needs

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/cms/event-handout) at:  
[www.yellowribbon.mil/cms/event-handout](http://www.yellowribbon.mil/cms/event-handout)

### Step 1: Calculate your resting metabolic rate (RMR)

#### Men (m):

$$\begin{aligned} \blacksquare \quad \text{RMR} &= 66 + (6.23 \times \text{weight}_{[\text{pounds}]}) + (12.7 \times \text{height}_{[\text{inches}]} - (6.8 \times \text{age}_{[\text{years}]}) \\ &\quad \circ \quad 66 + (6.23 \times \boxed{\phantom{00}}\boxed{\phantom{00}}\boxed{\phantom{00}}) + (12.7 \times \boxed{\phantom{00}}\boxed{\phantom{00}}) - (6.8 \times \boxed{\phantom{00}}\boxed{\phantom{00}}) \\ &\quad \text{weight} \qquad \qquad \qquad \text{height} \qquad \qquad \qquad \text{age} \end{aligned}$$

#### Women (w):

$$\begin{aligned} \blacksquare \quad \text{RMR} &= 655 + (4.35 \times \text{weight}_{[\text{pounds}]}) + (4.7 \times \text{height}_{[\text{inches}]} - (4.7 \times \text{age}_{[\text{years}]}) \\ &\quad \circ \quad 655 + (4.35 \times \boxed{\phantom{00}}\boxed{\phantom{00}}\boxed{\phantom{00}}) + (4.7 \times \boxed{\phantom{00}}\boxed{\phantom{00}}) - (4.7 \times \boxed{\phantom{00}}\boxed{\phantom{00}}) \\ &\quad \text{weight} \qquad \qquad \qquad \text{height} \qquad \qquad \qquad \text{age} \end{aligned}$$

My RMR:  Calories per day

### Step 2: Circle the physical activity level (PAL) that is most representative of your daily life

Physical Activity	PAL
<b>Sedentary</b> (daily living activities only)	1.00
<b>Low active</b> (daily living activities <i>plus</i> 30-60 mins daily moderate activity [e.g., walking at 5-7 km/h])	1.11 (m); 1.12 (w)
<b>Active</b> (daily living activity <i>plus</i> at least 60 mins daily moderate activity)	1.25 (m); 1.27 (w)
<b>Very active</b> (daily living activities <i>plus</i> at least 60 mins daily moderate activity <i>plus</i> an additional 60 mins of vigorous activity or 120 mins moderate activity)	1.48 (m); 1.45 (w)

### Step 3: Multiply your RMR by your PAL

RMR:  **X** PAL:  **=** My Daily Calorie Needs:  Calories/day

## Recalling Last Night's Dinner

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Please be specific and honest. Recall all of the foods and beverages you consumed last night for dinner. For example, if you had fried chicken with rice, corn, a cupcake and diet coke for dinner, you would fill out the form below like this:

Food/Beverage Item	Serving Size	Preparation Notes
Chicken	2 pieces	Fried
White rice	1 cup	Steamed
Corn	1 ear of corn	Steamed
Butter on corn	1 tablespoon	-
Diet coke	2 glasses	-
Cupcake	1 cupcake	-

Food/Beverage Item	Serving Size	Preparation Notes

## What Does Your Plate Look Like?

