

## 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

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

#### Men (m):

- $RMR = 66 + (6.23 \times \text{weight}_{[\text{pounds}]}) + (12.7 \times \text{height}_{[\text{inches}]}) - (6.8 \times \text{age}_{[\text{years}]})$

- $66 + (6.23 \times \boxed{\phantom{00}}\boxed{\phantom{00}}\boxed{\phantom{00}}) + (12.7 \times \boxed{\phantom{00}}\boxed{\phantom{00}}) - (6.8 \times \boxed{\phantom{00}}\boxed{\phantom{00}})$   
weight height age

#### Women (w):

- $RMR = 655 + (4.35 \times \text{weight}_{[\text{pounds}]}) + (4.7 \times \text{height}_{[\text{inches}]}) - (4.7 \times \text{age}_{[\text{years}]})$

- $655 + (4.35 \times \boxed{\phantom{00}}\boxed{\phantom{00}}\boxed{\phantom{00}}) + (4.7 \times \boxed{\phantom{00}}\boxed{\phantom{00}}) - (4.7 \times \boxed{\phantom{00}}\boxed{\phantom{00}})$   
weight height age

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

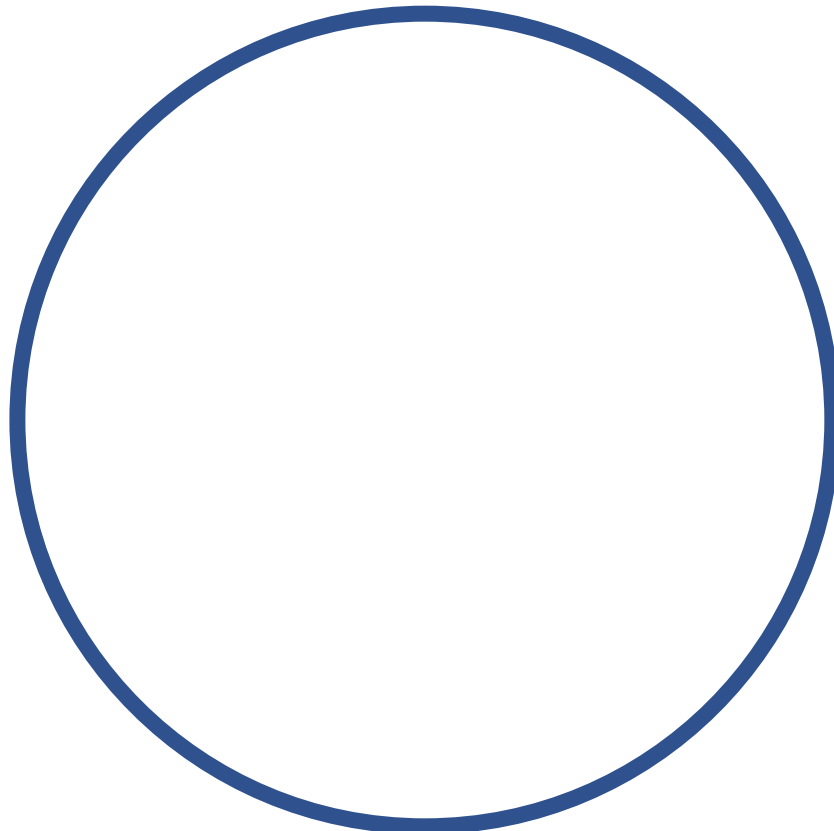
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Please be specific and honest. Recall all of the foods and beverages you consumed last night for dinner. For example, if you had fried chicken with rice, corn, a cupcake and diet coke for dinner, you would fill out the form below like this:

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?



## Potential Strategies for Improving Health

### Physical Activity

1. Park further away from your destination in parking lots
2. Take the stairs
3. Go on family bike rides
4. Take family walks after dinner
5. Commute to work by biking, walking, or using public transportation
6. Discover activities that bring you joy
7. Volunteer to dog walk at your local animal shelter
8. Walk while talking on the phone
9. Sit on an exercise ball instead of a chair
10. Carry a grocery basket instead of using a cart
11. Get a standing desk
12. Practice moving meditation, rather than sitting or lying down while meditating
13. Stretch as you watch TV
14. Stretch when you feel stiff
15. Walk faster
16. Take breaks throughout the day, and get up and move
17. Set a reminder on your phone to take breaks from sitting
18. Exercise your calf muscles while brushing your teeth
19. Weed by hand
20. Use a shovel instead of a snow blower
21. Use a rake instead of a leaf blower
22. Split your own wood
23. Conduct walking meetings at work
24. Go into a store or restaurant instead of using the drive-through
25. Plan get-togethers around physical activity (e.g., hiking, biking, playing tennis)
26. Shop at local stores rather than online
27. Get off the bus or subway a stop early and walk the rest of the way
28. Choose the office printer that is furthest away from your desk
29. Water your plants from a rain barrel rather than using a hose
30. Use a push lawn mower instead of one that is self-propelled
31. Take advantage of any employer wellness programs
32. Drink enough water
33. Husk your own corn

## Diet

1. Blot oil off of pizza
2. Top pasta and pizza with garlic powder, fresh grated pepper, or red pepper instead of grated Parmesan cheese
3. Eat bagel flats instead of full bagels
4. Order salad dressing and sauces on the side to control the amount you eat
5. Pour off the oil that collects at the top of peanut butter jars and dressing bottles
6. Order vinaigrette instead of creamy salad dressing
7. Use unsweetened almond milk in your coffee
8. Drink your coffee black
9. Eat powdered peanut butter instead of the real stuff
10. Eat white fish instead of dark fish
11. Bake or grill meats instead of frying
12. Eat whole grain bread instead of white bread
13. Use plain Greek yogurt instead of mayonnaise or sour cream
14. Scoop the middle dough out of your bagel
15. Use avocado on your toast instead of butter
16. Stuff spinach and tomatoes inside your grilled cheese sandwich
17. Add veggies to canned soup
18. Sneak some spinach into your fruit smoothies
19. Buy plain yogurt instead of flavored yogurt
20. Eat pure dark chocolate instead of chocolate candy
21. Top your burger with mustard instead of ketchup
22. Wrap sandwiches in lettuce instead of bread
23. Swap whole wheat flour for white flour when baking
24. Make mashed cauliflower instead of potatoes
25. Swap zucchini ribbons for pasta
26. Use skim milk or nut milk instead of whole, 2%, or 1% milk
27. Use olive oil instead of butter
28. Drink water at dinner instead of soda
29. Eat baked chips instead of fried
30. Track what you eat
31. Try an air fryer rather than a deep fryer
32. Buy whole foods rather than processed or packaged options
33. Prepare your own food rather than eating out

## Sleep

1. Keep a consistent sleep schedule
2. Get up at the same time every day, even on weekends or during vacations
3. Set a bedtime that is early enough for you to get at least 7 hours of sleep
4. Do not go to bed unless you are sleepy
5. If you do not fall asleep after 20 minutes in bed, get out of bed
6. Associate your bedroom with sleep only
7. Establish a relaxing bedtime routine
8. Make your bedroom quiet and relaxing
9. Take a relaxing bath before bed
10. Keep your room at a comfortable, cool temperature, if possible
11. Keep your bedroom dark
12. Limit exposure to bright light in the evenings
13. Limit exposure to bright light and screens near bedtime
14. Do not eat a large meal before bedtime
15. If you are hungry at night, eat a light, healthy snack
16. Exercise regularly
17. Do not exercise too close to bedtime
18. Do not sleep with your pets
19. Maintain a healthy diet
20. Avoid consuming caffeine in the late afternoon or evening
21. Avoid consuming alcohol before bedtime
22. Reduce your fluid intake before bedtime
23. Reduce irregular or long daytime naps
24. Get a comfortable bed, mattress, and pillow
25. Resist the urge to hit snooze on your alarm clock
26. Try separate blankets in a shared bed
27. Sniff the scent of lavender before bed
28. Combat snoring
29. Get checked for sleep apnea
30. Work through your thoughts about the day before getting into bed
31. Experiment with progressive muscle relaxation
32. Try different sleep apps
33. Increase exposure to sunlight during the morning and daytime