Calculating Your Daily Caloric Needs

Handout available for download on the YRRP website at:
www.yellowribbon.mil/cms/event-handout

Step 1: Calculate your resting metabolic rate (RMR)

Men (m):

- RMR = 66 + (6.23 x weight$_{[pounds]}$) + (12.7 x height$_{[inches]}$) – (6.8 x age$_{[years]}$)
  - 66 + (6.23 x ☐☐☐) + (12.7 x ☐☐) – (6.8 x ☐☐)
    weight height age

Women (w):

- RMR = 655 + (4.35 x weight$_{[pounds]}$) + (4.7 x height$_{[inches]}$) – (4.7 x age$_{[years]}$)
  - 655 + (4.35 x ☐☐☐) + (4.7 x ☐☐) – (4.7 x ☐☐)
    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
Sedentary (daily living activities only)	1.00
Low active (daily living activities *plus* 30-60 mins daily moderate activity [e.g., walking at 5-7 km/h])	1.11 (m); 1.12 (w)
Active (daily living activity *plus* at least 60 mins daily moderate activity)	1.25 (m); 1.27 (w)
Very active (daily living activities *plus* at least 60 mins daily moderate activity *plus* 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

Handout available for download on the YRRP website at:
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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?