

## Calculating Calorie Requirements

$$\text{Basal Metabolic Rate (BMR obtained from BIA Report)} \times \text{Activity Factor Adjustment} = \text{Food Plan Calorie Goal}$$

### Activity Factor Adjustments

ACTIVITY	DURATION	ACTIVITY FACTOR ADJUSTMENT
Minimal to No Daily Activity	Sedentary behavior or activities of daily living	1.0
Mild Daily Activity	Exercising less than 30 minutes, 5 times per week	1.1
Moderate Daily Activity	Exercising 30-60 minutes, 5 times per week	1.3
Strenuous Daily Activity	Exercising more than 60 minutes, 5 times per week	1.5

NOTE: The intensity of the exercise should be considered when determining the Activity Factor Adjustment. For example, High Intensity Interval Training (HIIT) or other types of high intensity exercise, result in higher energy expenditure in a shorter period of time.