Name _____ Period _____ Date _____

Calculating BMR

Homework

Directions: Calculate the BMR (Basal Metabolic Rate) for the three adults. Use the *Factors in Calculating BMR* chart to answer the activity levels questions.

1. Tom
   220 lbs.
   6’ 1”
   25 years old
   High activity level

2. Mary
   185 lbs.
   5’ 6”
   33 years old
   Light activity level

She wants to lose weight. What should she do?

3. John
   120 lbs.
   5’ 8”
   14 years old
   Moderate activity level

He wants to gain weight. What should he do?

Name _____ Period _____ Date _____

Calculating BMR

Homework (KEY)

1. Calculate BMR for:
   Male
   220 lbs.
   6' 1"
   25 years old
   High activity level

Male

66 + (6.23 x 220 lbs.) + (12.7 x 73 inches) – (6.8 x 25 years) = 2193.7 BMR x 1.725 activity level = 3784.13 daily calorie needs

2. Calculate BMR for:
   Mary
   185 lbs.
   5' 6"
   33 years old
   Light activity level

Female

655 + (4.35 x 185 lbs.) + (4.7 x 66 inches) – (4.7 x years) = 1614.85 BMR x 1.375 activity level = 2220.42 daily calorie needs

She wants to lose weight. What should she do?
Mary needs to consume fewer calories and/or increase her physical activity.

3. Calculate BMR for:
   John
   120 lbs.
   5' 8"
   14 years old
   Moderate activity level

Male

66 + (6.23 x 120 lbs.) + (12.7 x 68 inches) – (6.8 x 14 years) = 1582 BMR x 1.55 activity level = 2452.10 daily calorie needs

He wants to gain weight. What should he do?
John needs to increase his intake of complex carbohydrates especially whole grains. He needs to continue exercising or the extra calories will turn to fat.