



Calorie Calculator: Find Your Daily Energy Needs Easily

Want to know how many calories you really need each day? This calculator helps you estimate your Basal Metabolic Rate (BMR) and Total Daily Energy Expenditure (TDEE). Knowing your TDEE is a great first step whether you're aiming to maintain your current weight, lose a few pounds, or bulk up.

Your Age (years)

15

Your Weight (kg)

30

Your Height (cm)

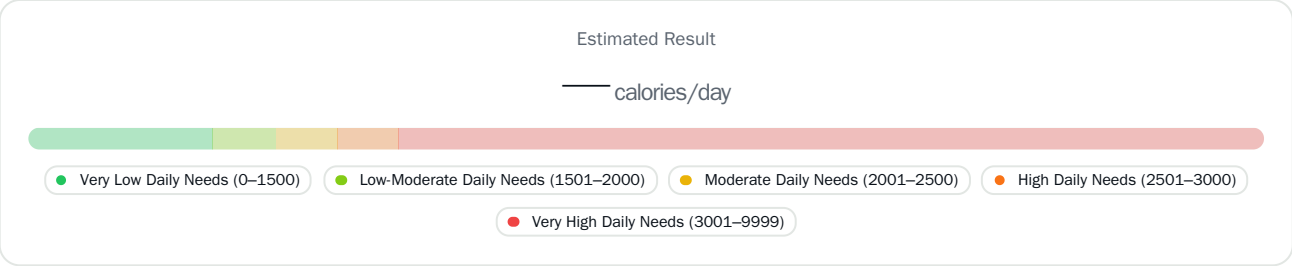
120

Gender Constant

-161

Activity Level Multiplier

1.2



Reference Table

ACTIVITY LEVEL	DESCRIPTION	MULTIPLIER
Sedentary	Little or no exercise, desk job	1.2
Lightly Active	Light exercise/sports 1-3 days/week	1.375
Moderately Active	Moderate exercise/sports 3-5 days/week	1.55
Very Active	Hard exercise/sports 6-7 days/week	1.725
Extra Active	Very hard exercise, physical job, or training twice a day	1.9
Goal Adjustment	To Lose Weight	TDEE - 500 to 750 calories/day
Goal Adjustment	To Maintain Weight	Eat at your TDEE
Goal Adjustment	To Gain Weight	TDEE + 250 to 500 calories/day

