

Calorie Calculator

Age	Males	Females
Under 18	$17.686 \times (\text{wt kg}) + 658.2 \times \text{activity level}$ = Maintenance Calories	$13.384 \times (\text{wt kg}) + 692.6 \times \text{activity level}$ = Maintenance Calories
18-29	$15.057 \times (\text{wt kg}) + 692.2 \times \text{activity level}$ = Maintenance Calories	$14.818 \times (\text{wt kg}) + 486.6 \times \text{activity level}$ = Maintenance Calories
30-59	$11.472 \times (\text{wt kg}) + 873.1 \times \text{activity level}$ = Maintenance Calories	$8.126 \times (\text{wt kg}) + 845.6 \times \text{activity level}$ = Maintenance Calories
60+	$11.711 \times (\text{wt kg}) + 587.7 \times \text{activity level}$ = Maintenance Calories	$9.082 \times (\text{wt kg}) + 658.5 \times \text{activity level}$ = Maintenance Calories

Activity Levels	Males	Females
Sedentary: Little to no exercise.	1.3	1.2
Lightly active: Light exercise or sport 1-2 days per week.	1.6	1.3
Moderately active: Moderate exercise or sport 3-5 days per week.	1.8	1.4
Very active: Hard exercise or sport 6-7 days per week.	2.0	1.7

Weight Loss Equation: Take your gender and age equation, complete the equation, multiply it by your activity level, then subtract 250. This should be your daily calorie intake, even on days you exercise.

Weight Gain Equation: Take your gender and age equation, complete the equation, multiply it by your activity level, then add 300. This should be your daily calorie intake, even on days you exercise.

Weight Maintenance: Take your gender and age equation, complete the equation, multiply it by your activity level, then add 300. This should be your daily calorie intake, even on days you exercise.

Worked Example: 22-year-old female, weights 75kg, lives a lightly active life and wants to lose weight:

$$\begin{aligned}
 &14.818 \times 75 = 1111.35 \\
 &+ 486.6 = 1598 \\
 &\times 1.3 = 2077 \\
 &-300 = 1777 \text{ daily calories}
 \end{aligned}$$