

NAME _____

BLOCK _____

MALE

Caloric needs are based on the energy your body requires for your daily activities. ***Want to know how many calories you need?*** Try this formula developed by Endocrinologist, Wayne Callaway, M.D. This formula allows you to compute what is called your Basal Metabolic Rate, or B.M.R. When you know this figure, you can adjust your daily menu (diet) to determine weight loss or gain. (5 points)

You need to know your weight, **height in inches**, and age.

Put your figures in the appropriate space and do the calculations.

_____ X 6.3 = _____ (round your answer to the nearest whole number)
Your weight X

_____ X 12.7 = _____ (round your answer to the nearest whole number)
Height in inches Y

_____ X 6.8 = _____ (round your answer to the nearest whole number)
Your age Z

Fill in the blanks and solve:

66 + _____ + _____ - _____ = _____ (round as above)
X Y Z minimum

Now take your _____ X 1.3 = _____ (round)
Minimum Total BMR

Now, a new problem for you. Let's calculate your Body Mass Index (BMI).

BMI is a measure of body fat based on height and weight.

You'll need your height in inches and body weight.

First, $\frac{\text{weight}}{\text{height}} \times 703 = \text{X}$ (round to the nearest whole number)

Next, $\frac{\text{height}}{\text{height}} = \text{Y}$ (round to nearest whole number)

Now, divide your **X** answer by your **Y** answer or **X/Y** (yes, round your answer)

BMI

NAME _____

BLOCK _____

FEMALE

Caloric needs are based on the energy your body requires for your daily activities. ***Want to know how many calories you need?*** Try this formula developed by Endocrinologist, Wayne Callaway, M.D. This formula allows you to compute what is called your Basal Metabolic Rate, or B.M.R. When you know this figure, you can adjust your daily menu (diet) to determine weight loss or gain. (5 points)

You need to know your weight, **height in inches**, and age.

Put your figures in the appropriate space and do the calculations.

_____ X 4.3 = _____ (round your answer to the nearest whole number)
Your weight X

_____ X 4.7 = _____ (round your answer to the nearest whole number)
Height in inches Y

_____ X 4.7 = _____ (round your answer to the nearest whole number)
Your age Z

Fill in the blanks and solve:

665 + _____ + _____ - _____ = _____ (round as above)
X Y Z minimum

Now take your _____ X 1.3 = _____ (round)
Minimum Total BMR