

CALORIE calculator

YOUR WEIGHT

ACTIVITY LEVEL

MAINTENANCE
CALORIES

X

=

ACTIVITY LEVEL

- 13** Sedentary (desk job, shopping, cleaning, less than 30 minutes per day of purposeful exercise)
- 14** Light Activity (spend the day on your feet, exercise for 30 minutes 3x per week)
- 15** Moderate Activity (spend the day walking around, exercise at least 30 min 6x a week)
- 16** Active (spend the day walking and lifting, exercise 60 min 5x per week)
- 17** Very Active (construction/ farm work, strength training 6x per week, cardio 4x per week)

MAINTENANCE
CALORIES

GOAL

NEW CALORIE
GOAL

+/-

=

CHOOSE YOUR GOAL

LOSE FAT: Subtract 500 calories

GAIN MUSCLE: Add 300 calories

MAINTAIN/RECOMP: AKA Tone and Tighten :Keep your calories the same



Use these numbers for at least one month before you make any changes.
Join our Facebook Group - Keto Size Me Fans, if you need help or have questions.