

Daily Calorie & Macro Planner

BMR, TDEE, activity levels & a 40/30/30 macro guide

Activity Multipliers

Activity Level	Multiplier	Who it fits
Sedentary	1.2	Desk job, little exercise
Light	1.375	Light exercise 1-3 days/week
Moderate	1.55	Exercise 3-5 days/week
Active	1.725	Exercise 6-7 days/week
Very active	1.9	Hard daily training or physical job

Work Out Your Numbers

Calculate It Yourself
1. BMR (men) = $10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age} + 5$
1. BMR (women) = $10 \times \text{weight(kg)} + 6.25 \times \text{height(cm)} - 5 \times \text{age} - 161$
2. TDEE = BMR x activity multiplier (your maintenance calories)
3. To lose ~1 lb/week: TDEE - 500 To gain ~1 lb/week: TDEE + 500
My BMR = _____
My TDEE (maintenance) = _____
My daily target = _____

Macro Guide (40% carbs / 30% protein / 30% fat)

Calories	Protein (g)	Carbs (g)	Fat (g)
1,600	120	160	53
1,800	135	180	60
2,000	150	200	67
2,200	165	220	73
2,400	180	240	80
2,600	195	260	87

These are estimates using the Mifflin-St Jeor equation. Calorie needs vary with body composition, health, and goals. For medical or performance nutrition, consult a registered dietitian.