

## Daily Caloric Requirement Computation Form

A. Current Body Weight \_\_\_\_\_ (A)

B. Computation of EER (Estimated Energy Requirement)

a. Women EER =  $354 - (6.91 \times \text{Age}) + (9.36 \times \text{BW}) + (726 \times \text{HT})$

b. Men EER =  $662 - (9.53 \times \text{Age}) + (15.91 \times \text{BW}) + (539 \times \text{HT})$

c. Conversion of HT (inches) to HT (meters) =  $(\text{inches} \times .0254)$

i. \_\_\_\_\_ X .0254 = \_\_\_\_\_ (HT in meters)  
(HT in inches)

d. Conversion of BW from (pounds) to BW (kilograms) =  $\text{BW (lbs)} / 2.2046$

i. \_\_\_\_\_ / 2.2046 = \_\_\_\_\_ (BW in kilograms)  
(BW in pounds)

e. **Women**

$$\text{EER} = 354 - (6.91 \times \text{Age}) + (9.36 \times \text{BW-kg}) + (726 \times \text{HT-m})$$

= \_\_\_\_\_ (EER)

f. **Men**

$$\text{EER} = 662 - (9.53 \times \text{Age}) + (15.91 \times \text{BW-kg}) + (539 \times \text{HT-m})$$

= \_\_\_\_\_ (EER)

C. (EER) Energy requirement to maintain body weight without exercise \_\_\_\_\_ (C)  
(From computation in B)

D. Selected physical activity (i.e. jogging)\* \_\_\_\_\_

E. Number of exercise sessions per week \_\_\_\_\_ (E)

F. Duration of exercise session \_\_\_\_\_ (F)

G. Total weekly exercise time in minutes (E X F) \_\_\_\_\_ (G)

H. Average daily exercise time in minutes (G/7) \_\_\_\_\_ (H)

I. Caloric expenditure per pound/min (cal/lb/min) of physical activity \_\_\_\_\_ (I)  
(Use table 6.2, page 169)

J. Total Calories burned per minute of exercise (A X I) \_\_\_\_\_ (J)

K. Average daily calories burned as a result of exercise program (H X J) \_\_\_\_\_ (K)