

# CALCULATE CALORIES Worksheet



YOUR WEIGHT	ACTIVITY LEVEL	MAINTENANCE CALORIES
↓	↓	↓
<input type="text"/>	x <input type="text"/>	= <input type="text"/>

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

MAINT CALORIES	GOAL CALORIES	NEW CALORIE GOAL
↓	↓	↓
<input type="text"/>	+/- <input type="text"/>	= <input type="text"/>

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- CHOOSE YOUR GOAL:
- Lose fat: Subtract 500 calories from your maintenance calories
  - Gain Muscle: Add 300 calories to your maintenance calories
  - Maintain Weight / Body Recomposition: (Lose fat while building muscle): Use maintenance calories.



Use these numbers for at least one month before you make any changes. Join our Facebook Group - Faithfully Free Fitness if you need help or have questions.