



## Step 2: How To Pick Your Starting Calories

1 - What is your BMR? \_\_\_\_\_ (use Step 1 to find out)

2 - Add an additional 10% of your BMR calories for digestive purposes (BMR ÷ 10 = \_\_\_\_\_ )

**Step 3** - Pick an additional amount of calories, based on your daily tasks to add to your daily amount

<i>Light</i>	<i>Moderate</i>	<i>Heavy</i>
Menial daily tasks, nothing aggressive	On your feet most of the day, not necessarily lifting too heavy	On your feet all day, long days, lifting and moving large material
Add 300 calories	Add 450 calories	Add 600 calories

**Step 4** - Add an additional amount for exercise. We use number of classes per week X 250 ÷ 7 to get the average number of exercise calories used per day. ( # of workouts/week \_\_\_\_\_ X 250 ÷ 7 = \_\_\_\_\_ )

### Doing some math!

BMR + Daily Living Calories + Digestion Calories + Exercise = **Total Caloric Output**

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Take the Total Calories Burned in a Day, and times it by 0.8

\_\_\_\_\_ (x) 0.8 = Your Starting Calories!

On to **Step 3**: begin following your assigned meal plan!