

The Daily Caloric Needs Calculator

Distributed By: Your Company Name

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PHYSICAL CHARACTERISTICS

Age: 35 y/o

Height: 5' 9" (175 cm)

Weight: 125 lbs (56.70 Kg)

Gender: Male

Basal Metabolic Rate: 1492 Calories / Day (6244 Kj / Day)

The Basal Metabolic Rate represents the calories needed to maintain internal body function. It does not account for the calories needed to support daily physical activities

ACTIVITY LEVEL

Exercise Frequency: 2 / week

Exercise Intensity: Moderate

Physical Activity at Work: Moderate

OTHER FACTORS

Pregnant? No

Calories Required to Support Physical Activity: 424 Calories / Day (1773 Kj / Day)

Calories Required to Maintain Current Weight: 1916 Calories / Day (8017 Kj / Day)

GENERAL WEIGHT LOSS (6-Week Prescription)

Weight loss can only occur when the caloric intake is less than the maintenance calories indicated above, and/or when the body's maintenance requirements increase. The maintenance calorie requirements can be increased by increasing physical activity and adding muscle mass. Follow the recommendations in this report, achieve noticeable weight loss, and then use this calculator at the end of 6 weeks to reassess your calorie needs.

DIETING

A rapid reduction in daily caloric intake (crash diets) can slow your metabolism and possibly shock your body into starvation mode. A slow reduction in calorie intake will lead to safe long-term weight loss.

----Moderate Dieting

Recommendation: Reduce your caloric intake to 1725 Calories/Day for 2 weeks, and then reduce it to 1533 Calories/Day for the last 4 weeks.

----Aggressive Dieting

Recommendation: Reduce your caloric intake to 1725 Calories/Day for the first 2 weeks. Reduce your caloric intake to 1533 Calories/Day for the next 2 weeks; and then to 1341 Calories/Day for the last 2 weeks.

----Excessive Dieting

Reducing calories to 1150 Calories/Day or lower could jeopardize your health. Increase your daily physical activity to burn additional calories.

PHYSICAL ACTIVITY

The best strategy for losing weight is to incorporate a combination of dieting and exercise into your daily routine. Dieting, alone, will usually slow the metabolism and reduce the rate of weight loss. Exercise, on the other hand, supports the metabolism, burns additional calories and allows your dieting efforts to work in your favor.

Recommendation: Exercise at least 3 times per week.

Recommendation: Increase your workout intensity by 1 each week, until you've reached an intensity level of 5.

Recommendation: For a more aggressive workout, increase your workout intensity by 1 each week, until you've reached an intensity level of 8.

POTENTIAL RESULTS

----Moderate Diet and Exercise

By following the weight loss prescription for the moderate diet described above, and working up to an exercise intensity level of 5, the potential weight loss is:

Week1 0.6 lbs

Week2 0.7 lbs

Week3 1.1 lbs

Week4 1.1 lbs

Week5 1.1 lbs

Week6 1.1 lbs

Total 5.7 lbs

----Aggressive Diet and Exercise

By following the weight loss prescription for the aggressive diet described above, and working up to an exercise intensity level of 8, the potential weight loss is:

Week1 0.7 lbs

Week2 0.8 lbs

Week3 1.2 lbs

Week4 1.3 lbs

Week5 1.7 lbs

Week6 1.7 lbs

Total 7.3 lbs

Disclaimer

[Your Company Name] and The Ultradatum Company does not guarantee the accuracy of the information provided by this report generator. It is strongly recommended that you consult your physician prior to making any significant changes to your lifestyle, including changes to your diet and exercise.