

Harris Benedict Formula Chart

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

* If you are sedentary (little or no exercise):

$$\text{BMR} \times 1.2$$

* If you are lightly active (light exercise/sports 1-3 days/week):

$$\text{BMR} \times 1.375$$

* If you are moderately active (moderate exercise/sports 3-5 days/week):

$$\text{BMR} \times 1.55$$

* If you are very active (hard exercise/sports 6-7 days a week):

$$\text{BMR} \times 1.725$$

* If you are extra active (very hard exercise/sports & physical job or 2x training):

$$\text{BMR} \times 1.9$$