

Rough Estimates of Daily Caloric Needs

The Muffin equation for RMR:

- For men: $(10 \times w) + (6.25 \times h) - (5 \times a) + 5$
- For women: $(10 \times w) + (6.25 \times h) - (5 \times a) - 161$

Where:

w = weight in kg
h = height in cm
a = age

Activity Factor	Category	Definition
1.2	Sedentary	Little or no exercise and desk job
1.375	Lightly Active	Light exercise or sports 1-3 days a week
1.55	Moderately Active	Moderate exercise or sports 3-5 days a week
1.725	Very Active	Hard exercise or sports 6-7 days a week ⁴
1.9	Extremely Active	Hard daily exercise or sports and physical job

Multiply RMR by the activity factor to get a rough estimate of daily caloric needs

Example:

16 year old male 5 ft 11 in and 150 pounds training for XC

$$*(10 \times 68 \text{kg}) + (6.25 \times 180 \text{cm}) - (5 \times 16 \text{y}) + 5 = 1730$$

$$*1730 \times 1.725 = 2984 \text{ cal/day}$$

16 year old female 5 ft 4 in and 115 pounds training for XC

$$*(10 \times 52 \text{kg}) + (6.25 \times 163 \text{cm}) - (5 \times 16 \text{y}) - 161 = 1298$$

$$*1298 \times 1.725 = 2239 \text{ cal/day}$$