

BMR Calculator

Life Science (Lower Middle)
Unit 3

BMR Calculator

Use the following formula for men:

$$[66 + (6.2 \times \text{weight}) + (12.7 \times \text{height}) - (6.76 \times \text{age})] \times \text{Activity Level} = \text{BMR}$$

Use the following formula for women:

$$[655.1 + (4.35 \times \text{weight}) + (4.7 \times \text{height}) - (4.7 \times \text{age})] \times \text{Activity Level} = \text{BMR}$$

**Note: Weight must be calculated in pounds, height in inches, and age in years.*

Activity Levels:

- **1.2**—*sedentary (little to no exercise)*
- **1.375**—*lightly active (light exercise 1-3 days per week)*
- **1.55**—*moderately active (moderate exercise 3-5 days per week)*
- **1.725**—*very active (hard exercise 6-7 days per week)*
- **1.9**—*extra active (very hard exercise/training or physical job)*