

# Develop Your Own Nutrition Plan

A nutrition plan is a great tool to help you lose weight. To design one, start by learning your daily caloric burn. Turn to the other side of this brochure for step-by-step instructions on how to calculate your caloric maintenance level.

## TIPS FOR NUTRITION PLAN SUCCESS

**Plan your meals.** This simple step will help keep healthy foods on your table and remove the temptation to stray to less healthful options like fast food and frozen entrees.

**Start logging.** For many people, accountability helps keep them on the right track. Carry a notebook or download an app on your phone and make note of everything you eat.

**Make gradual changes.** Some people dive head-first into a massive nutrition makeover. However, major changes are difficult to sustain. Begin with small changes and add more as you grow comfortable with your new habits.

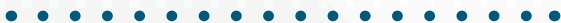
## MEASURE AND ADJUST

It is important to monitor your progress to make sure that the calories in your nutrition plan are at the appropriate level for you. To know if you are consuming the correct amount of calories, keep track of your caloric intake, your body weight and your body fat percentage. If you are not seeing the results you desire, make adjustments to your nutrition plan and continue to measure.



# Calculating Your Caloric Needs

Calories. Everyone talks about watching how many you eat, but how do you really know how many you need? Caloric needs are individual to every person. Through the use of a few equations, learn how many calories you need to maintain your current weight.



## Resting Metabolic Rate (RMR)

This number represents the number of calories your body needs to function and does not account for daily physical activity. It also serves as the basis to determining your total daily energy expenditure.

### RMR for Women

$$655 + (4.35 \times \text{weight in lbs}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age})$$

My RMR:

### RMR for Men

$$66 + (6.23 \times \text{weight in lbs}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age})$$

My RMR:



## Total Daily Energy Expenditure (TDEE)

This number is calculated based on your level of physical activity and represents how many calories you need each day to maintain your current weight.

|                   |             |
|-------------------|-------------|
| Sedentary         | RMR x 1.2   |
| Lightly Active    | RMR x 1.375 |
| Moderately Active | RMR x 1.55  |
| Very Active       | RMR x 1.725 |
| Extremely Active  | RMR x 1.9   |

My TDEE: