# BMR Calculation Worksheet

Plug your numbers in to estimate your Basal Metabolic Rate. Each line includes a short explanation and an example.

## Step 1: Find Your Engine Block Size (Lean Body Mass)

Use your weight and body fat percentage to calculate Lean Body Mass.

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| Your weight (lbs): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Type the number from your scale in pounds. |
| Your weight (kg): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Convert your weight to kg. Multiply your weight in pounds by 0.4536. Example: 200 × 0.4536 = 90.7 kg. |
| Your body fat percentage (%): \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | This was step one. You should have a recent reliable number. Example: 25%. |
| Lean Body Mass (kg): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Multiply weight in kg by (1 − body fat percentage ÷ 100). Example: 90.7 × 0.75 = **68 kg**. |

## Step 2: Find Your Initial BMR

Use your Lean Body Mass from Step 1 with the BMR formula.

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| LBM × 21.6 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Multiply Lean Body Mass by 21.6. Example: **68** × 21.6 = 1468.8. |
| + 370 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Add 370 to the result. Example: 1468.8 + 370 = 1838.8. |
| Your estimated BMR (calories per day): \_\_\_\_\_\_ | Round to the nearest whole number. Example: 1839 calories per day. |

Keep this number. This is your starting point for calibration during the next phase of your plan.