

## Weight loss Requirements

If you weigh 250lbs you require approximately 2100 calories to maintain your current weight.

If you weigh 200lbs you require approximately 1800 calories to maintain your current weight.

If you weigh 150lbs you require approximately 1500 calories to maintain your current weight.

Notice for every 50 lbs it changes the calories required by 300 calories. For every 25 lbs it changes the calories required by 150 calories.

Subtract the calories you approximately require \_\_\_\_\_ calories - **500** cal= \_\_\_\_\_ maximum number of calories that can be consumed to lose a pound a week.

3500 calories equals one pound of weight loss. 7 days X 500 calorie restriction=3500 calories or 1 lb of weight loss. As you lose weight you will need to adjust the calories you require.

You need to consume how many calories a day to lose a pound a week? \_\_\_\_\_

Your current BMI is? \_\_\_\_\_

For you to be in the healthy category you need to lose how much weight? \_\_\_\_\_

At one pound a week how long will it take to reach your goal? \_\_\_\_\_

With exercise how long will it take to reach your goal? \_\_\_\_\_

When you exercise plan on burning between 200-400 calories per hour. If you want to lose more than a pound a week it is recommended to do so by exercising verse reducing calories drastically. It is not recommended to consume less than 1000 calories a day.

To determine your BMI, caloric and nutritional needs, as well as a means to determine calories, nutritional profile, glycemic load, and overall health score of any restaurant or home food go to: <http://www.nutritiondata.com/>  
For Recipes go to: [Epicurious.com](http://Epicurious.com). Track calories on a day to day basis, as well as keep a log of exercise (calories burned) at: [Fitday.com](http://Fitday.com).

## BODY MASS INDEX (BMI)

		The higher your BMI, the higher your health risk →																										
BMI →	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44		
	← HEALTHY →						← OVERWEIGHT →						← OBESE →															
Height [ft/in(m)] ↓	← Weight (lbs) →																											
4' 10" (58")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210		
4' 11" (59")	96	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217		
5' 0" (60")	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225		
5' 1" (61")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	216	211	217	222	227	232		
5' 2" (62")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240		
5' 3" (63")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248		
5' 4" (64")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256		
5' 5" (65")	114	120	126	132	138	144	150	156	162	169	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264		
5' 6" (66")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272		
5' 7" (67")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280		
5' 8" (68")	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289		
5' 9" (69")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297		
5' 10" (70")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306		
5' 11" (71")	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315		
6' 0" (72")	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324		
6' 1" (73")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333		
6' 2" (74")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342		
6' 3" (75")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351		
6' 4" (76")	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361		

Chart adapted from The National Institutes for Health Web site, Body Mass Index Table page: [http://www.nhlbi.nih.gov/guidelines/obesity/bmi\\_tbl.htm](http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm).