

MASTER MY MACROS

LBM	weight (kg)	Body fat %	Not fat %	calc	LBM
Kim	66	18	82	5412	54.1
Louise	66	32	68	4488	44.9
You					

BMR	$370 + (21.6 \times \text{LBM})$	LBM	CALORIES
Kim	370	54.1	1539
Louise	370	44.9	1339
You			

TDEE	BMR x Activity	CALORIES	10%	15%
Kim	1539	2116	1905	1619
Louise	1339	1741	1567	1332
You				

Body Fat % estimate

and add +2% for visceral (internal) fat

*judgement free zone



© Louise Thompson 2022

OLD SCHOOL STYLE PRINTABLE USE YOUR CALCULATOR

Lean Body Mass Your bodyweight LESS the fat

Weight in kgs from your scale

Body Fat % from the photo + 2% for visceral (internal) fat

LBM: $\text{weight} \times (100 - \text{BF}) / 100$

Basal Metabolic Rate

This is how much is like your essential systems (about 60%)

BMR: $370 + (21.6 \times \text{LBM})$

Total Daily Energy Expenditure

How many calories you need to sustain your body weight

Reduce to lose fat. Increase to increase fat (or build muscle)

TDEE: $\text{BMR} \times \text{Activity}$

TDEE

Sedentary (little or no exercise)	1.000
Light Active (1-3 days/week)	1.200
Moderate Active (6-7 days /week)	1.375
Very Active (hard exercise 6/7 days)	1.550
Extra Active (exercise + physical job)	1.725