

# Fit & Lean in 2014

## 1.4: Calculating Your BMR & Target Heart Rate

Your BMR is the amount of calories your body requires in order to maintain basic functioning and to maintain your weight. To lose weight, add more activity or consume less calories!

Harris-Benedict Formula



**CALCULATE**  
**BASAL METABOLIC RATE**

AGE: \_\_\_\_\_

WEIGHT: \_\_\_\_\_

HEIGHT: \_\_\_\_\_

**WOMEN:**

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

**MEN:**

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

WOMEN:

$655 + (4.35 \times \text{_____}) + (4.7 \times \text{_____}) - (4.7 \times \text{_____}) = \text{_____}$  (Your BMR)

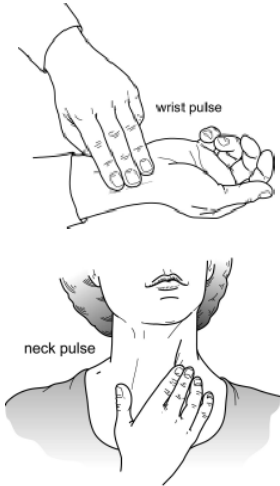
MEN:

$66 + (6.23 \times \text{_____}) + (12.7 \times \text{_____}) - (6.8 \times \text{_____}) = \text{_____}$  (Your BMR)

Amount of Exercise	Daily Calories Needed
Little to no exercise	BMR X 1.2
Light exercise (1-3 days/week)	BMR X 1.375
Moderate Exercise (3-5 days/week)	BMR X 1.55
Heavy Exercise (6-7 days/week)	BMR X 1.725
Very Heavy Exercise (intense workouts twice per day)	BMR X 1.9

My activity level \_\_\_\_\_ My True BMR \_\_\_\_\_

# Your Pulse & Target Heart Rate



## How to Take Your Pulse:

1. Place tips of your index, second and third fingers on the palm side of your other wrist, below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck, on either side of your windpipe (see illustrations).
2. Press lightly with your fingers until you feel the blood pulsing beneath your fingers. You might need to move your fingers around slightly up or down until you feel the pulsing.
3. Use a watch or clock with a second hand function.
4. Count the beats you feel for 10 seconds. Multiply this number by six to get your heart rate per minute.

## How to Calculate your Maximum Heart Rate:

$$220 - \text{Your Age} = \text{Predicted Maximum Heart Rate}$$

## How to Calculate your Target Heart Rate

Low End	High End
220	220
- _____ (minus age)	- _____ (minus age)
= _____ (maximum heart rate)	= _____ (maximum heart rate)
X _____ 0.6 (60%)	X _____ 0.8 (80%)
= _____ (low end target heart rate)	= _____ (high end target heart rate)

