

Target Calorie Consumption Worksheet

Date: _____

Step 1: Take Beginning Measurements

Beginning Measurements	
Current Weight (lbs)	(%) Body Fat

Now convert your % body fat into decimal form by dividing it by 100.

$$\% \text{ Body Fat} / 100 = \text{Body Fat In Decimal Form}$$

% Body Fat _____ / 100 = _____

Step 2: Calculate Your Fat Weight And Fat Free Mass

- a) To Calculate Your Fat Weight, Multiply Your % Body Fat In Decimal Form By Your Current Weight.

$$\text{Body Fat In Decimal Form} \times \text{Current Weight (lbs)} = \text{Fat Weight (Lbs)}$$

% Body Fat In Decimal Form _____ X Current Weight (lbs) _____ = _____

- b) To Calculate Your Fat Free Mass Subtract Your Fat Weight From Your Body Weight.

$$\text{Fat Free Mass} = \text{Current Weight (Lbs)} - \text{Fat Weight (Lbs)}$$

Current Weight (lbs) _____ - Fat Weight (Lbs) _____ = _____

c) Now Convert Your Fat Free Mass From Lbs To Kg By Dividing By 2.2.

$$\text{Fat Free Mass (Lbs)} / 2.2 = \text{Fat Free Mass (Kg)}$$

Fat Free Mass (Lbs) _____ / 2.2 = _____

Step 3: Calculate Your Resting Metabolic Rate

Now Calculate your RMR Using The Following Equation...

$$\text{RMR} = 370 + (21.6 \times \text{Fat Free Mass kg})$$

370 + (21.6 X Fat Free Mass Kg _____) = Resting Metabolic Rate _____

Step 4: Calculate Your Daily Energy Expenditure

Calculate your Daily Energy Expenditure by multiplying your RMR x your estimated activity level multiplier from the chart below.

$$\text{Daily Energy Expenditure} = \text{RMR} \times \text{Activity Level Multiplier}$$

Sedentary	1.2 (little or no exercise, desk job)
Lightly Active	1.375 (light exercise/sports 2-5 days/wk)
Mod. Active	1.55 (moderate exercise/sports 3-5 days/wk)
Very Active	1.725 (hard exercise/sports 6-7 days/wk)
Extra Active	1.725 (hard exercise/sports 6-7 days/wk)

Resting Metabolic Rate _____ X Activity Level Multiplier _____ = _____

Step 5: Calculate The Energy Costs of Your Workouts

In order to factor in the energy expenditure of your exercise sessions, you just need to multiply your body mass in kg by the duration of your training sessions (in hours) by the MET value listed in the table below.

Energy Cost of Workouts =

Body Mass (kg) x Exercise Duration (hours) x MET Value

Metabolic Equivalent Values

Type of Exercise	Metabolic Equivalent Value
High Intensity Aerobics	6
High Intensity Cycling	12
High Intensity Walking	6
High Intensity Running	18
Low Intensity Running	7
Free Weight Circuit Training	8
Intense Free Weight Training	6
Machine Based Weight Training	3

a) Convert your body weight in Lbs to Kg by dividing by 2.2.

Current Body Weight _____ / 2.2 = _____

b) Plug your body weight in Kg into the equation.

Body Mass (kg) _____ X Exercise Duration (hours) _____ X MET Value _____ = _____

***Make sure to run the numbers for each type of exercise you perform. If you incorporate cardio into your fitness routine, you must account for the calorie expenditure if you want to build muscle mass!**

Body Mass (kg) _____ X Exercise Duration (hours) _____ X MET Value _____ = _____

Body Mass (kg) _____ X Exercise Duration (hours) _____ X MET Value _____ = _____

Body Mass (kg) _____ X Exercise Duration (hours) _____ X MET Value _____ = _____

Step 6: Figure Out Your Maintenance Calorie Value

Now all you have to do is add everything up for the grand total and make a few small adjustments in order to ensure that you have a positive calorie balance.

Calculate your maintenance calorie value by adding your daily-expended energy and the energy cost of your workouts.

Maintenance Calorie Value =

Daily Expended Energy + Energy Cost of Workouts

Hopefully, you realize that you'll have a few different maintenance values.

- 1.) One for training days
- 2.) Another for non training days
- 3.) Possibly another for unique training situations

Depending on how you structure your workouts, you may have a few more than that.

Take the time to run the numbers for all of your unique situations...

Maintenance Value For Weight Training Days:

Daily Expended Energy Value _____ + Cost of Exercise _____ = _____

Maintenance Value For Separate Cardio Days:

Daily Expended Energy Value _____ + Cost of Exercise _____ = _____

Maintenance Value For Any Special Training Days:

Daily Expended Energy Value _____ + Cost of Exercise _____ = _____

Maintenance Value For Non-Training Days:

Daily Expended Energy Value _____

In order to help you see what you're trying to accomplish, it will help to get all of your numbers in one place. Fill in the table below to get a clear picture of your unique situation:

	Maintenance Value	Days Per Week
Weight Training Days		
Cardio Days		
Special Training Days		
Non-Training Days		

Now multiply the number of days per week column by the different types of training days.

Weekly Cost of Weight Training Days _____

Weekly Cost of Cardio Days _____

Weekly Cost of Special Training Days _____

Weekly Cost of Non-Training Days _____

Add it all up and you have your total weekly maintenance value in calories!

Total Weekly Maintenance Value _____

Now your job is to make sure that you're creating a 3000 – 4000 calorie surplus each week. There are a few different ways to make this happen...

1.) One option is to simply average your total weekly maintenance value over 7 days and adjust your calorie intake up by 3000 – 4000 extra calories per week.

Weekly Calorie Value Target = Total Weekly Maintenance Value + 3500 kcal

(Total Weekly Maintenance Value _____) + 3500 kcal = _____

Now Divide Your Weekly Target by 7 To Get A Daily Value.

Weekly Target Value / 7 = Daily Target Value

Weekly Target Value _____ / 7 = _____

2.) Another option is to just plan on eating your target value for workout days all week long. This usually goes a long way to getting you to your 3000 – 4000 calorie surplus. If you take this route, you'll typically only need to add in somewhere around 150 – 200 extra calories per day to reach your 3000 – 4000 calorie surplus.

Weekly Calorie Target Value = (Training Day Maintenance Value x 7)

Training Day Maintenance Value _____ X 7 = _____

Daily Calorie Target Value = Training Day Maintenance Value

In order to figure out whether or not you're creating a 3000 – 4000 calorie weekly surplus, simply subtract your total weekly maintenance value from your calculated target value.

Weekly Target Value – Weekly Maintenance Value = Calorie Surplus

Weekly Target Value _____ - Weekly Maintenance Value _____ = _____

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