

How to Calculate Your Daily Calories

Men:

$$(13.75 \times \text{weight}) + (5 \times \text{height}) - (6.76 \times \text{age}) + 66$$

Women:

$$(9.56 \times \text{weight}) + (4.76 \times \text{height}) - (4.68 \times \text{age}) + 655$$



PAMELETII PRO

FITNESS & LIFESTYLE

STEP 1: ESTIMATE YOUR TOTAL DAILY ENERGY EXPENDITURE (TDEE)

YOUR TDEE IS THE TOTAL NUMBER OF CALORIES YOUR BODY BURNS IN A DAY COMBINING YOUR METABOLISM, PHYSICAL ACTIVITY, AND DIGESTION.

TO CALCULATE IT, WE START WITH YOUR BMR (BASAL METABOLIC RATE) THE NUMBER OF CALORIES YOUR BODY NEEDS TO STAY ALIVE AT REST.

✅ BMR FORMULA (MIFFLIN-ST JEOR EQUATION):

◆ FOR WOMEN:

$$\text{BMR} = 10 \times \text{WEIGHT (KG)} + 6.25 \times \text{HEIGHT (CM)} - 5 \times \text{AGE (YEARS)} - 161$$

◆ FOR MEN:

$$\text{BMR} = 10 \times \text{WEIGHT (KG)} + 6.25 \times \text{HEIGHT (CM)} - 5 \times \text{AGE (YEARS)} + 5$$

EXAMPLE (WOMAN):

70KG, 165CM, 30 YEARS OLD

$$\text{BMR} = 10 \times 70 + 6.25 \times 165 - 5 \times 30 - 161 = \sim 1423 \text{ KCAL}$$

EXAMPLE (MAN):

80KG, 180CM, 30 YEARS OLD

$$\text{BMR} = 10 \times 80 + 6.25 \times 180 - 5 \times 30 + 5 = \sim 1770 \text{ KCAL}$$

 MULTIPLY BY YOUR ACTIVITY LEVEL ACTIVITY LEVELFACTOR

Sedentary 1.2	Lightly active 1.375	Moderately active 1.55	Very active 1.725	Extremely active 1.9
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EXAMPLE:

WOMAN'S BMR (1423) X 1.55 = ~2205 KCAL/DAY

MAN'S BMR (1770) X 1.55 = ~2743 KCAL/DAY

 STEP 2: ADJUST BASED ON YOUR GOAL

NOW THAT YOU KNOW YOUR TDEE, ADJUST YOUR DAILY CALORIE INTAKE BASED ON WHAT YOU WANT TO ACHIEVE:

— FAT LOSS / CUTTING:

→ EAT 15–20% BELOW YOUR TDEE

→ GRADUAL, SUSTAINABLE DEFICIT

+ MUSCLE GAIN / BULKING:

→ EAT 10–15% ABOVE YOUR TDEE

→ PRIORITIZE QUALITY FOOD AND PROPER TRAINING

 MAINTENANCE:

→ EAT AT YOUR TDEE TO MAINTAIN CURRENT WEIGHT



STEP 3: BREAK IT DOWN INTO MACROS

MACRONUTRIENTS = PROTEIN, CARBOHYDRATES AND FATS
EACH ONE PLAYS A UNIQUE ROLE IN BODY COMPOSITION AND PERFORMANCE.

◆ PROTEIN

ESSENTIAL FOR PRESERVING AND BUILDING LEAN MUSCLE
RECOMMENDED: 1.6–2.2G/KG OF BODY WEIGHT

◆ FATS

CRUCIAL FOR HORMONES, BRAIN FUNCTION AND RECOVERY
RECOMMENDED: 0.8–1G/KG

◆ CARBS

PRIMARY ENERGY SOURCE, ESPECIALLY AROUND TRAINING
FILL THE REST OF YOUR CALORIES AFTER SETTING PROTEIN AND FATS

EXAMPLE (WOMAN – 70KG – FAT LOSS GOAL: 1760 KCAL/DAY)

PROTEIN: 140G = 560 KCAL

FAT: 60G = 540 KCAL

CARBS: ~165G = 660 KCAL



FINAL TIPS

YOU DON'T NEED TO TRACK FOREVER, BUT UNDERSTANDING YOUR NEEDS GIVES YOU FREEDOM
BE CONSISTENT MORE THAN PERFECT
CHOOSE REAL FOOD AND HYDRATE WELL
REMEMBER: NUTRITION IS FUEL, NOT PUNISHMENT