Calorie Calculator

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period\_\_\_\_\_\_\_

Directions: Go the following website: http://www.acaloriecalculator.com/ Enter in your information (age, height, gender, weight, activity level) and click on calculate your weight loss information. Then answer the following questions:

1. What is your Body Mass Index (BMI)?
2. What is your Basal Metabolic Rate (BMR), the amount of calories/day that your body needs to function (breathe, walk, think, eat, learn, etc)?
3. How many calories/day should you eat to maintain your current weight?
4. How many calories/day should you eat to lose about 1 pound of fat a week?
5. Describe (in more than 3 sentences) what you learn about your calorie intake?
6. Is there anything you would change about your calorie intake based on this assessment? Why or why not?