

**Formula to calculate your estimated daily caloric intake to gain one pound per week**

- A. Your weight in pounds: \_\_\_\_\_
- B. Multiple A by **12** to get your basic caloric needs: \_\_\_\_\_
- C. Multiple B by **1.6** to estimate your resting metabolic rate (calorie burn with out factoring in exercise): \_\_\_\_\_
- D. Strength training: Multiple the number of minutes you lift weights/week by **5**: \_\_\_\_\_
- E. Aerobic training: Multiple the number of minutes/week you run, cycle, and play sports by **8**: \_\_\_\_\_
- F. Add D and E, and divide by **7**: \_\_\_\_\_
- G. Add C and F to get your daily calorie needs: \_\_\_\_\_
- H. Add **500** to G: \_\_\_\_\_. This is your estimated daily calorie needs to gain one pound/week.

*This formula was taken from a recent article in Men's Health magazine. I have included a copy of the article with this formula.*