

Table of Contents

2019/09/10

.....

2019/10/10

.....

1

2

{{:tdee_calculator_2019-09-10_2-2_.jpg?600}}https://tdeecalculator.net/result.php?s=metric&age=42&g=male&cm=194&kg=120&act=1.375&bf=38.1&f=1

2019/09/10

YOUR STATS

Questions or comments? Email me at rob@tdeecalculator.net

You're a y/o who is cm tall & weighs kg with %

bodyfat
optional

Your Maintenance Calories

2,715

calories per day

19,004

calories per week

Based on your stats, the best estimate for your maintenance calories is **2,715** calories per day based on the Katch-McArdle Formula, which is widely known to be the most accurate when body fat is provided. The table below shows the difference if you were to have selected a different activity level.

Basal Metabolic Rate	1,974 calories per day
Sedentary	2,369 calories per day
Light Exercise	2,715 calories per day
Moderate Exercise	3,060 calories per day
Heavy Exercise	3,406 calories per day
Athlete	3,751 calories per day

Ideal Weight: 79-92 kg

Your ideal body weight is estimated to be between 79-92 kg based on the various formulas listed below. These formulas are based on your height and represent averages so don't take them *too seriously*, **especially if you lift weights**.

G.J. Hamwi Formula (1964)	92 kg
B.J. Devine Formula (1974)	88 kg
J.D. Robinson Formula (1983)	83 kg
D.R. Miller Formula (1983)	79 kg

BMI Score: 31.9

Your **BMI** is **31.9**, which means you are classified as **Obese**...

Attention! People who use [this amazingly simple tool](#) lose significantly more weight versus people who don't.

18.5 or less	Underweight
18.5 – 24.99	Normal Weight
25 – 29.99	Overweight
30+	Obese

Maximum Muscular Potential

How ripped could you get? According to [Martin Berkhan's formula](#), your maximum muscular potential is **94 kg** at 5% body fat. Most people have no desire to be 5% body fat though, so you'd be **99 kg** at 10% body fat & **103 kg** at 15% body fat. These numbers are good goals to aim for if you are bulking up!

Macronutrients

Maintenance

Cutting

Bulking

30/35/35 means 30% protein, 35% fats, 35% carbs

These macronutrient values reflect your cutting calories of **2,215** calories per day, which is a 500 calorie per day deficit from your maintenance of **2,715** calories per day.

Moderate Carb (30/35/35)

Lower Carb (40/40/20)

Higher Carb (30/20/50)

166g <i>protein</i>	221g <i>protein</i>	166g <i>protein</i>
86g <i>fats</i>	98g <i>fats</i>	49g <i>fats</i>
194g <i>carbs</i>	111g <i>carbs</i>	277g <i>carbs</i>

There are 4 calories per gram of both protein and carbohydrates, and 9 calories per gram of fats.

Not sure what to eat? Try this simple nutrition plan that works 🍌

2019/10/10

YOUR STATS

Questions or comments? Email me at rob@tdeecalculator.net

You're a

42

y/o

Male

who is

194

cm tall & weighs

115

kg with

Light Exercise

34.6

%

Re-Calculate

bodyfat

optional

Your Maintenance Calories

2,754

calories per day

19,279

calories per week

Based on your stats, the best estimate for your maintenance calories is **2,754** calories per day based on the Katch-McArdle Formula, which is widely known to be the most accurate when body fat is provided. The table below shows the difference if you were to have selected a different activity level.

Basal Metabolic Rate	2,003 calories per day
Sedentary	2,404 calories per day
Light Exercise	2,754 calories per day
Moderate Exercise	3,105 calories per day
Heavy Exercise	3,455 calories per day
Athlete	3,806 calories per day

Ideal Weight: 79-92 kg

Your ideal body weight is estimated to be between 79-92 kg based on the various formulas listed below. These formulas are based on your height and represent averages so don't take them *too seriously*, **especially if you lift weights**.

G.J. Hamwi Formula (1964)	92 kg
B.J. Devine Formula (1974)	88 kg
J.D. Robinson Formula (1983)	83 kg
D.R. Miller Formula (1983)	79 kg

BMI Score: 30.7

Your **BMI** is **30.7**, which means you are classified as **Obese**...

Attention! People who use [this amazingly simple tool](#) lose significantly more weight versus people who don't.

18.5 or less	Underweight
18.5 – 24.99	Normal Weight
25 – 29.99	Overweight
30+	Obese

HomeWiki - <http://daisy-street.fr/dokuwiki/>

Maximum Muscular Potential

How ripped could you get? According to [Martin Berkhan's formula](#), your maximum muscular potential is **94 kg** at 5% body fat. Most people have no desire to be 5% body fat though, so you'd be **99 kg** at 10% body fat & **103 kg** at 15% body fat. These numbers are good goals to aim for if you are bulking up!

Macronutrients

Maintenance

Cutting

Bulking

30/35/35 means 30% protein, 35% fats, 35% carbs

These macronutrient values reflect your cutting calories of **2,254** calories per day, which is a 500 calorie per day deficit from your maintenance of **2,754** calories per day.

Moderate Carb (30/35/35)	Lower Carb (40/40/20)	Higher Carb (30/20/50)
169g <i>protein</i>	225g <i>protein</i>	169g <i>protein</i>
88g <i>fats</i>	100g <i>fats</i>	50g <i>fats</i>
197g <i>carbs</i>	113g <i>carbs</i>	282g <i>carbs</i>

There are 4 calories per gram of both protein and carbohydrates, and 9 calories per gram of fats.

Not sure what to eat? Try this simple nutrition plan that works 🍷

From:
<http://daisy-street.fr/dokuwiki/> - HomeWiki

Permanent link:
http://daisy-street.fr/dokuwiki/doku.php?id=public:nutrition:tdee_calculator&rev=1570697711

Last update: 2019/10/10 10:55

