

Calories Used by the Body

Instructions

Enter your current weight in the box labeled *Current Weight* and your goal weight in the box labeled *Goal Weight*.

If your goal is to maintain a weight loss of...

- 51 or more pounds: * Circle the number 7 on the upper left side of the page and the number 8 on the upper right side of the page.
- 26-50 pounds: * Circle the number 8 on the upper left side of the page and the number 9 on the upper right side of the page.
- 11-25 pounds: * Circle the number 9 on the upper left side of the page and the number 10 on the upper right side of the page.
- 1-10 pounds: * Circle the number 10 on the upper left side of the page and the number 10 on the upper right side of the page.

*If 18-20 years of age add a one to each of the two numbers.

Multiply your current weight by 2.5 and enter it in Box 2; multiply your goal weight by 2.5 and enter it in Box 5. If you don't have a calculator handy, use the chart to find the answers to the multiplications: In the left hand column find your current and goal weights (to the nearest 5 pounds) and circle them. In the "x 2.5" column for each weight you'll find the appropriate numbers to enter into boxes 2 and 5.

Now multiply your current weight times the number that you've circled on the upper left hand side (7, 8, 9, or 10) of the page and enter the result (use the multiplication table if needed) in Box 1. Then multiply your goal weight times the number that you've circled on the upper right hand side (8, 9, 10, or 11) of the page and enter the result (use the multiplication table if needed) in Box 4.

Next, add Box 1 to Box 2 and enter the result in Box 3.

Then, add Box 4 to Box 5 and enter the result in Box 6.

If Box 6 is a number equal to or higher than the number in Box 3: Re-calculate Box 4 by using a lower number on the upper right hand side of the page (10 instead of 11, 9 instead of 10, 8 instead of 9, or 7 instead of 8). After recalculating Box 4, add this new number to Box 5 and add it to Box 3 to come up with a new number for Box 6.

Note that many are surprised that the difference in calories to maintain goal weight (Box 6) compared to current weight (Box 3) is much smaller than expected. Courtesy of Jim Glaser, R.D., Canyon Ranch

Jim Glaser, R.D.