

Body Metabolic Analysis

Name _____ Age _____ Date _____

1. Weight _____ lbs
2. Weight _____ kgs (*lbs/2.2*)
3. Body Fat Percentage _____%
4. Fat Weight (a) _____ lbs (*Body Fat % X weight in lbs*) (3 X 1)
Fat Weight (b) _____ kgs (*Body Fat % X weight in kgs*) (3 X 2)
5. Fat Calories _____ (*Fat Weight X 3500*) (4a X 3500)
6. Fat Free Mass _____ lbs (*100% - Body Fat % X weight in lbs*) (1 - 4a)
Fat Free Mass _____ kgs (*100% - Body Fat % X weight in kgs*) (2 - 4b)

Basal Metabolic Rate Calculations (BMR)

Male (metric)

$$66.5 + 5(\text{height in cm}^*) + 13.7(\text{weight in kg}) - 6.75(\text{age})$$

$$66.5 + 5(\quad) + 13.7(\quad) - 6.75(\quad)$$

BMR= _____

Female (metric)

$$655 + 1.8(\text{height in cm}^*) + 9.5(\text{weight in kg}) - 4.6(\text{age})$$

$$655 + 1.8(\quad) + 9.5(\quad) - 4.6(\quad)$$

BMR= _____

*1 inch = 2.54 cm

Male (standard)

$$655 + (4.35 \times \text{Weight in lbs.}) + (4.7 \times \text{Height in inches}) - (4.7 \times \text{age in years}) = \text{BMR}$$

Female (standard)

$$66 + (6.23 \times \text{Weight in lbs.}) + (12.7 \times \text{Height in Inches}) - (6.8 \times \text{age in years}) = \text{BMR}$$

Activity Correction:

Sedentary	Less than 2 hours of physical activity	+10%
Light Activity	2-4 hours of physical activity (<i>Functional Movement</i>)	+20%
Moderate activity	4-6 hours of physical activity (<i>Hard Manual Labor</i>)	+40%
Heavy Activity	6+ hours of physical activity (<i>Professional Athletes</i>)	+60%