Calorie Intake Worksheet

One pound of fat contains 3500 calories. That means you gain a pound of fat every time you eat 3500 excess calories and you lose a pound of fat by having a deficit of 3500 calories. This is why losing weight takes so long!

How many calories should you eat?

1. Start with your resting energy expenditure (REE). You can find this on your Body Composition printout.

   REE: __________

2. Next, figure out how many calories you burn in an average day from exercise. You may need to measure your distance, heart rate or consult your trainer. Jill can also help you estimate.

   Average Daily Exercise Calories: __________

3. Add these together for your average daily calorie burn.

   Average Daily Calorie Burn: __________

4. If you want to lose 1 pound of fat per week you need to subtract 500 calories per day (because 7 days x 500 calories = 3500 calories or 1 pound of fat.)

   Average Daily Calories to lose 1 pound per week: __________

5. If you want to lose 2 pounds of fat per week you need to subtract an additional 500 calories per day. This is hard to do unless you burn lots of calories! YOU SHOULD NEVER CONSUME FEWER THAN 1000 CALORIES PER DAY because is unhealthy and will probably impair your metabolism over time. Instead of subtracting calories from your diet you could lose the additional weight by burning 500 additional calories per day through exercise.

   Average Daily Calories to lose 2 pounds per week: __________