TO ESTIMATE CALORIE LEVEL FOR WEIGHT LOSS

(To Lose Approximately ½ to 1 Pound Per Week)

Record points to the right & add up total:	Points
Sex: Female = **1** Male = **3**	_____
Age: 18-29 = **4** 30-49 = **3** 50-65 = **2** 66-75 = **1** 76+= **0**	_____
Height: Women: under 60"=**0** 60-62"=**1** 63-67"=**2** 68-71"=**3** 72+"=**4** Men: under 63"=**1** 63-67"=**2** 68-71"=**3** 72-75"=**4** 76"+=**5**	_____
Body Mass Index (See Back): Under 25 = **0** 25-29 = **1** 30+ = **2**	_____
Planned Exercise Level: 0 - 2¼ hr./wk.= **0** 2 ½ - 4 hr./wk.= **1** 4+ hr./wk.= **2** (Subtract 1 point if exercise is low intensity; add 1 point if it is high intensity.)	_____
TOTAL =	_____

Converting Points to Approximate Calorie Level for Weight Loss*

If Your Total Is:	Calorie Level
3	1100
4	1200
5	1300
6	1350
7	1400
8	1450
9	1500
10	1600
11	1650
12	1700
13	1800
14	1850
15	1900
16	2000
17	2100

* If <u>not</u> trying to lose weight, add 250-500 Calories per day to the Calorie Level obtained above.