

Daily Caloric Requirements

1

Calculate your resting metabolic rate (RMR). This is basically the number of calories you need to breathe, pump blood, grow hair, blink - to be alive.

YOUR BODY WEIGHT

x 10 =

RMR (IN CALORIES)

2

Calculate your daily activity burn, the calories required for daily movement apart from exercise.

YOUR RMR

x 20% =

DAILY ACTIVITY BURN

Keep in mind that all lifestyles aren't created equal. A construction worker will have a higher daily burn rate than a computer programmer, so this figure should be treated as a ballpark estimate. You will probably need to do some personal adjusting to get it perfect. Don't worry, this will become more obvious than you think once you get going.

3

Add the calories required for your exercise needs, which we have calculated at 600 calories per day for the Bonfire Health Program. Add it all up and you've got your energy amount.

YOUR RMR

+

DAILY ACTIVITY BURN

+ 600 =

ENERGY AMOUNT



bonfire
IGNITE YOUR HEALTH