

## **Calorie Guidelines**

### **Activity Levels**

Beginning= no formal exercise routine

Low Activity= Aerobic exercise 2 to 3 times a week

Active= Aerobic Activity 4 to 5 days per week

Very Active= Aerobic exercise 6-7 days per week

### **Women**

<b><u>Weight</u></b>	<b><u>Beginning</u></b>	<b><u>Low activity</u></b>	<b><u>Active</u></b>	<b><u>Very Active</u></b>	
100	1200	1400	1600	1700	1700
110	1200	1500	1600	1700	1700
120	1200	1600	1700	1800	1800
120	1300	1600	1700	1800	1800
130	1300	1600	1700	1800	1800
140	1400	1700	1800	1900	1900
150	1500	1700	1800	1900	1900
160	1600	1700	1900	2000	2000
170	1700	1800	1900	2000	2000
180	1800	1800	1900	2000	2000
190	1900	2000	2000	2000	2000
200	1900	2000	2000	2000	2000
200+	2000	20000	2000	2000	2000

### **Men**

<b><u>Weight</u></b>	<b><u>Beginning</u></b>	<b><u>Low Activity</u></b>	<b><u>Active</u></b>	<b><u>Very Active</u></b>	
120	1500	1900	2100	2200	2200
130	1500	2000	2100	2200	2200
140	1600	2000	2100	2300	2300
150	1700	2100	2200	2400	2400
160	1800	2100	2200	2400	2400
170	1900	2200	2300	2500	2500
180	1900	2200	2400	2600	2600
190	2000	2200	2400	2600	2600
200	2000	2300	2500	2600	2600
200+	2100	2400	2600	2800	2800