How many calories do I need in a day?

For a ballpark figure, multiply your weight by...

**13 if you’re sedentary**

**14 if you exercise four times a week for 45 minutes**

**16 if you workout daily for an hour or more**

**12 if you are looking to lose, no matter how much you exercise**

The more accurate equation below is accepted by nutritionists worldwide.

Designed specifically for women.

1. Multiply your current weight in pounds (or goal weight if you’re dieting) by 4.5.
3. Add the numbers in lines 1 and 2.
4. Multiply age by 5.
5. Subtract line 4 from line 3.
6. Subtract 161 from line 5.
7. Multiply line 6 by your activity factor (see below).
   - 1.2 = little to no activity
   - 1.375 = Light, one to three days a week
   - 1.55 = Moderate, three to five days a week
   - 1.725 = Hard, six or seven days a week
   - 1.9 = Hard exercise plus physical job

Information from Joy Bauer R.D.