

Gender (male / female) :	male	sex	BMI:	28.4	kg/m²	best method	good method	not so good method	Warning: people on drugs (caffeine, ephedrine, thyroid hormones, steroids)
Age :	32	years	Lean BMI:	24.1	kg/m²	uses body fat %	uses age	uses age	1.200 = Sedentary: little or no exercise and desk job
Length (cm) :	1 inch = 2.54 cm	178	Metabolic Rate						
Bodyweight (kg) :	1 kg = 2.205 lb	90.0	Basal Metabolic Rate :	2.022	kcal per day	1.859	kcal per day	1.976	kcal per day
% body fat :		10.7	Maintenance :	3.687	kcal per day	3.687	kcal per day	3.687	kcal per day
Lean body mass (kg) :		76.5	Cut :	-20%	kcal	2.454	kcal per day	2.512	kcal per day
Activity level :		1,650	Bulk :	+10%	kcal	3.374	kcal per day	3.991	kcal per day
									1.350 = Lightly active: light exercise / sports 1-3 days per week
									1.575 = Moderately active: moderate exercise / sports 3-5 days per week
									1.800 = Intense weight training / sports 5-6 days per week
									1.725 = Very active: intense and hard / sports 6-7 days per week
									1.900 = Extra active: lots and loads daily exercise / daily sports

Please read the tab "How To - Manual" before using this excel sheet. To download the latest version of this Excel file visit my website: This is version 3.7 of this excel workbook.	TRUE-NATURAL-BODYBUILDING.COM © Copyright 2008 True-Natural-Bodybuilding.com. All content is copyright protected.	
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