

DAILY METABOLISM

NAME: .....

DATE OF MEASUREMENT: ..... DATE OF BIRTH: .....

**BASAL METABOLIC RATE – theoretical assessment**

Determine your basal metabolic rate (BMR) using online Harris-Benedict Calculator

F<sub>1</sub> – Factor for age and height: .....

F<sub>2</sub> – Factor for body mass:.....

F<sub>1</sub> + F<sub>2</sub> = .....kJ\*24h<sup>-1</sup> (= BMR for 24 h.) = .....kJ/h<sup>-1</sup>

**ENERGY EXPENDITURE (EE)**

Calculate the whole day energy expenditure using Fleisch tables (search for “Metabolic Equivalents”, such as: <https://www.grepmed.com/images/7142/mets-cardiology-metabolic-equivalents-activities>):

$$EE (kJ) = \frac{\text{time of activity (h)} * \% \text{ BMR} * \text{your BMR (kJ*h}^{-1}\text{)}}{100}$$

Time (h)	Activity	% BMR	Calculation	EE (kJ)

The whole day EE is.....kJ\*24h<sup>-1</sup>

## CONCLUSIONS

(Compare your BMR and EE to a corresponding reference sample. Is your energetic expenditure balanced with caloric intake? What is consumed energy transformed to when running marathon? Briefly explain the principle of oxidative metabolism.)