Name: ………...............................…………………………………………....

BASAL METABOLISM RATE (BMR)

1. To determine BMR (Harris-Benedict method) – theoretical assesment

   F_1 – Factor for age and height: …………………
   F_2 – Factor for body mass:………...……………

   $F_1 + F_2$ = …………………...……...……..kJ*24h^{-1} (= BMR for 24 h.) = …………………….kJ/h^{-1}

ENERGY EXPENDITURE (EE)
2.   To calculate the whole day energy expenditure, using Fleisch tables:

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

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

   My whole day energy expenditure (EE) is…………………………………………….kJ*24h^{-1}