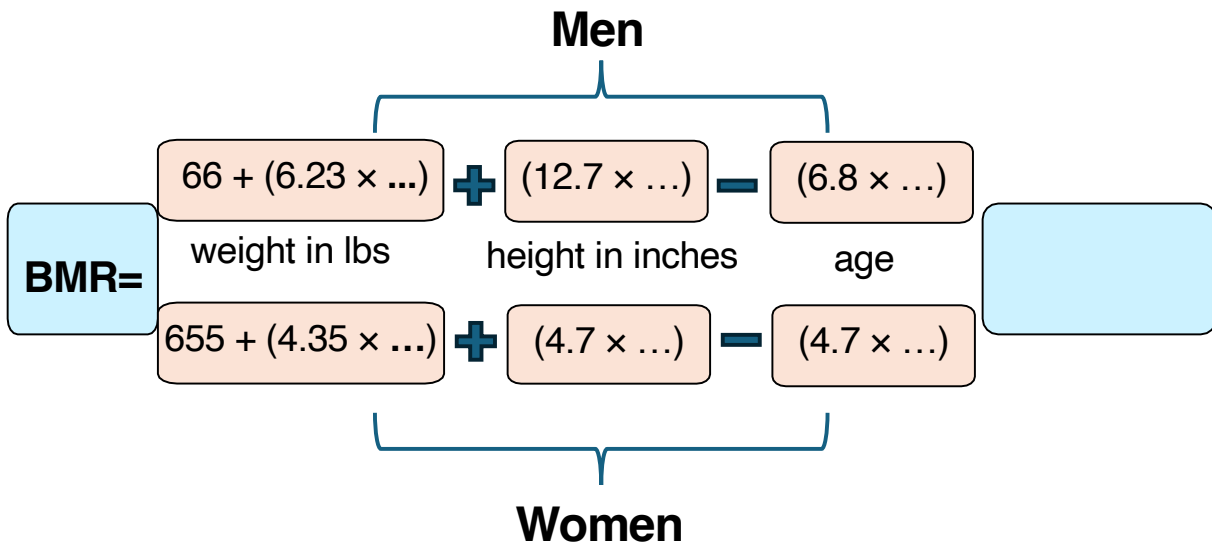
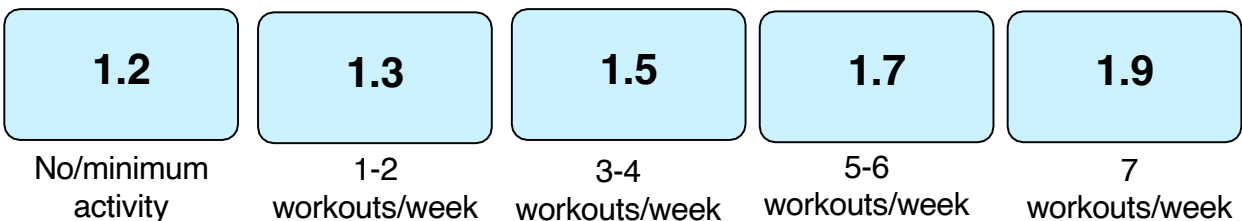


DAILY CALORIE NORM

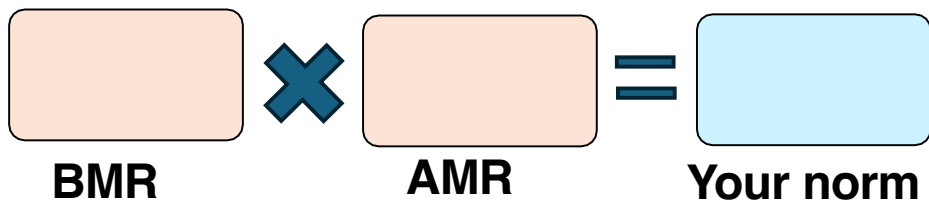
Step 1: Calculate Basal Metabolic Rate (BMR)



Step 2: Determine Activity Multiplier (AMR)



Step 3: Calculate Your Daily Calorie Norm



If your goal is **weight loss**, consume **fewer** calories than your daily norm, (but not less than 1200 kcal/day).

For **weight gain**, consume slightly **more**.

Don't forget about regular physical activity!