

Net-Maintenance-Calorie Multipliers

Calories burned per pound of body weight

	BMI Range	Women	Men
Normal	18.5-24.9	12	13
Overweight	25-29.9	11	12
Class I Obesity	30-34.9	10	11
Class II Obesity	35-39.9	9	10
Class III Obesity	≥40	8-9	9-10

The calories your body burns during a sedentary day are related to your BMI, gender, and age. BMI (body mass index) approximates your body composition, or relative level of lean mass and fat mass. Higher levels of fat mass are associated with lower multipliers because fat mass is the least metabolically active tissue in the body.

The ideal situation is always to have your RMR measured, rather than estimated. The above multipliers represent RMR calculated with the *Mifflin-St. Jeor equation* and adjusted with a 1.25 multiplier for the minimal PAL (physical activity level) associated with sedentary daily living. These multipliers are also based on an age 30 to 50, 5'11" reference male, and 5'4" reference female. These multipliers apply only to adults.