

Predictable Weekly Weight Loss

Based on calorie intake level

Weight	1,000 Calories		1,200 Calories		1,400 Calories		1,600 Calories		1,800 Calories	
	Woman	Men	Woman	Men	Woman	Men	Woman	Men	Woman	Men
290	2.9		2.5	3.2	2.1	2.8	1.7	2.4	1.3	2.0
285	2.9		2.5	3.2	2.1	2.8	1.7	2.4	1.3	2.0
280	2.8		2.4	3.1	2.0	2.7	1.6	2.3	1.2	1.9
275	2.8		2.4	3.1	2.0	2.7	1.6	2.3	1.2	1.9
270	2.7		2.3	3.0	1.9	2.6	1.5	2.2	1.1	1.8
265	2.6		2.2	2.9	1.8	2.5	1.4	2.1	1.0	1.7
260	2.6		2.2	2.9	1.8	2.5	1.4	2.1	1.0	1.7
255	2.5		2.1	2.8	1.7	2.4	1.3	2.0	0.9	1.6
250	2.5		2.1	2.8	1.7	2.4	1.3	2.0	0.9	1.6
245	2.4		2.0	2.7	1.6	2.3	1.2	1.9	0.8	1.5
240	2.4		2.0	2.7	1.6	2.3	1.2	1.9	0.8	1.5
235	2.3		1.9	2.6	1.5	2.2	1.1	1.8	0.7	1.4
230	2.3		1.9	2.5	1.5	2.1	1.1	1.7	0.7	1.3
225	2.2		1.8	2.5	1.4	2.1	1.0	1.7	0.6	1.3
220	2.1		1.7	2.4	1.3	2.0	0.9	1.6	0.5	1.2
215	2.1		1.7	2.4	1.3	2.0	0.9	1.6	0.5	1.2
210	2.0		1.6	2.3	1.2	1.9	0.8	1.5		1.1
205	2.0		1.6	2.3	1.2	1.9	0.8	1.5		1.1
200	1.9		1.5	2.2	1.1	1.8	0.7	1.4		1.0
195	1.9		1.5	2.1	1.1	1.7	0.7	1.3		0.9
190	1.8		1.4	2.1	1.0	1.7	0.6	1.3		0.9
185	1.7		1.3	2.0	0.9	1.6	0.5	1.2		0.8
180	1.7		1.3	2.0	0.9	1.6	0.5	1.2		0.8
175	1.6		1.2	1.9	0.8	1.5		1.1		0.7
170	1.6		1.2	1.9	0.8	1.5		1.1		0.7
165	1.5		1.1	1.8	0.7	1.4		1.0		0.6
160	1.5		1.1	1.7	0.7	1.3		0.9		0.5
155	1.4		1.0	1.7	0.6	1.3		0.9		0.5
150	1.3		0.9	1.6	0.5	1.2		0.8		
145	1.3		0.9	1.6	0.5	1.2		0.8		
140	1.2		0.8	1.5		1.1		0.7		
135	1.2		0.8	1.5		1.1		0.7		
130	1.1		0.7	1.4		1.0		0.6		
125	1.1		0.7	1.4		1.0		0.6		
120	1.0		0.6	1.3		0.9		0.5		

The approximate expected weight loss when following different calorie intake levels is shown above. These numbers 1) are based on a reference male and female (of 5'11" and 5'4" respectively) plus 1.25 minimum activity factor for activities of daily living, 2) assume you follow the stated calorie-intake level, and 3) do not include additional weight loss from physical activity above that of daily living. If you follow the recommendations for a minimum of 2,000 calories of voluntary physical activity per week you will lose an additional 0.6-pounds per week. Or for 3,500 calories of voluntary physical activity per week you would have an additional 1.0-pound loss. These are averages—individual results will vary based on body composition, variance from reference heights, and variance from average predicted metabolic rate.

Updated: May 24, 2012