

Basal Metabolism		Select / enter data into the coloured cells
Gender	Female	
Weight, kg	58	
Height, cm	162.5	
Age, years	30	
Your BMR	1370	
<b>Activity Multiplier</b>		Select your level of physical activity - use the description below as a guide
Select activity level	Lightly active	You don't exercise much, but you go for walks 1-3 times per week and are on your feet doing housework during some of the day.
Activity Multiplier	1.375	
<b>Special situation</b>		
Select special situation	None	If you're pregnant or lactating, select from this dropdown
Additional calories	0	
<b>Total calorific requirement</b>	<b>1884</b>	