



CATS Team Nutrition



CALORIE CALCULATOR

Use this calorie calculator to estimate your daily calorie requirements. Find your weight, or the weight closest to your weight, on the chart below and follow it down to your current activity level. The box that lines up with both your weight and activity level will contain your estimated calorie needs per day. Activity levels are based on the number of hours you spend doing high intensity exercise such as running, jumping, sprinting, swimming, cycling fast, etc. per day.

		WEIGHT (pounds)																			
		100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195
WOMEN:	ACTIVITY LEVEL																				
	Moderate - 1-3 Hr/day	1600	1680	1760	1840	1920	2000	2080	2160	2240	2320	2400	2480	2560	2640	2720	2800	2880	2960	3040	3120
	Heavy - 3-4 Hr/day	1900	1995	2090	2185	2280	2375	2470	2565	2660	2755	2850	2945	3040	3135	3230	3325	3420	3330	3420	3510
	Extreme 4+ Hr/day	2200	2310	2420	2530	2640	2750	2860	2970	3080	3190	3300	3410	3520	3630	3740	3850	3960	4070	4180	4290

		WEIGHT (pounds)																			
		145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240
MEN:	ACTIVITY LEVEL																				
	Moderate - 1-3 Hr/day	2465	2550	2635	2720	2805	2890	2975	3060	3145	3230	3315	3400	3485	3570	3655	3740	3825	3910	3995	4080
	Heavy - 3-4 Hr/day	3045	3150	3255	3360	3465	3570	3675	3780	3885	3990	4095	4200	4305	4410	4515	4620	4725	4830	4935	5040
	Extreme 4+ Hr/day	3480	3600	3720	3840	3960	4080	4200	4320	4440	4560	4680	4800	4920	5040	5160	5280	5400	5520	5640	5760

	ACTIVITY LEVEL	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340
	Moderate - 1-3 Hr/day	4165	4250	4335	4420	4505	4590	4675	4760	4845	4930	5015	5100	5185	5270	5355	5440	5525	5610	5695	5780
	Heavy - 3-4 Hr/day	5145	5250	5355	5460	5565	5670	5775	5880	5985	6090	6195	6300	6405	6510	6615	6720	6825	6930	7035	7140
	Extreme 4+ Hr/day	5880	6000	6120	6240	6360	6480	6600	6720	6840	6960	7080	7200	7320	7440	7560	7680	7800	7920	8040	8160