

Calorie Calculator Results - TheBodybuildingBlog

Here are your results from the calorie calculator.

Keep in mind that these results should be treated as a guide. They are intended to help you understand what your daily caloric requirements in order to reach your goals.

They are a great starting point, but it will still require you to experiment and tinker until you find what works best for you.

Per recommendation, use the calorie calculator every 3-4 weeks to ensure that you're on track.

If you have any questions, feel free to respond to this email or email us at admin@the-bodybuilding-blog.com.

BASIC

1315 cal

BMR

2038 cal

TDEE

96.2 lb

LBM

33.8 lb

FBM

23

BMI

45.24

Waist to Height

1048 cal

MFM

990 cal

MRDC

2038 cal

Workout Day Calories

1467 cal

Rest Day Calories

11

Weeks To Goal

125 lb

Final Weight

Normal Weight

Weight Class

