

## Determining Your Target Calorie Level!

### The Basics:

- ⊗ 3500 calories = 1 pound
- ⊗ To lose 1 pound in a week, you must consume (eat) 3500 calories less than you expend during the week.
- ⊗ 3500 calories / 7 days = 500 calories per day
- ⊗ You need to consume 500 calories less than you expend each day in order to lose 1 pound a week.
- ⊗ To lose 2 pounds per week, you would need to consume 1000 calories less than you expend each day!

### Example 1

Larry added his “cals used” numbers from his Caltrac in his activity diary for a week, and divided the sum by 7. He found that, on average, he burned 2900 calories each day.

How many calories should Larry try to eat each day to lose 1 pound per week?

Answer:  $2900 - 500 = 2400$ . Larry would need to eat an average of 2400 calories each day to lose 1 pound per week.

How many calories should Larry try to eat each day to lose 2 pounds per week?

Answer:  $2900 - 1000 = 1900$ . Larry would need to eat an average of 1900 calories each day to lose 2 pounds per week.

### Example 2

Peggy also added her cals used numbers in her activity diary for a week and divided the sum by 7. She found that, on average, she burned 2200 calories each day. How many calories should Peggy try to eat each day: a) to lose 1 pound per week, or b) to lose 2 pounds per week?

Answers: a) \_\_\_\_\_ b) \_\_\_\_\_

Remember, you can also create the deficit by increasing your “cals used.” For example, if Peggy wanted to lose 2 pounds a week, but thought that 1200 calories was not enough to eat each day, she could increase her cals used by 300 calories. She would now be burning 2500 calories per day, could eat 1500 calories a day, and still reach her 2 pounds per week weight-loss goal. **DON'T FORGET ABOUT PHYSICAL ACTIVITY (EXPENDING CALORIES)!**

## How to Determine YOUR Target Calorie Level

Example		Your Input	
<u>Day</u>	<u>Cals Used</u>	<u>Day</u>	<u>Cals Used</u>
Monday	2700	Monday	_____
Tuesday	2200	Tuesday	_____
Wednesday	1900	Wednesday	_____
Thursday	3000	Thursday	_____
Friday	2500	Friday	_____
Saturday	2100	Saturday	_____
Sunday	1800	Sunday	_____
<hr/>		<hr/>	
Week Total Intake	16,200	Week Total	_____
divided by 7	/ 7	divided by 7	/ <u>7</u>
<hr/>		<hr/>	
Daily Total Intake	2314	Daily Total Intake	_____
minus	- 500	minus	- _____
(500 for each lb per week)		(500 for each lb per week)	_____
<hr/>		<hr/>	
Target Daily Calorie Intake	1814	Target Daily Calorie Intake	_____