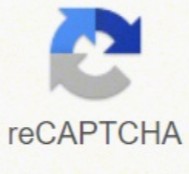




I'm not robot



Next

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



Exercise Calorie Counter Chart

30 Minute Workout	125 lbs	155 lbs	185 lbs	210 lbs
Walking - Moderate	109	136	162	184
Walking - Brisk	167	207	247	280
Yard Work	100	124	148	168
Running - 5 mph	226	281	335	380
Swimming	188	233	278	315
Jumping Rope - Fast	288	357	425	483
Golfing - with cart	125	155	185	210
Aerobics - Low Impact	141	175	209	237
Aerobics - High Impact	199	247	294	334
Water Aerobics	114	141	168	191
Bowling	86	106	126	143
Bicycling - Stationery	199	247	294	334
Roller Blading Moderate	225	279	333	378
Hiking	170	211	252	286
Cycling - Moderate	188	233	278	315
Soccer	199	247	294	334
Dancing - Moderate	178	220	263	298
Tennis - Doubles	170	211	252	286
Swimming - Casual	188	233	278	315

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