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| **Body composition and energy needs** |
| 1. Calculate what is your **BMI**!
 |
| 1. Calculate what is your **WHR**!
 |
| **Energy expenditure (EE)** |
| 1. Calculate your basal metabolic rate (BMR or BM) with Harris–Benedict equatio!
 |
| 1. Calculate your energy expenditure!

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| **Activity**  | **BM factor**  | **Duration (h)**  | **Energy expenditure (kkal/kJ)**  |
| Sleeping  |  |  |  |
| Learning  |  |  |  |
| Walking  |  |  |  |
| Watching TV  |  |  |  |
| Running  |  |  |  |
| Total  |  |  |  |

 |
| **Formulas** |
| **BMI = body mass (kg) / height² (m²)** |
| **WHR = waist (cm) / hip (cm)** |
| **Harris – Benedict equatio for men****BM = 66 + (13,8 x masa (kg)) + (5 x višina (cm)) – (6,8 x starost (leta))****Harris – Benedict equatio for women****BM = 655 + (9,6 x masa (kg)) + (1,8 x višina (cm)) – (4,7 x starost (leta))** |
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