

Evidence Based Weight Loss: Setting Goals

1

Date: ___/___/___

My BMI: ___.

My BMR: _____ kcal/day

Calculate Your BMI and BMR

Use the QR code here to access a BMI and BMR calculator:

BMI: Body mass index - ratio of weight to height squared.

BMR: Basal Metabolic Rate - How many calories you burn per day. If you eat and drink less than this you will lose weight.



2

Calories Per Day: _____ kcal

Calculate Your Daily Calorie Need

To calculate how many calories you need to eat per day Take "My BMR" and subtract 500. This is your daily goal for calorie consumption.

3

Follow and Adjust Your Plan



After calculating your "Calories Per Day", try your best to only eat up to that many daily. When you lose a significant amount of weight, you may need to recalculate your BMI, BMR, and Calories per day as your body will require less calories. Initially, the AAFP recommends attempting to reduce body weight by 10%. Following your plan can help you achieve that goal.

Sources

<https://www.aafp.org/pubs/afp/issues/2001/0601/p2185.html>
<https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator>

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