BMR CALCULATIONS FREE PRINTABLE

Imperial

WOMEN - 655 + (4.35 x weight in pounds) + (4.7 x height in inches) - (4.7 x age in years)

MEN - 66 + (6.23 x weight in pounds) + (12.7 x height in inches) - (6.8 x age in years)

Metric

WOMEN - 655.1 + (9.56 x weight in kg) + (1.85 x height in cm) - (4.68 x age in years)

MEN $-66.5 + (13.75 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.76 \times \text{age in years})$

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