

BMR CALCULATIONS FREE PRINTABLE

Imperial

WOMEN – $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

MEN – $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Metric

WOMEN – $655.1 + (9.56 \times \text{weight in kg}) + (1.85 \times \text{height in cm}) - (4.68 \times \text{age in years})$

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