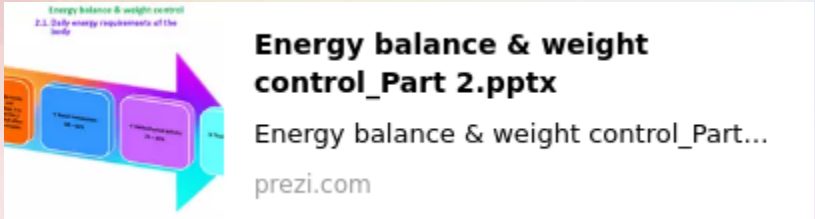
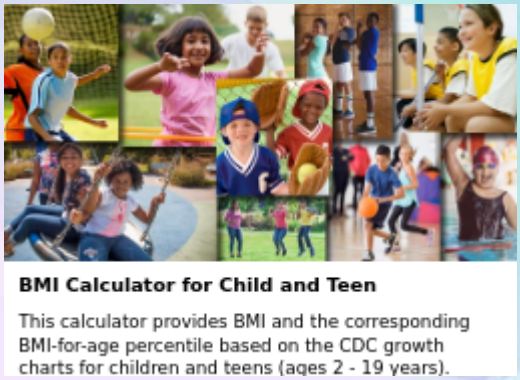
A. Calculate your own basal metabolism, by either using the basic formula for calculating basal metabolism (4th slide in PPT), or following the link.





B. Once you have calculated your basal metabolism, calculate the total daily energy needs taking into account: a) your physical activity (information can be obtained from the 10th slide in the PPT or on the following application: http://www.weightloss.com.au/weight-loss/weight-loss-tools/energy-needs-calculator.html), but also b) the thermic effect of foods.