

Table. Template for Calculation of Estimated Energy Requirements for an Active Man and Woman

Man	Age (y)	Weight (kg)	Height (m)	BEE (kcal)	Activity ¹	Duration (min) ²	METs	ΔPAL ³	PAL	PA	TEE (kcal)
	30	70	1.77	1695.228	Household tasks, moderate effort	25	3.5	0.05770896959649	1.80	1.27	2965.4737
					Light activity while sitting	120	1.5	0.05540061081263			
					Loading/unloading car	5	3	0.00923343513544			
					Mopping	10	3.5	0.02308358783859			
					Raking lawn	10	4	0.02770030540631			
					Taking out trash	5	3	0.00923343513544			
					Vacuuming	10	3.5	0.02308358783859			
					Walking the dog	15	3	0.02770030540631			
					Walking from house to car or bus	20	2.5	0.02770030540631			
					Watering the plants	12	2.5	0.01662018324379			
					Mowing lawn (power mower)	30	4.5	0.09695106892210			
					Cycling (moderately)	25	5.7	0.10849286284139			
					Tennis (doubles)	60	5	0.22160244325051			
Woman	Age (y)	Weight (kg)	Height (m)	BEE (kcal)	Activity ¹	Duration (min) ²	METs	ΔPAL ³			
	30	54	1.63	1285.745	Household tasks, moderate effort	25	3.5	0.05869651447215	1.82	1.27	2282.9371
					Light activity while sitting	120	1.5	0.05634865389327			
					Loading/unloading car	5	3	0.00939144231554			
					Mopping	10	3.5	0.02347860578886			
					Raking lawn	10	4	0.02817432694663			
					Taking out trash	5	3	0.00939144231554			
					Vacuuming	10	3.5	0.02347860578886			
					Walking the dog	15	3	0.02817432694663			
					Walking from house to car or bus	20	2.5	0.02817432694663			
					Watering the plants	12	2.5	0.01690459616798			
					Mowing lawn (power mower)	30	4.5	0.09861014431322			
					Cycling (moderately)	25	5.7	0.11034944720765			
					Tennis (doubles)	60	5	0.22539461557307			

BEE indicates basal energy expenditure; METs, metabolic equivalents; PAL, physical activity level; PA, physical activity coefficient; TEE, total energy expenditure.

¹ Activity: activities performed in the past 24 hours

² Duration: length of each activity performed

³ ΔPAL: physical activity impacts on energy expenditure