

## Calculating Basal Metabolic

Sr.No	Subjects	Height(cm)
1	Ujwala Thite	153.94
2	Prabhath Mathew	167
3	Vinay Pulikkotil	188
4	Alisha D'souza	167.64
5	Helena Weansealers	168
6	Franklin Francis	178
7	Alexander Francis	178
8	Sanyukta Desai	175
9	Sawali Karnik	162.56
10	Sudha Jagtap	158.49
11	Nikunj Radhaari	181.23
12	Chinmay Gawas	174
13	Nikita Vedak	160
14	Devashish Goswami	176.78
15	Aaditya Chavan	177.8

### Formulaes for Calculating BMR

<b>For Men:</b>	<b><math>BMR = 66.5 + (13.75 * \text{Weight in kg}) + (5.003 * \text{Height in cm})</math></b>
<b>For Women:</b>	<b><math>BMR = 655.1 + (9.563 * \text{Weight in kg}) + (1.850 * \text{Height in cm})</math></b>

### Find the Calories intake as per the activity

1	No Exercise = BMR * 1.2
2	Light Exercise (1-3 days/week) = BMR * 1.375
3	Moderate Exercise (3-5 days/week) = BMR * 1.55
4	Heavy Exercise (6-7 days/week) = BMR * 1.725
5	Very heavy Exercise (twice a day/week) = BMR * 1.9

Sr.No	Subjects	BMR
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1	Ujwala Thite	1346.177
2	Prabhath Mathew	1688.871
3	Vinay Pulikkotil	2089.919
4	Alisha D'souza	1508.181
5	Helena Weansealers	1384.95
6	Franklin Francis	1743.904
7	Alexander Francis	1929.649
8	Sanyukta Desai	1607.231
9	Sawali Karnik	1589.948
10	Sudha Jagtap	1447.6925
11	Nikunj Radhaari	1911.31369
12	Chinmay Gawas	1949.687
13	Nikita Vedak	1393.108
14	Devashish Goswami	1772.29534
15	Aaditya Chavan	1748.4584

## Rate(BMR)

Weight(kg)	Gender	Age	BMR
64	Female	44	1346.177
70	Male	26	1688.871
93	Male	29	2089.919
69	Female	25	1508.181
58	Female	29	1384.95
70	Male	26	1743.904
84	Male	27	1929.649
75	Female	19	1607.231
80	Female	28	1589.948
62	Female	20	1447.6925
81	Male	26	1911.31369
82	Male	17	1949.687
56	Female	20	1393.108
73	Male	27	1772.29534
65	Male	15	1748.4584

) - (6.755 * Age in yrs)
cm) - (4.676 * Age in yrs)

Exercise Intensity	Calories Intake (kcal)
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Moderate	2086.57435	
Light	2322.197625	
Moderate	3239.37445	
Light	2073.748875	
No	1661.94	
Light	2397.868	
Heavy	3328.644525	
No	1928.6772	
Light	2186.1785	
Light	1990.577188	
Moderate	2962.53622	
Moderate	3022.01485	
Moderate	2159.3174	
Heavy	3057.209462	
Moderate	2710.11052	