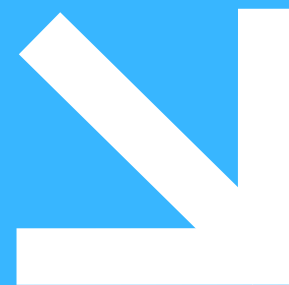


Backcountry Fitness

How Many Calories Do I Need?



Step 1- BMR

BMR is your Basal Metabolic Rate

If you lay in bed all day and do nothing, your BMR is the number of calories you need to neither gain nor lose weight.

BMR is determined by age, weight, height, and gender.

You can calculate it with a simple online calculator [HERE](#).

*This eBook is for informational purposes only, and is not intended to prescribe any specific calorie or nutrient intake. Consult with your doctor or nutrition professional for concerns on specific caloric needs.

Step 2: Add Activity

home / fitness & health / bmr calculator

BMR Calculator

The *Basal Metabolic Rate (BMR) Calculator* estimates your basal metabolic rate—the amount of energy expended while at rest in a neutrally temperate environment, and in a post-absorptive state (meaning that the digestive system is inactive, which requires about 12 hours of fasting).

US Units **Metric Units** **Other Units**


Age ages 15 - 80

Gender ☐ male ☒ female

Height feet inches

Weight pounds

[+ Settings](#)

Calculate  **Clear**

Result

BMR = **1,401** Calories/day

Daily calorie needs based on activity level

Activity Level	Calorie
Sedentary: little or no exercise	1,682
Exercise 1-3 times/week	1,927
Exercise 4-5 times/week	2,053
Daily exercise or intense exercise 3-4 times/week	2,172
Intense exercise 6-7 times/week	2,417
Very intense exercise daily, or physical job	2,662

Exercise: 15-30 minutes of elevated heart rate activity.

Intense exercise: 45-120 minutes of elevated heart rate activity.

Very intense exercise: 2+ hours of elevated heart rate activity.

- In this example, the BMR is 1,401 calories per day.
- If the person exercises 1-3 times per week, the estimated calories needed to stay the same weight is 1,927 per day
- If the person exercises daily, the estimated calories needed is 2,172 per day.



Step 3- Estimate Calories Needed

Now that you have your estimated calories based on BMR and activity level, let's determine how many calories you need to hit your goals.

To lose weight in a healthy way, without too large of a deficit that you'd experience negative side effects, you should shoot for a 400-700 calorie deficit per day.

Example: If your BMR is 1,401 calories, and your activity level is 1,929 calories, you should aim for roughly $1,929 - 500 = 1,429$ calories per day.



Calories While Hiking

You can burn 300-600 calories/hour hiking. 100 calories/mile for a 150lb person on a flat surface, no pack. Add calories for incline/elevation, heavier bodyweight, and heavier pack.

Your body will run off carbohydrates and fat during your hikes. Take in both simple carbs (sugar) for quick energy and complex carbs for sustained energy. Ex: Granola bar with 40g carbs, 15g sugar is a good balance of simple to complex.

Be sure to take in enough healthy fats (unsaturated, .3-.5g/lb) and proteins (.5-.75g/lb) to sustain overall health and muscle growth, both while training and hiking.



Things to Consider

- Calorie deficits are relative to total calories needed. Someone who needs 1,400 calories per day should have a smaller deficit than someone who needs 3,500 calories per day
- Activity estimated calories already take into account average daily activity. Do not add in calories burned from exercise to that total.
- If you'd like to add in calories from exercise and daily life and are able to track it, use BMR + exercise calories + calories burned during the day.
- These are estimates. If after a few weeks, you are not seeing results, reevaluate the numbers or ask a professional to do so for you.

More from Backcountry Fitness

Check out more at www.backcountryfitness.com

[Try our app FREE](#) to see how our program works!

