

FTA Lean Mass Equation

$$BF\% \times BW \text{ (lbs.)} = FM \text{ (lbs.)}$$

$$BW - FM \text{ (lbs.)} = FFM \text{ (lbs.)}$$

$$FMM \text{ (lbs.)} / 2.2 = FFM \text{ (Kg)}$$

$$RMR = (FFM \text{ in Kg}) \times 1.3 \times 24$$

$$RMR \times \text{Lifestyle Factor} = TEE$$

Lifestyle	Male	Female	Definition
Sedentary	X 1.25	X 1.20	No significant labor done during the day (desk job)
Lightly Active	X 1.35	X 1.30	Light labor done during the day (desk/ light labor)
Moderately Active	X 1.55	X 1.50	Moderate labor done during the day (light manual labor)
Very Active	X 1.75	X 1.70	Hard manual labor done most of the day + Sports activities
Heavy Activity	X 1.9	X 1.85	Hard manual labor done daily + Sports activity most days

Adjusting TEE

One pound of fat = 3,500 calories

- (-1lb)/Week $\rightarrow 3,500/7\text{days} = (-500 \text{ kcal/day})$
- (-2lb)/Week $\rightarrow 7,000/7\text{days} = (-1000 \text{ kcal/day})$

One pound of muscle = 2,500 calories

- (+1lb)/Week $\rightarrow 2,500/7\text{days} = (+350 \text{ to } 360 \text{ kcal/day})$

Example:

Sex: _____

TEE: _____ kcal

Weight: _____

Adjusted TEE: _____ kcal

Age: _____

Carbs: _____ %

Goal: (+1 lb. /wk.) (-1 lb. /wk.) (-2 lbs. /wk.)

Fat: _____ %

Skinfolds

Protein: _____ %

Tri/Pec: _____

Carbs: _____ kcal

Supra/Ab: _____

Fat: _____ kcal

Quad: _____

Protein: _____ kcal

BF%: _____

Carbs: _____ g

FM: _____

Fat: _____ g

FFM: _____

Protein: _____ g

RMR: _____ kcal



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