

Calories Summary 9/30/16																	
Description	9/30/15	10/31/15	11/30/15	12/31/15	1/31/16	2/29/16	3/31/16	4/30/16	5/31/16	6/30/16	7/31/16	8/31/16	9/30/16	10/31/16	11/30/16	12/31/16	Avg13mo
Days in month	30	31	30	31	31	29	31	30	31	30	31	31	30	30	31	30	
Food intake plus 10%	60632	60614	57004	56974	61212	57999	65545	57109	60372	66320	67271	70381	66036				62113
Avg/day calls intake	2021	1955	1900	1838	1975	2000	2114	1904	1947	2211	2170	2270	2201				2039
Fat calls	12600	12114	10440	9702	11880	11331	12321	10701	11736	13098	13058	15038	14187				12170
% fat	21%	20%	18%	17%	19%	20%	19%	19%	19%	20%	19%	21%	21%				20%
Carb calls	35552	34264	32600	32804	32028	33044	35492	31828	33056	37101	37316	37545	36357				34553
% carbs	59%	57%	58%	56%	52%	57%	54%	56%	55%	56%	55%	53%	55%				56%
Protein calls	12480	14236	13764	12112	14948	13624	17732	14580	15580	16122	16896	17796	15492				15028
% protein	21%	23%	24%	21%	24%	23%	27%	26%	26%	24%	25%	25%	23%				24%
RMR total used (16000/day)	48000	49600	48000	49600	49600	46400	49600	48000	49600	48000	49600	49600	48000				48738
Exercise total calls used	17400	14740	12226	13892	15228	11580	11067	6888	11067	18840	16728	19089	17877				14356
Avg/day calls used	580	475	408	446	481	398	357	230	357	628	540	616	596				471
Total calls used	65400	64340	60226	63492	64828	57980	60667	54888	60667	66840	66328	69686	65677				63094
Net Intake (used) calls, mo	-4768	-3726	-3222	-6518	-3616	19	4878	2221	-295	-520	943	1662	159				-981
Gain (lose) 1 lb=3500 cal	-1.4	-1.1	-0.9	-1.9	-1.0	0.0	1.4	0.6	-0.1	-0.1	0.3	0.5	0.0				-0.28
Actual wt Gain (loss) lbs	-1.6	0.6	0.6	1.6	-2.8	-1.0	3.8	-2.6	0.6	0.4	-0.2	0.6	0.8				0.03
Actual wt (End Of Mo), lbs	176	174.4	175	176.6	174	173	176.8	174.2	174.8	175.2	175	175.6	176.4				175
BMI, <25 normal	23.9	23.6	23.7	24	23.6	23.5	24	23.6	23.7	23.8	23.7	23.8	23.9				24
Body Fat (Omron)	18.7%	20.6%	20.9%	20.5%	19.5%	19.3%	19.6%	20.2%	18.8%	18.4%	19.0%	17.8%	19.7%				19.5%
Muscle (Omron)	35.3%	34.0%	33.9%	34.2%	34.7%	34.8%	34.6%	34.3%	35.2%	35.2%	35.1%	35.8%	36.3%				34.9%
Visceral fat (Omron)	8%	9%	8%	9%	8%	8%	8%	8%	8%	8%	8%	8%	9%				8.2%
Body composite age	62	62	63	63	61	61	63	62	62	62	62	62	63				62
Resting Met Rate (RMR)	1641	1626	1630	1642	1626	1620	1645	1625	1631	1636	1635	1642	1644				1634

This chart depicts calorie intake from food and calories burned by normal resting metabolic rate (RMR) and exercising major muscle groups (cardio, core, upper and lower body). Monthly projected values are relatively close to actual results using an Omron scale. Trends for actual body composition are confirmed by a DEXA scan in January each year. EE_5.doc