



Calorie Amortization Schedule

ONLY 10 MONTHS AND 7 DAYS

until you reach your goal!

It's not recommended that you decrease your calorie intake by more than 1000 calories below your daily calorie needs or consume less than 1800 calories per day.

Goal target date is based on the recommended average weight loss of .45 kg per week.

Activity Level		Measurement System		Current Weight	Age
Extra Active	Exercise 6-7 Days/Week + Physical Job/2x Training	Metric		95.0 kg	36
I Want my Weight to		Height in m	Centimeters	Goal Weight	Gender
Decrease		1.83 m	183 cm	75.0 kg	Male

Goal Start Date	Goal Target Date	Initial Daily Calorie Needs	Initial Daily Calorie Intake	Calories to Burn
19-10-20	26-08-21	3889	3389	154000

Date	Week	Day	Weight	BMR	Cal Consumed	Cal Burned	Cal Deficit	Cal Remaining	Kgs Remaining	Loss	% of Goal
19-10-20	1	1	95.0	2047	3389	3889	500	154000	20.0	0.00	0%
20-10-20		2	94.9	2045	3389	3885	496	153504	19.9	0.06	0%
21-10-20		3	94.7	2043	3385	3882	496	153007	19.9	0.13	1%
22-10-20		4	94.6	2041	3382	3878	496	152511	19.8	0.19	1%