

LABORATORY 9.2



Complete Lab 9.2 online at
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Name _____ Date _____
Instructor _____ Section _____

Estimating Daily Caloric Expenditure and the Caloric Deficit Required to Lose 1 Pound of Fat per Week

PART A: ESTIMATING YOUR DAILY CALORIC EXPENDITURE

Using the table below, compute your estimated daily caloric expenditure.

Estimated daily caloric expenditure = _____ calories/day.

Note: For you to maintain current body weight, your caloric intake should equal your daily caloric expenditure.

To compute your estimated daily caloric expenditure, multiply your body weight in pounds by the calories per pound corresponding to your activity level.

Activity Level	Description	Calories per Pound of Body Weight Expended during 24-Hour Period
1 Very sedentary	Restricted movement, such as a patient confined to a house	13
2 Sedentary	Light work or office job	14
3 Moderate activity	Some daily activity and weekend recreation	15
4 Very physically active	Vigorous activity at least 3–4 times/week	16
5 Competitive athlete	Daily activity in high energy sport	17–18

PART B: CALCULATING CALORIC INTAKE REQUIRED TO PROMOTE 1 POUND PER WEEK OF WEIGHT LOSS

Recall that 1 pound of fat contains approximately 3500 calories. Therefore, a negative caloric balance of 500 calories per day will result in a weight loss of 1 pound per week. Use the following formula to compute your daily caloric intake to result in a daily caloric deficit of 500 calories.

Estimated daily caloric expenditure – 500 calories (deficit) = Daily caloric intake needed to produce a 500-calorie deficit

In the space provided, compute your daily caloric intake needed to produce 1 pound per week of weight loss.

_____ (estimated caloric expenditure) – 500 (caloric deficit) = _____ (target daily caloric intake) **Calculate**

Note: To increase body weight by 1–2 pounds per week, increase daily caloric intake by 90–180 calories per day.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.