1. How would you define ‘Basal Metabolic Rate (BMR)’ and what makes up its components?
2. Complete your BMR calculation and calorie target below:

**My BMR Calculation**

BMR = [(9.99 x ) + (6.25 x ) – (4.92 x ) +/- ] x

= [( ) + ( ) – ( ) +/- ] x

= x

=

**My Calorie Target**

Calorie Target = (BMR) - (calorie deficit, e.g. 550 calories)

=

1. The macronutrient requirements for optimal weight loss and health for most people are:

* Protein -
* Fat -
* Carbohydrates -

1. My Macronutrient Breakdown

* Protein - calories grams %
* Fat - calories grams %
* Carbohydrates - calories grams %

1. What is satiety and where do satiety signals originate?
2. Which hormones have an impact on weight loss and briefly describe the affect?
3. \_
4. \_
5. \_
6. \_