

How to Use the Calorie Calculator

				# of Practice/Day	
				1	
Your Name	Your current Weight (in lb) (Do not include units)	Your target weight (in lb) (Do not include units)	Calories burned per practice day	Number of Days Until Target Date (excluding the target date)	
Wrestler X	1 160	2 148	A 686.40	3 20	
	Your Height in cm (Do not include units)	BMI at Target Weight	Target Weight Loss/Gain	Total Calories to lose/gain per day	
	4 170	D 23.23	B -12	C -2100.00	
		healthy weight			
	E	Calorie intake per day on workout day		Calorie intake per day on rest day	
		Calories	Grams of food	Calories	Grams of food
Total		1306.40		620.00	
60% Calorie from complex carbohydrates (1 gram of carbohydrate = 4 calories)		783.84	195.96	372.00	93.00
20% Calorie from proteins (1 gram of protein = 4 calories)		261.28	65.32	124.00	31.00
20% Calorie from monounsaturated fats (1 gram of fat = 9 calories)		261.28	29.03	124.00	13.78
Breakdown of Calorie Intake					
		Of course always take Vitamins and Minerals!!			

Ex

You can see a list of food, their approximate calories per servings, and more information here.

The Calorie Calculator should be used as a guide. In reality, there are too many variables to be considered to have an accurate measurement of the calories burned and taken in and how the body will respond. The calculator should be adjusted as frequently as possible adjusting to how slow or fast the wrestler is gaining/losing weight and as the number of days to the competition date changes. The calculator is designed to provide a rough estimate of how hard the wrestlers should be working out and how much and what type of food the wrestlers should be eating.

Two Easy Steps to Use the Calculator

1. Enter the appropriate values in cells #1 - #4
2. Other cells will be calculated automatically!

Explanation of Cells

A. This give an approximate estimate of how much calories are used per practice (of course, it assumes the wrestler is working their hardest for 2 hours; if the wrestler is not working hard or if it's a short practice, this value will affected).

B. How much the wrestler needs to lose/gain in pounds.

C. Approximately how many calories need to be lost/gained per day to lose X pounds of fat to reach the target weight by the target day.

D. BMI index provides a rough guide to see whether the wrestler will be "underweight" "healthy weight" or "overweight" depending on the wrestler's height and weight.

E. Total calories wrestlers should be eating **per day** and the breakdown of the carbohydrates, fats, and protein (and the approximate grams of food they equate to) to make up for the calories on a workout day.

F. Total calories wrestlers should be eating **per day** and the breakdown of the carbohydrates, fats, and protein (and the approximate grams of food they equate to) to make up for the calories on a rest day (no practice).

Assumptions of the calculator:

1. The average adolescent male burns about 15 – 19 calories per pound a day without exercise. The calculator assumes that the wrestler burns 17 calories a day without a workout.
2. It takes 3500 calories to lose 1 pound of fat.
3. Wrestlers weighing less than 190lb will lose about 4.29 calories per pound for a 2 hour workout; and wrestlers weighing above 190lb will lose about 922.35 calories per workout.

Example (see calculator image above):

1. If a wrestler is 160 pounds, he will burn about 2720 calories a day without exercise (160×17).
2. On a workout day, the wrestler burns an extra 686.4 calories.
3. So he needs 3406.4 calories a day to maintain his weight.
4. If he wants to cut to 148lb (lose 12lb of body fat) in 20 days, he will need to burn 42,000 calories ($3,500 \times 12$) in total; dividing this by 20 days, he needs to reduce the caloric intake by 2,100 calories a day. Therefore, on a workout day, he should intake 1306.4 calories.