FITNESS APP MUST HAVE

By quantitatively assessing your current fitness levels, developing scientifically based exercise programs and measuring progress you can produce the results and the confidence you need to succeed. FITcalc provides a wealth of information about both your fitness workout regimen and your nutrition plan.

WHAT TO EXPECT
Use common calculations to evaluate fitness levels and starting points.

STARTING POINT
Designing exercise programs with appropriate workloads and intensities.

BASIS NUTRITION
Apply Basic Nutrition Data.

OVER 40 SCREENS
FITcalc fitness calculator aims to provide you with accurate numbers regarding your health enabling you to optimize your fitness journey be it fat loss or gaining mass or just living healthy.

FAST FORWARD YOUR SUCCESS
Learn about body weight, fat content, aerobic conditioning and gather information about the calories consumed on a daily basis.

ONE KEY TO FITNESS IS UNDERSTANDING
Get a base line to start Calculate your progress and understand where you are headed.

16 FITNESS FORMULAS
Calculate your present aerobic fitness and determine where you should start your strength training routine.

EASY DIET PLAN ESTIMATOR

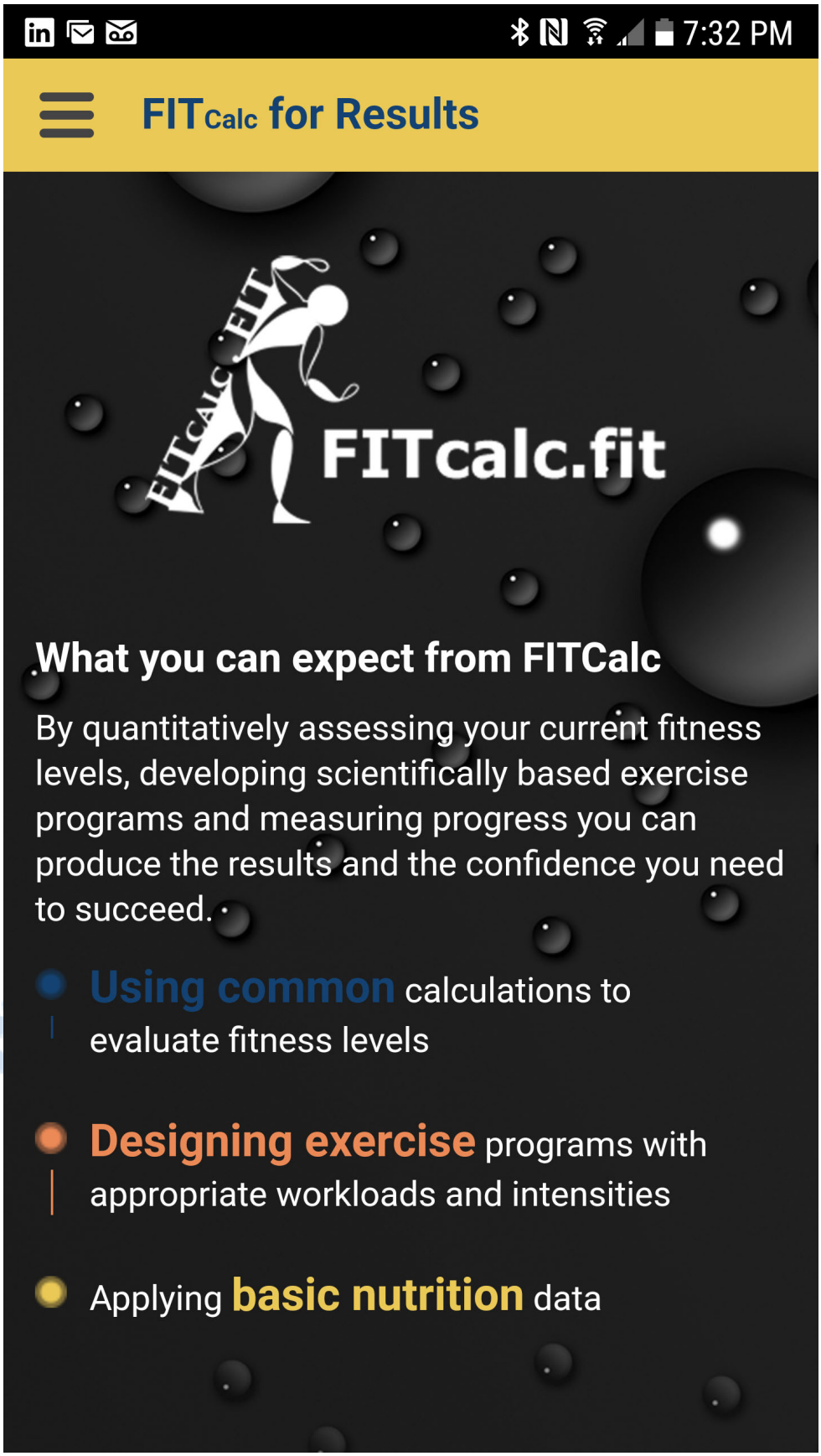
An easy to use diet estimator that you will actually use. A key to losing weight is being able to calculate and estimate your daily calorie consumption. We have programmed a way to easily calculate your daily calorie needs, consumption in a n easy to use way.

WHAT CAN I DO WITH THIS APP?

Calculators available:
Body Mass Index (BMI)
Basal Metabolic Rate (BMR)
Total Daily Energy Expenditure (TDEE)
Ideal weight
Maximum Heart Rate (MHR)
Target Heart Rate (THR)
Calorie Deficit/Excess
Macro nutrients split (protein, fats, carbs)
Body Fat Estimate (U. S. Navy and YMCA)
Lean Body Mass (LBM) estimate
Lean Body Mass and BMR from known body fat

NUTRITION/DIET CALCULATIONS?

Yes, it's in there. The diet/nutrition aspect of any fitness regimen is 80 - 90% of the effort needed to achieve any fitness goal. The diet calculations use food exchange groups to add up your daily consumption of calories. We decide that putting 10,000 food items into a database and spending an hour a day trying to find the food and then adding them up was way too time consuming and a losing battle. The trick to weight loss is knowing how many calories we are consuming on a daily basis. We are trainers at heart and have worked with 100's of clients and this approach works for them and it will work for you.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FITCalc for Results
FITcalc.fit
What you can expect from FITCalc
By quantitatively assessing your current fitness levels, developing scientifically based exercise programs and measuring progress you can produce the results and the confidence you need to succeed.
Using common calculations to evaluate fitness levels
Designing exercise programs with appropriate workloads and intensities
Applying basic nutrition data

FITCalc for Results

What you can expect from FITCalc

- Profile Setup
- FITCalc Common Abbreviation
- Body Mass Index (BMI)
- Waist-to-Hip Ratio (WHR)
- Body Composition
  - Jackson/Pollock Fat Percentage
  - Your Desired Body Weight (DBW)
- Exercise Program Design
  - Heart Rate (HR) Training Zones
  - HR Reserve – Karvonen Formula
  - VO2 Max: Energy expenditure
  - METs: Metabolic Equivalents

FITCalc Profile Setup

Enter Height:

Feet: 5

Inches: 8

Enter Weight:

Lbs: 200

Gender: Male

Age: 52

Choose Activity Factor: 1.375

- 1.200 sedentary (little or no exercise)
- 1.375 = lightly active (light exercise/sports 1-3 days/week, approx. 590 Cal/day)
- 1.550 = moderately active

FITCalc
Body Mass Index (BMI)

BMI is widely used in research, health care, and fitness settings to identify and track overweight and obesity, but it's not appropriate for pregnant or very muscular individuals.

Enter Height:

Feet: 5

Inches: 8

Enter Weight:

Lbs: 200

BMI = Weight (kg) / Height^2 (centimeters)

FITcalc RESULTS

Your Body Mass Index (BMI): 30.41

BMI Chart

FITCalc
Waist to Hip Ratio (WHR)

Waist-to-Hip ratio measures the circumference of the waist relative to the hips and is also used as a marker of risk for metabolic and cardiovascular disease

Enter Waist: 10

Enter Hip: 10

FITcalc RESULTS

Your Wait to Hip Ratio (WHR): 1

Waist to Hip Ratio Chart

Male	Female	Health Risk Based
0.95 or below	0.80 or below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate Risk
1.0+	0.85+	High Risk

FITCalc
Heart Rate (HR) Training Zones

Using math is critical for determining the appropriate intensity for an exercise program, especially when designing a program for cardiovascular training. Exercising at too low an intensity will NOT produce the desired goal.

Use FITCalc when designing programs to ensure the best possible outcomes. Results provide motivation, improve self-efficacy, and fitness program engagement.

Your Age:	52
Exercise Intensity (low end):	10
Exercise Intensity (high end):	10

FITCalc
VO2 Max: Energy Expenditure for Exercise

- How to Calculate VO2 Max:
  - VO2max Based on Running
  - VO2max Based on Resting Heart Rate
  - VO2max Based on One Mile Walk Test
  - VO2max Based on Three Minute Step Test
  - VO2max Based on 1.5 Mile Run / Walk Test

Maximal oxygen consumption, or VO2max, is the maximum amount of oxygen the body can take in, process, deliver, and use at the cellular level

It's a widely used value for quantifying fitness level.

VO2max is expressed as: mL/kg/min; the volume of oxygen (ml) consumed per kg of body weight per minute of

FITCalc
VO2max Based on Running

VO2 max represents your maximal oxygen consumption and varies from athlete to athlete depending on your cardiovascular fitness. It's often expressed in milliliters of oxygen per kilogram of body weight per minute and is the single best measure of cardiovascular fitness.
Think of VO2 max as a measure of how efficiently your body uses oxygen.

Mile Finish Time:

Min: 4

Seconds: 1

Your BMI: 30

Your Age: 52

FITCalc
% 1-Rep Max for Strength Gains

The % of 1-rep max (1-RM) is a standard formula that can be used for determining initial workloads for strength training. Once you've established your 1-rep max for a strength exercise, multiply the 1-rep max in lbs. by the desired intensity, based on your goal.

(Brzycki: (weight × (36 / (37 - reps)))

Enter the number of reps: 1

Enter the weight lifted: 10

FITcalc RESULTS

1 Estimated 1RM 10
50% (Pace and Speed) of 1RM: 5
70% (Endurance) of 1RM: 7

FITCalc
Basal Energy Expenditure (BEE)

The Harris-Benedict and the Mifflin-St Jeor equations provide an estimate of the Basal Energy Expenditure (BEE), also called the Resting Metabolic Rate (RMR), or Basal Metabolic Rate (BMR). Predictive energy equations are routinely used in hospitals and nutrition clinics to determine the calorie requirements of various patients.

Height:

Feet:	5
Inches:	8
Weight:	200
Age:	52

FITCalc
Calculating Weight Loss Success

loss, you will need to create a negative energy balance of 3500-7000 calories per week. This energy deficit should produce weight loss of 1-2 lbs. per week.

The best approach is a combination of reduced energy intake - cutting back on total calories plus increased energy expenditure through exercise.

You can lose up to 1-2 lb/fat per week by combining increased caloric expenditure with reduce caloric intake, thereby creating a negative caloric balance of 500 -1000 kcal/day.

1 lb. of fat = 3500 kcal

Current Weight: 200

FITCalc
Diet Plan
Easiest plan to Follow and ADHERE to

This section is dedicated to tackling the Nutrition/Diet portion of your transformation. It is divided into food groups. Each food group is assigned a caloric value. For example a food from the Carb/Starch group would be assigned an 80 calorie value.

Exchange Group	Calorie Value per 1 Serving
Grains	80 Calories
Proteins	75 Calories
Dairy	90 Calories
Vegetables	25 Calories
Fruits	60 Calories
Fats	45 Calories
Sugas	40 Calories

In order to find the recommended calories per day, we first need to

FITCalc
Diet Plan
Easiest plan to Follow and ADHERE to

FITcalc RESULTS

kcal per Week to Cut: 3500
kcal per Day to Cut: 500
Your daily calorie consumption should be: 1867

Grains: 0 Calories	See Entries
Proteins: 0 Calories	See Entries
Dairy: 0 Calories	See Entries
Vegetables: 0 Calories	See Entries
Fruit: 0 Calories	See Entries
Fats: 0 Calories	See Entries
Sugars: 0 calories	See Entries
Add Calories Manually	See Entries

Reset Exchanges

FITCalc
Diet Plan
Pick your Exchanges by Selectng them

Grains: Bread/Starch Group

Each food in this group supplies approximately 15g carbohydrate, 3g protein and 80 Calories. Some starchy vegetables are in this group instead of the vegetable group. When possible choose whole grain versions of the foods in this group.

Breads

0 ▾	1-ounce slice bread, any type
0 ▾	1-ounce roll, any type
0 ▾	3 tablespoons bread crumbs
0 ▾	1/2 an English Muffin

FITCalc
Diet Plan
Easiest plan to Follow and ADHERE to

Sugars: 0 calories — See Entries
Add Calories Manually — See Entries

Reset Exchanges

Based on the recommended servings from each exchange group

	Servings Allowed	Actual Servings
Grains: 28% = 523 cal	6.54	0
Proteins: 15% = 280 cal	3.73	0
Dairy: 12% = 224 cal	2.49	0
Veggies: 13% = 243 cal	9.72	0
Fruit: 14% = 261 cal	4.35	0
Fats: 13% = 243 cal	5.4	0

FITCalc for Results

By quantitatively assessing your current fitness levels, developing scientifically based exercise programs and measuring progress you can produce the results and the confidence you need to succeed.

Do you have Questions?

Contact Us:
Steve@fitcalc.fit

PhoneUs:
561-281-8330

FITcalc.fit

What you can expect from FITCalc

- Profile Setup
- FITCalc Common Abbreviation
- Body Mass Index (BMI)
- Waist-to-Hip Ratio (WHR)
- Body Composition
  - Jackson/Pollock Fat Percentage
  - Your Desired Body Weight (DBW)
- Exercise Program Design
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  - HR Reserve – Karvonen Formula
  - VO2 Max: Energy expenditure
  - METs: Metabolic Equivalents
  - % 1 Rep Max

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FITCalc for Results

What you can expect from FITCalc

- Waist-to-Hip Ratio (WHR)
- Body Composition
  - Jackson/Pollock Fat Percentage
  - Your Desired Body Weight (DBW)
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  - Heart Rate (HR) Training Zones
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  - VO2 Max: Energy expenditure
  - METs: Metabolic Equivalents
  - % 1-Rep Max
  - McGill's Torso Muscular Endurance
  - BMR (Basal Metabolic Rate)
  - Calculating Weight Loss

FITCalc Profile Setup

Enter Height:

- **Feet:** 5
- **Inches:** 8

Enter Weight:

- **Lbs:** 200

Gender: Male

Age: 52

Choose Activity Factor: 1.375

- 1.200 sedentary (little or no exercise)
- 1.375 = lightly active (light exercise/sports 1-3 days/week, approx. 590 Cal/day)
- 1.550 = moderately active

FITCalc
Profile Setup

1.725 = very active
(hard exercise/sports 6-7 days a week, approx. 1150 Cal/day)

1.900 = extra active
(very hard exercise/sports and physical job, approx. 1580 Cal/day)

Skin-Fold Measurements

(Measured in Milimester)

Men:

- **Chest:** 100
- **Abdomen:** 100
- **Thigh:** 100

Women:

- **Triceps:** 100
- **Suprailiac:** 100
- **Thigh:** 100

FITCalc Profile Setup

Suprailiac:	100
Thigh:	100
Body Fat:	1
Resting Heart Rate:	10
Waist Measurement:	10
Hip Measurement:	10

Recommended Daily Allowance Percentages

Grains:	28	Proteins:	15
Dairy:	12	Vegetables:	13
Fruit:	14	Fats:	13

FITCalc
Common Abbreviation

% 1-RM	Percentage of 1 Rep Max
BMI	Body Mass Idex
BW	Body Weight
DBF%	Desired Body Fat Percentage
FW	Fat Weight
HRR	Heart Rate Reserve
Kcals	Kilocalories also called Calories
LW	Lean Weight
METs	Metabolic Equivalents
MHR	Maximal Heart Rate
RHR	Resting Heart Rate
THR	Target Heart Rate
VO2	Oxygen Consumption
VO2 Max	Maximal Oxygen Consumption

FITCalc
Body Mass Index (BMI)

care, and fitness settings to identify and track overweight and obesity, but it's not appropriate for pregnant or very muscular individuals.

Enter Height:

Feet: 5

Inches: 8

Enter Weight:

Lbs: 200

BMI = Weight (kg) / Height^2 (centimeters)

FITcalc RESULTS

Your Body Mass Index (BMI): 30.41

BMI Chart

FITCalc
Body Mass Index (BMI)

Feet: 5

Inches: 8

Enter Weight:

Lbs: 200

BMI = Weight (kg) / Height^2 (centimeters)

FITcalc RESULTS

Your Body Mass Index (BMI): 30.41

BMI Chart

Severe Thinness < 16
Moderate Thinness 16 - 17
Mild Thinness 17 - 18.5
Normal 18.5 - 25
Overweight 25 - 30
Obese Class I 30 - 35

FITCalc
Waist to Hip Ratio (WHR)

Waist-to-Hip ratio measures the circumference of the waist relative to the hips and is also used as a marker of risk for metabolic and cardiovascular disease

Enter Waist: 10

Enter Hip: 10

FITcalc RESULTS

Your Wait to Hip Ratio (WHR): 1

Waist to Hip Ratio Chart

Male	Female	Health Risk Based
0.95 or below	0.80 or below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate Risk
1.0+	0.85+	High Risk

FITCalc
Jackson/Pollock % of Lean Tissue

The Jackson/Pollock method is a simple and widely-used skin-fold caliper method.

Skin-Fold Measurements
(Measured in Milimester)

Men:

Chest:	100
Abdomen:	100
Thigh:	100

Women:

Triceps:	100
Suprailiac:	100
Thigh:	100
Your Age:	52

FITCalc
Jackson/Pollock % of Lean Tissue

Your Weight (LBs): 200

FITcalc RESULTS

Your Body Fat %: 11.48
Your Lean Body Weight: 177.04
Your Fat Body Weight: 22.96

Body Fat Chart for Men (%)

AGE	LEAN		IDEAL		
18-20	2.0	3.9	6.2	8.5	10.5
21-25	2.5	4.9	7.3	9.5	11.6
26-30	3.5	6.0	8.4	10.6	12.7
31-35	4.5	7.1	9.4	11.7	13.7
36-40	5.6	8.1	10.5	12.7	14.8
41-45	6.7	9.2	11.5	13.8	15.9
46-50	7.7	10.2	12.6	14.8	16.9
51-55	8.8	11.3	13.7	15.9	18.0

FITCalc
Jackson/Pollock % of Lean Tissue

21-25	2.5	4.9	7.3	9.5	11.6
26-30	3.5	6.0	8.4	10.6	12.7
31-35	4.5	7.1	9.4	11.7	13.7
36-40	5.6	8.1	10.5	12.7	14.8
41-45	6.7	9.2	11.5	13.8	15.9
46-50	7.7	10.2	12.6	14.8	16.9
51-55	8.8	11.3	13.7	15.9	18.0
56 & Up	9.9	12.4	14.7	17.0	19.1

Body Fat Chart for Women (%)

AGE		LEAN			IDEAL
18-20	11.3	13.5	15.7	17.7	19.7
21-25	11.9	14.2	16.3	18.4	20.3
26-30	12.5	14.8	16.9	19.0	20.9
31-35	13.2	15.4	17.6	19.6	21.5
36-40	13.8	16.0	18.2	20.2	22.2
41-45	14.4	16.7	18.8	20.8	22.8

FITCalc
Your Desired Body Weight (DBW)

Once you've determined your body composition (lean weight and fat weight), you can use the data to establish specific goals for body weight and lean body weight.

Your Weight: 200

Your Body Fat %: 1

Your Lean Body Weight: 198

Your Fat Body Weight: 2

What body fat % are you trying to achieve? 1

FITcalc RESULTS

FITCalc

Your Desired Body Weight (DBW)

composition (lean weight and fat weight), you can use the data to establish specific goals for body weight and lean body weight.

Your Weight: 200

Your Body Fat %: 1

Your Lean Body Weight: 198

Your Fat Body Weight: 2

What body fat % are you trying to achieve? 1

FITcalc RESULTS

Based on your input, your ideal Body Weight to achieve 1% body fat is: 200

FITCalc
Heart Rate (HR) Training Zones

Using math is critical for determining the appropriate intensity for an exercise program, especially when designing a program for cardiovascular training. Exercising at too low an intensity will NOT produce the desired goal.

Use FITCalc when designing programs to ensure the best possible outcomes. Results provide motivation, improve self-efficacy, and fitness program engagement.

Your Age:	52
Exercise Intensity (low end):	10
Exercise Intensity (high end):	10

FITCalc
Heart Rate (HR) Training Zones

Use FITCalc when designing programs to ensure the best possible outcomes. Results provide motivation, improve self-efficacy, and fitness program engagement.

Your Age: 52

Exercise Intensity (low end): 10

Exercise Intensity (high end): 10

FITcalc RESULTS

1. Using Fox, Naughton, Haskell Formula:
   Max Heart Rate is: **168**
   Exercise Heart Rate Range: **17** to **17**

2. Using Tabaka, Monohan, Seals Formula:

FITCalc
Karvonen /HR Reserve Formula

The Karvonen/Heart Rate Reserve formula accounts for a your current level of fitness by factoring in resting heart rate (RHR).
People who undergo regular vigorous exercise generally have reduced resting heart rates. The Karvonen formula adjusts target heart rate in response to this cardiovascular adaptation.

The formula is:

(220 – age – RHR) (Intensity) + RHR = Target HR

Your Age:	52
Resting Heart Rate:	10
Exercise Intensity (low end):	10

FITCalc
Karvonen /HR Reserve Formula

exercise generally have reduced resting heart rates. The Karvonen formula adjusts target heart rate in response to this cardiovascular adaptation.

The formula is:

(220 – age – RHR) (Intensity) + RHR = Target HR

Your Age:	52
Resting Heart Rate:	10
Exercise Intensity (low end):	10
Exercise Intensity (high end):	10

FITcalc RESULTS

FITCalc
VO2 Max: Energy Expenditure for Exercise

- How to Calculate VO2 Max:
  - VO2max Based on Running
  - VO2max Based on Resting Heart Rate
  - VO2max Based on One Mile Walk Test
  - VO2max Based on Three Minute Step Test
  - VO2max Based on 1.5 Mile Run / Walk Test

Maximal oxygen consumption, or VO2max, is the maximum amount of oxygen the body can take in, process, deliver, and use at the cellular level

It's a widely used value for quantifying fitness level.

VO2max is expressed as: mL/kg/min; the volume of oxygen (ml) consumed per kg of body weight per minute of

FITCalc for Results

FITCalc
VO2max Based on Running

VO2 max represents your maximal oxygen consumption and varies from athlete to athlete depending on your cardiovascular fitness. It's often expressed in milliliters of oxygen per kilogram of body weight per minute and is the single best measure of cardiovascular fitness.
Think of VO2 max as a measure of how efficiently your body uses oxygen.

Mile Finish Time:

Min: 4

Seconds: 1

Your BMI: 30

Your Age: 52

FITCalc
VO2max Based on Running

FITcalc RESULTS

Your Vo2 MAX: 66.37

Female (ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 3
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 3
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 3
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 3
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 3
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 3

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 5
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 4

FITCalc
VO2max Based on Heart Rate

No physical exertion is required for this VO2max calculation. You simply need to take your resting heart rate for 20 seconds and multiple that number by 3. Enter the number of beats that you count, along with your age, into FITcalc. To get a more accurate result take your resting heart rate the first thing in the morning before you roll out of bed. Start the count with zero and time yourself for 1 minute.

Your Age: 52

Resting Heart Rate: 10

Max Heart Rate: 168

FITCalc
VO2max Based on Heart Rate

FITcalc RESULTS

Your Vo2 MAX: 257.04

Female (ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 3
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 3
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 3
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 3
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 3
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 3

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 5
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 4

FITCalc
VO2max Based on 1 MIle Walk Test

To perform this VO2max test you'll need to find an appropriate walking location and measure out a distance of exactly 1 mile (1 mile is 5280 feet, or 1609 meters). Have a stopwatch with you to record the exact time it will take you to walk the measured 1 mile distance. Do some light stretching and warm up walking before your test. When you are ready, walk the measured distance of 1 mile as quickly as you can. Do not run, simply walk as fast as you can. At the end of the 1 mile course immediately stop your stopwatch and take your pulse for 10 seconds. (Multiply the 10 sec count *6) Record the time it took you to walk the 1 mile and your 10 second pulse count.

FITCalc for Results

FITCalc
VO2max Based on
1 MIle Walk Test

Min:	4
Seconds:	1
Enter Your Heart Rate (Sec):	50
Weight:	200
Age:	52
Gender:	Male

FITcalc RESULTS

Your Vo2 MAX: 82.69

Female (ml/kg/min)

Age	Very Poor	Poor	Fair	Gooc
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 3

FITCalc VO2max Based on 1 Mile Walk Test

FITCalc RESULTS

Your Vo2 MAX: 82.69

Female (ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 3
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 3
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 3
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 3
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 3
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 3

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 5
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 4

FITCalc
VO2max Based on
3 Minute Step Test

efficiently your body uses oxygen. This test takes three minutes. A fifteen-second recovery heart rate is taken between five and twenty seconds following the test. The equipment required is a bench or gymnasium bleacher 16 1/4 inches high, a stopwatch, and a metronome. You will need to know how to take your heart rate by counting your pulse.

Enter Your Heart Rate (sec): 50

Gender: Male

FITcalc RESULTS

Your Vo2 MAX: 90.33

FITCalc
VO2max Based on 3 Minute Step Test

FITcalc RESULTS

Your Vo2 MAX: 90.33

Female (ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 3
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 3
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 3
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 3
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 3
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 3

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 5
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 4

FITCalc
VO2max Based on
1.5 Mile Run/Walk Test

to find an appropriate running location and measure out a distance of exactly 1.5 miles (1.5 miles is 7920 feet, or 2414 meters). Have a stopwatch with you to record the exact time it will take you to travel the measured 1.5 mile distance. The goal of this test is to cover the 1.5 mile distance as fast as you can. You are allowed to run and/or walk. Be careful to not overexert yourself, especially if you are not used to this type of activity.

Cover the 1.5 mile distance as quickly as you can, and record the time it takes you. Cool down for a few minutes after the test by walking or lightly jogging. Once all of this is done, enter your test time into the fields below to calculate your estimated VO2max.

FITCalc
VO2max Based on
1.5 Mile Run/Walk Test

estimated VO2max.

Enter Your Finishing Time:

Min: 4

Seconds: 1

FITcalc RESULTS

Your Vo2 MAX: 123.75

Female (ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 3
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 3
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 3
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 3
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 3
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 3

FITCalc
VO2max Based on 1.5 Mile Run/Walk Test

FITcalc RESULTS

Your Vo2 MAX: 123.75

Female (ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 3
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30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 3
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 3
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 3
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 3

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 5
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 4

FITCalc
METs: Metabolic Equivalents

Another way to calculate energy expenditure is to use standard values for Metabolic Equivalents (METs) and apply the following formula:One MET is equal to the oxygen consumption/minute of the body at rest, which is 3.5 ml/kg/min. Physical activities can be expressed as a multiple of the resting MET value:

(METs X 3.5 X BW(kg) = kcal/min 200

Pick an exercise that closely relates to the activity you want to engage in from the list: **SEE LIST**

Select Exercise (MET Value):

Bowling MET Value 3

Resting MET is: 3.5

FITCalc
METs: Metabolic Equivalents

(METs X 3.5 X BW(kg) = kcal/min 200

Pick an exercise that closely relates to the activity you want to engage in from the list: **SEE LIST**

Select Exercise (MET Value):

Bowling MET Value 3

Resting MET is: 3.5

Your Body Weight: 200

How many minutes will you exercise: 30

FITcalc RESULTS

Using the formula you will be able to

MET Values

METs: Metabolic Equivalents Select Exercise

Exercise	METs
Canoeing leisurely	2.5
Croquet	2.5
Dancing, ballroom, slow	2.9
Fishing, standing	2.5
Golf with a cart	2.5
Housework, light	2.5
Playing catch	2.5
Playing a piano	2.5
Sitting quietly	1.0
Stretching exercises, yoga	2.5
Walking, 2 mph	2.5
Aerobic dance, low impact	5.0
Archery	3.5
Badminton	4.5
Baseball or softball	5.0
Basketball, shooting baskets	4.5
Bicycling, leisurely	3.5

FITCalc
% 1-Rep Max for Strength Gains

The % of 1-rep max (1-RM) is a standard formula that can be used for determining initial workloads for strength training. Once you've established your 1-rep max for a strength exercise, multiply the 1-rep max in lbs. by the desired intensity, based on your goal.

(Brzycki: (weight × (36 / (37 - reps)))

Enter the number of reps: 1

Enter the weight lifted: 10

FITcalc RESULTS

1 Estimated 1RM 10
50% (Pace and Speed) of 1RM: 5
70% (Endurance) of 1RM: 7

FITCalc
McGill's Torso Muscular Endurance

The tests are performed individually and involve a static, timed isometric contraction of the core muscles stabilizing the spine until the individual exhibits fatigue.

The results are then evaluated collectively in the following ratios to indicate balanced endurance among the muscle groups.

Trunk Flexor Endurance in seconds: 1

Trunk Lateral Endurance Right Side in seconds: 1

Trunk Lateral Endurance Left Side in seconds: 1

FITCalc

McGill's Torso Muscular Endurance

Trunk Extensor Endurance in seconds: 1

FITcalc RESULTS

Your Flexion /Extention Ratio:

Flexion: Extension - the ratio should be less than 1.0

Right Side left Side Bridge:

Right-side Bridge (RSB): Left-side Bridge (LSB) - score should be no greater than 0.05 from a balanced score of 1.0

Side Bridge/Extention Left:

FITCalc

McGill's Torso Muscular Endurance

FITcalc RESULTS

Your Flexion /Extention Ratio:

Flexion: Extension - the ratio should be less than 1.0

Right Side left Side Bridge:

Right-side Bridge (RSB): Left-side Bridge (LSB) - score should be no greater than 0.05 from a balanced score of 1.0

Side Bridge/Extention Left:

Side Bridge/Extention Right:

Side Bridge (either side): Extension-

FITCalc
Basal Energy Expenditure (BEE)

The Harris-Benedict and the Mifflin-St Jeor equations provide an estimate of the Basal Energy Expenditure (BEE), also called the Resting Metabolic Rate (RMR), or Basal Metabolic Rate (BMR). Predictive energy equations are routinely used in hospitals and nutrition clinics to determine the calorie requirements of various patients.

Height:

Feet: 5

Inches: 8

Weight: 200

Age: 52

FITCalc
Basal Energy Expenditure (BEE)

Activity Factor: 1.375

- 1.200 sedentary
  (little or no exercise)
- 1.375 = lightly active
  (light exercise/sports 1-3 days/week, approx. 590 Cal/day)
- 1.550 = moderately active
  (moderate exercise/sports 3-5 days/week, approx. 870 Cal/day)
- 1.725 = very active
  (hard exercise/sports 6-7 days a week, approx. 1150 Cal/day)
- 1.900 = extra active
  (very hard exercise/sports and physical job, approx. 1580 Cal/day)

FITcalc RESULTS

BEE (Basal Energy Expenditure) plus

FITCalc
Calculating Weight Loss Success

To promote safe and effective weight loss, you will need to create a negative energy balance of 3500-7000 calories per week. This energy deficit should produce weight loss of 1-2 lbs. per week.

The best approach is a combination of reduced energy intake - cutting back on total calories plus increased energy expenditure through exercise.

You can lose up to 1-2 lb/fat per week by combining increased caloric expenditure with reduce caloric intake, thereby creating a negative caloric balance of 500 -1000 kcal/day.

1 lb. of fat = 3500 kcal

Current Weight: 200

FITCalc
Calculating Weight Loss Success

You can lose up to 1-2 lb/fat per week by combining increased caloric expenditure with reduce caloric intake, thereby creating a negative caloric balance of 500 -1000 kcal/day.

1 lb. of fat = 3500 kcal

Current Weight:	200
Goal Weight:	190
How Many Weeks:	10
kcal from Exercise/Day:	1

FITcalc RESULTS

Total Pounds to Lose: 10

Total kcal: 35000

FITCalc
Diet Plan
Easiest plan to Follow and ADHERE to

This section is dedicated to tackling the Nutrition/Diet portion of your transformation. It is divided into food groups. Each food group is assigned a caloric value. For example a food from the Carb/Starch group would be assigned an 80 calorie value.

Exchange Group	Calorie Value per 1 Serving
Grains	80 Calories
Proteins	75 Calories
Dairy	90 Calories
Vegetables	25 Calories
Fruits	60 Calories
Fats	45 Calories
Sugas	40 Calories

In order to find the recommended calories per day, we first need to

FITCalc
Diet Plan
Easiest plan to Follow and ADHERE to

After your BEE has been detemined we can use your Ideal weight and number of weeks to achieve your goal weight to determine the right number of calories per day to consume.

Height:

Feet:	5
Inches:	8
Weight:	200
Age:	52
Gender:	Male
Activity Factor:	1.375

1.200 sedentary

FITCalc for Results

FITCalc
Diet Plan
Easiest plan to Follow and ADHERE to

- 1.200 sedentary
  (little or no exercise)
- 1.375 = lightly active
  (light exercise/sports 1-3 days/week, approx. 590 Cal/day)
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  (moderate exercise/sports 3-5 days/week, approx. 870 Cal/day)
- 1.725 = very active
  (hard exercise/sports 6-7 days a week, approx. 1150 Cal/day)
- 1.900 = extra active
  (very hard exercise/sports and physical job, approx. 1580 Cal/day)

Your Basel Energy Expenditure: 2367

Your IDEAL BODY Weight: 190

FITCalc
Diet Plan
Easiest plan to Follow and ADHERE to

Activity Factor: 1.375

- 1.200 sedentary
  (little or no exercise)
- 1.375 = lightly active
  (light exercise/sports 1-3 days/week, approx. 590 Cal/day)
- 1.550 = moderately active
  (moderate exercise/sports 3-5 days/week, approx. 870 Cal/day)
- 1.725 = very active
  (hard exercise/sports 6-7 days a week, approx. 1150 Cal/day)
- 1.900 = extra active
  (very hard exercise/sports and physical job, approx. 1580 Cal/day)

Your Basel Energy Expenditure: 2367

FITCalc
Diet Plan
Easiest plan to Follow and ADHERE to

How Many Weeks: 10

Total Pounds to Lose: 10

FITcalc RESULTS

kcal per Week to Cut: 3500
kcal per Day to Cut: 500
Your daily calorie consumption should be: 1867

Grains: 0 Calories	See Entries
Proteins: 0 Calories	See Entries
Dairy: 0 Calories	See Entries
Vegetables: 0 Calories	See Entries
Fruit: 0 Calories	See Entries
Fats: 0 Calories	See Entries
Sugars: 0 calories	See Entries
Add Calories Manually	See Entries

FITCalc
Diet Plan
Easiest plan to Follow and ADHERE to

Sugars: 0 calories — See Entries
Add Calories Manually — See Entries

Reset Exchanges

Based on the recommended servings from each exchange group

	Servings Allowed	Actual Servings
Grains: 28% = 523 cal	6.54	0
Proteins: 15% = 280 cal	3.73	0
Dairy: 12% = 224 cal	2.49	0
Veggies: 13% = 243 cal	9.72	0
Fruit: 14% = 261 cal	4.35	0
Fats: 13% = 243 cal	5.4	0

FITCalc
Diet Plan
Pick your Exchanges by Selectng them

Grains: Bread/Starch Group

Each food in this group supplies approximately 15g carbohydrate, 3g protein and 80 Calories. Some starchy vegetables are in this group instead of the vegetable group. When possible choose whole grain versions of the foods in this group.

Breads

0 ▾	1-ounce slice bread, any type
0 ▾	1-ounce roll, any type
0 ▾	3 tablespoons bread crumbs
0 ▾	1/2 an English Muffin

FITCalc for Results

FITCalc for Results

By quantitatively assessing your current fitness levels, developing scientifically based exercise programs and measuring progress you can produce the results and the confidence you need to succeed.

Do you have Questions?

Contact Us:
Steve@fitcalc.fit

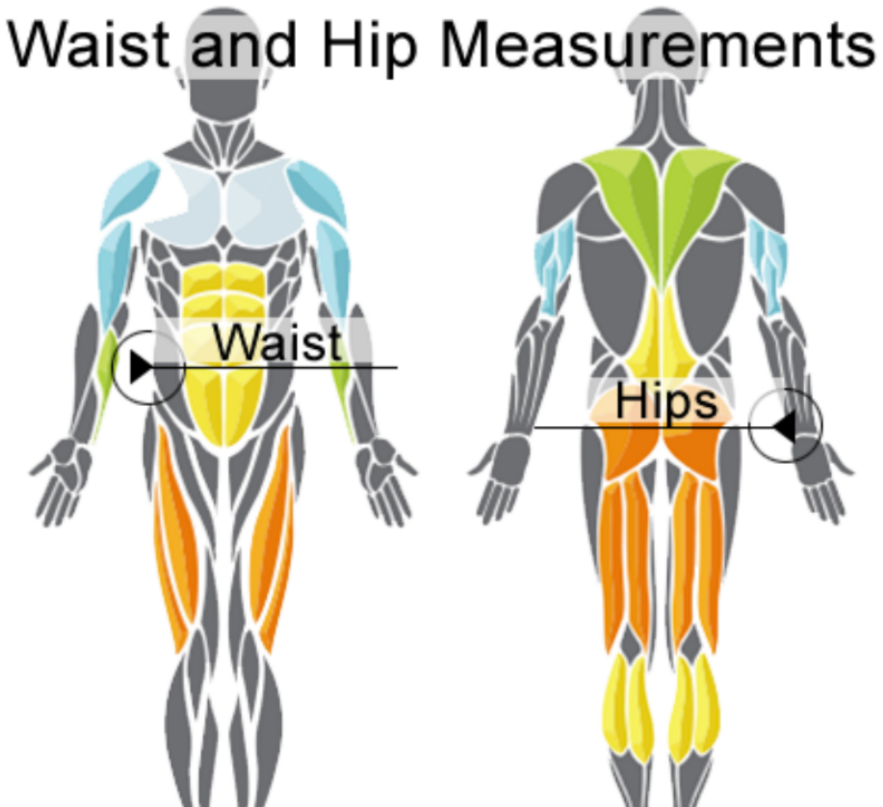
PhoneUs:
561-281-8330

FITcalc.fit

Information

This is important because people who carry their weight centrally are particularly at risk of developing heart disease and type 2 Diabetes. As you can see from the chart, waist circumference is a good indicator of high risk intra-abdominal or visceral fat accumulation.

To calculate waist-to-hip ratio:



Information

Poor endurance of the torso muscles or an imbalance between the three muscle groups can contribute to low back pain and core instability.

Example:

Molly completed the three tests with the following results:

Flexor test: 120 seconds
RSB: 88 seconds
Extension test: 150 seconds
LSB: 92 seconds

Flexion: Extension = 120:150 = 120/150 = 0.8
the score of 0.8 fits with the criteria of <1.0

RSB:LSB = 88:92 = 88/92 = 0.96 (0.956 rounded up)
This score sits within the 0.05 range from 1.0

Side Bridge:Extension = using RSB = 88:150 = 88/150 = 0.59 (0.586 rounded up)

Information

Heart Rate Training Zones

Determining age-predicted Maximum Heart Rate (MHR) and calculating an appropriate intensity range, is one way to establish a safe and effective cardiovascular training program.

The MHR can vary greatly between individuals due to factors such as; age, genetics, altitude, body size, medications. The common mathematical formulas that are used to estimate MHR based on age do have a varying degree of error:

(1) Fox, Naughton and Haskell: 220-age
(2) Tanaka, Monohan and Seals: 208 - (0.7 x age)

The common formula MHR = 220 – age demonstrates a standard deviation of approximately 12bpm meaning that the true MHR of an individual may differ by up to 12 bpm either side of the calculated value.

FITCalc
VO2max Based on Running

FITcalc RESULTS

Your Vo2 MAX: 66.37

Female (ml/kg/min)

Age	Very Poor	Poor	Fair	Gooc
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 3
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 3
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 3
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