

Calorie Calculator Result

Health Data	
Age	19
Gender	male
Height	178 centemeters
Weight	65 kilograms
Activity	Moderatetely Active - exercise/sports 3-5 times/week
Calorie Calculator Suggestions	
You need 2592 Calories/day to maintain your weight	
You need 2092 Calories/day to lose 1 lb per week.	
You need 1592 Calories/day to lose 2 lb per week.	
You need 3092 Calories/day to gain 1 lb per week.	
You need 3592 Calories/day to gain 2 lb per week.	

Please follow the result above to achieve your expected health status. If you have any questions, you can email us at the following email address:

admin@approachingfitness.com