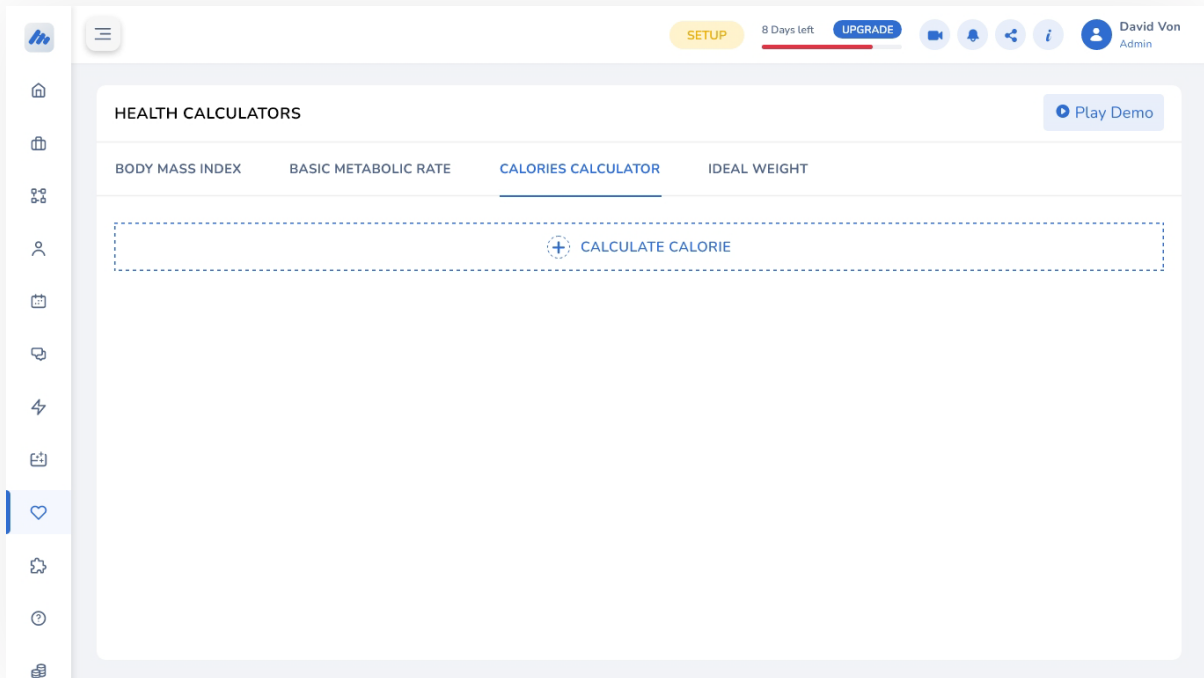




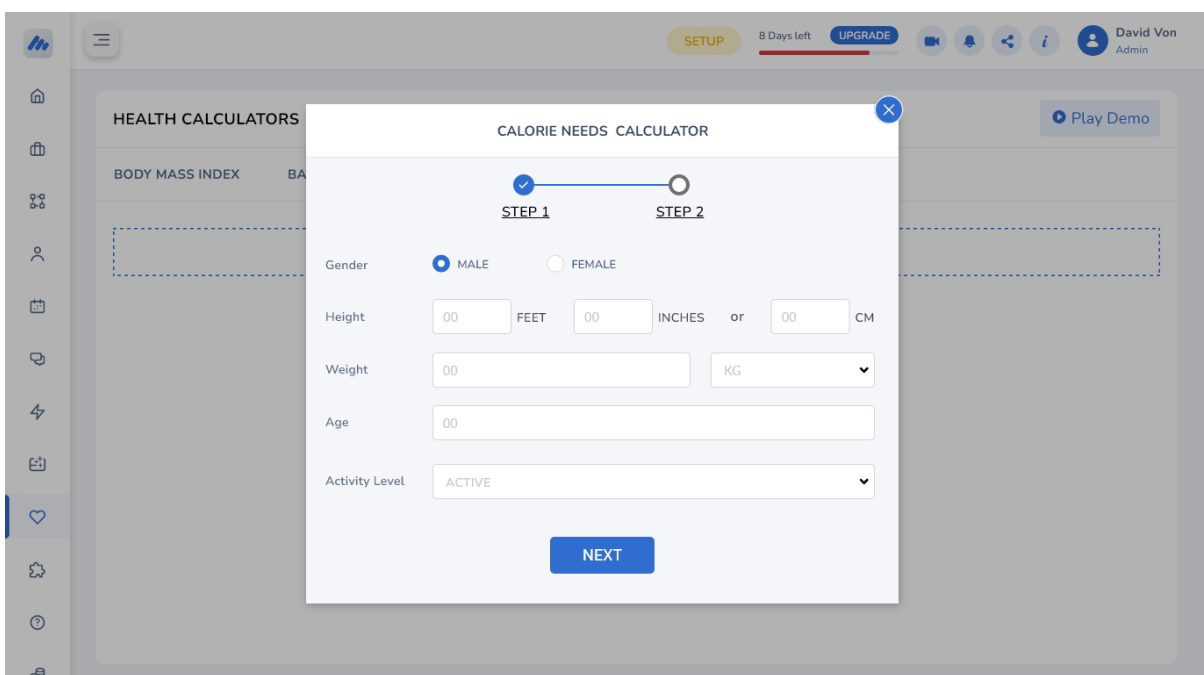
## CALORIES CALCULATOR

The main purpose of the calories calculator tool is to help you estimate the number of calories required by your clients to maintain current weight levels. Knowing the right number of calories required by your client helps you to set realistic health and fitness goals for them. Based on the results of the calories calculator you can easily create the right diet and workout plans. Follow the below listed easy steps to calculate the required Calories using Mevolife Software:

1. Click on the “Calculate Calories” option to start using the tool and compute daily calories for new and existing clients.



2. Input Gender, Height, Weight, Age and Activity Level to move to step 2 and get the results for the required calories.





3. You can either choose from Existing Client List or Add New Clients to record the result in the CMS.

HEALTH CALCULATORS

BODY MASS INDEX BASIC METABOLIC RATE **CALORIES CALCULATOR** IDEAL WEIGHT

**CALORIE NEEDS CALCULATOR**

STEP 1 STEP 2

☒ Choose Client ☐ New Client

Select Client

BACK CALCULATE

4. Once you click on calculate the software will automatically compute the Daily Calories and make the entry in the list of records. You can edit, share or delete the entries as per your requirements.

HEALTH CALCULATORS

BODY MASS INDEX BASIC METABOLIC RATE **CALORIES CALCULATOR** IDEAL WEIGHT

**CALCULATE CALORIE**

CLIENT NAME	HEIGHT	WEIGHT	AGE	ACTIVITY LEVEL	CALORIES PER DAY	OPTIONS
Aleina Dorries Female	5.8 FEET	75 KG	22 YEARS	Active	2,520	<a href="#">Edit</a> <a href="#">Share</a> <a href="#">Delete</a>
Aleina Dorries Female	5.8 FEET	75 KG	22 YEARS	Sedentary	2,288	<a href="#">Edit</a> <a href="#">Share</a> <a href="#">Delete</a>
Aleina Dorries Female	5.8 FEET	75 KG	22 YEARS	Low Active	2,107	<a href="#">Edit</a> <a href="#">Share</a> <a href="#">Delete</a>

