**Inputs**

**Age-**

**Sex-**

* **Male**
* **Female**

**Weight-**

**Height-**

**Activity Level-**

* **Sedentary**
* **Lightly Active**
* **Moderately Active**
* **Very Active**

**Goal-**

* **Fat loss**
* **Maintenance**
* **Muscle gain**

**----------------------------------------------------------------------------------------------**

**This calculator will tell us how much protein to eat per day.**

**Just add the values step by step and multiply by weight in the end.**

**-----------------------------------------------------------------------------------------------**

**If Age is (let user put his age, don't give age group in input/placeholder)**

**Age <14 is not applied here. This calculator is for age <14.**

|  |  |  |
| --- | --- | --- |
| Age | Metric | Standard |
| 14-18 | 0.9 gram | 0.00198416 lbs |
| 19-30 | 0.8 gram | 0.0017637 lbs |
| 31-40 | 0.9 gram | 0.00198416 lbs |
| 41-50 | 1 gram | 0.00220462 lbs |
| 51-60 | 1.1 gram | 0.00242508 lbs |
| 61-70 | 1.2 gram | 0.00264555 lbs |
| 71-80 | 1.3 gram | 0.00286601 lbs |

Choose one number as per age and forward to next step

**------------------------------------------------------------------------------------------------------**

**If Sex is -**

**Male** - then no change to this table- Just follow

**Female**- then (- 0.1 gram , in Metric) and (-0.000220462 lbs , in standard)

Example- If the person is Man , aged- 25

Take - 0.8 gram (Metric) or 0.0017637 lbs (standard)

If the person is woman , aged - 25

Take- (0.8 - 0.1) gram or (0.0017637 - 0.000220462) lbs

**Now we go with the results to next part-**

**-----------------------------------------------------------------------------------------------------**

**Activity Level-**

**If Activity Level is-**

**Sedentary** - No Change

**Lightly Active-** Add (0.2 gram) or (0.000440925 lbs)

**Moderately Active**- Add (0.5 gram) or (0.00110231 lbs)

**Very Active**- Add (0.8 gram) or (0.0017637 lbs)

**Now we go with the results to next part-**

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**Goal -**

**If Goal is-**

**If Fat Loss - then**

**Calculate BMI of the Person**

**Formula for BMI**

In Metric- BMI = [weight (kg) / height (cm) / height (cm)] x 10,000

In Standard- BMI = [weight (lb) / height (in) / height (in)] x 703

**and Add**

|  |  |  |
| --- | --- | --- |
| **If BMI is** | **Metric (Add)** | **Standard (Add)** |
| >24 | 1.8 gram | 0.00396832 lbs |
| 25-30 | 2.1 gram | 0.004629708 lbs |
| 31-35 | 2.0 gram | 0.00440925 lbs |
| 36-40 | 1.9 gram | 0.004188783 lbs |
| 41-45 | 1.7 gram | 0.003747858 lbs |
| 46-50 | 1.5 gram | 0.003306934 lbs |
| >50 | 1.3 gram | 0.002866009 lbs |

**If Maintenance - then**

**No change**

**If Muscle Gain - then**

**Add (0.6 gram) or (0.00132277 lbs)**

**-------------------------------------------------------------------------------**

**Now Multiply the end result with the "Weight" of the person**

**In Metric- (End result \* Weight of the person (kg)= ..... gram of protein**

**In Standard - {(End result /2.20462)\* Weight of the person lbs} = ..... lbs of protein**