

WEIGHT GAIN/LOSS: HOW MUCH TO EAT?

(QUICK CALCULATOR)



Calculate your daily caloric needs using the following equation:

PLAYERS WITH MODERATE ACTIVITY LEVELS (5-7 HOURS/WEEK)

Lose Weight = $BW \times 12-14$

Maintain Weight = $BW \times 14-16$

Gain Weight = $BW \times 18-20$

PLAYERS WITH HIGH ACTIVITY LEVELS (8+ HOURS/WEEK...MOST YOUNG ATHLETES)

Lose Weight = $BW \times 14-16$

Maintain Weight = $BW \times 16-18$

Gain Weight = $BW \times 20-22$

Example: A 200 lb College Baseball athlete that wants to gain 10-15 lb of lean mass in 12 weeks would need to take their 200lb current body weight and multiply it x22 which would equal 4400 kcal/day

@cballard6 @baseballnotes