

BF percentage

Weight with BF	1.00%	101	111.1	121.2	131.3	141.4	151.5	161.6	171.7	181.8	191.9	202	212.1	222.2	232.3
Weight with BF	2.00%	102	112.2	122.4	132.6	142.8	153	163.2	173.4	183.6	193.8	204	214.2	224.4	234.6
Weight with BF	3.00%	103	113.3	123.6	133.9	144.2	154.5	164.8	175.1	185.4	195.7	206	216.3	226.6	236.9
Weight with BF	4.00%	104	114.4	124.8	135.2	145.6	156	166.4	176.8	187.2	197.6	208	218.4	228.8	239.2
Weight with BF	5.00%	105	115.5	126	136.5	147	157.5	168	178.5	189	199.5	210	220.5	231	241.5
Weight with BF	6.00%	106	116.6	127.2	137.8	148.4	159	169.6	180.2	190.8	201.4	212	222.6	233.2	243.8
Weight with BF	7.00%	107	117.7	128.4	139.1	149.8	160.5	171.2	181.9	192.6	203.3	214	224.7	235.4	246.1
Weight with BF	8.00%	108	118.8	129.6	140.4	151.2	162	172.8	183.6	194.4	205.2	216	226.8	237.6	248.4
Weight with BF	9.00%	109	119.9	130.8	141.7	152.6	163.5	174.4	185.3	196.2	207.1	218	228.9	239.8	250.7
Weight with BF	10.00%	110	121	132	143	154	165	176	187	198	209	220	231	242	253
Weight with BF	15.00%	115	126.5	138	149.5	161	172.5	184	195.5	207	218.5	230	241.5	253	264.5
Weight with BF	20.00%	120	132	144	156	168	180	192	204	216	228	240	252	264	276
Weight with BF	25.00%	125	137.5	150	162.5	175	187.5	200	212.5	225	237.5	250	262.5	275	287.5
Weight with BF	30.00%	130	143	156	169	182	195	208	221	234	247	260	273	286	299
Weight with BF	35.00%	135	148.5	162	175.5	189	202.5	216	229.5	243	256.5	270	283.5	297	310.5
Weight with BF	40.00%	140	154	168	182	196	210	224	238	252	266	280	294	308	322
Weight with BF	45.00%	145	159.5	174	188.5	203	217.5	232	246.5	261	275.5	290	304.5	319	333.5

Lean Weight LBS

	100	110	120	130	140	150	160	170	180	190	200	210	220	230
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13 cal/lb	1300	1430	1560	1690	1820	1950	2080	2210	2340	2470	2600	2730	2860	2990
15 cal/lb	1500	1650	1800	1950	2100	2250	2400	2550	2700	2850	3000	3150	3300	3450
18 cal/lb	1800	1980	2160	2340	2520	2700	2880	3060	3240	3420	3600	3780	3960	4140

Weight Loss 13 cal/Lb	Protein Calories 40%	520	572	624	676	728	780	832	884	936	988	1040	1092	1144	1196	4 Cal/gram
	Fat Calories 30%	390	429	468	507	546	585	624	663	702	741	780	819	858	897	9 Cal/gram
	Carb Calories 30%	390	429	468	507	546	585	624	663	702	741	780	819	858	897	4 Cal/gram
		1300	1430	1560	1690	1820	1950	2080	2210	2340	2470	2600	2730	2860	2990	
Maintenance 15 cal/Lb	Protein Calories 40%	600	660	720	780	840	900	960	1020	1080	1140	1200	1260	1320	1380	4 Cal/gram
	Fat Calories 30%	450	495	540	585	630	675	720	765	810	855	900	945	990	1035	9 Cal/gram
	Carb Calories 30%	450	495	540	585	630	675	720	765	810	855	900	945	990	1035	4 Cal/gram
		1500	1650	1800	1950	2100	2250	2400	2550	2700	2850	3000	3150	3300	3450	
Weight Gain 18 cal/Lb	Protein Calories 40%	720	792	864	936	1008	1080	1152	1224	1296	1368	1440	1512	1584	1656	4 Cal/gram
	Fat Calories 30%	540	594	648	702	756	810	864	918	972	1026	1080	1134	1188	1242	9 Cal/gram
	Carb Calories 30%	540	594	648	702	756	810	864	918	972	1026	1080	1134	1188	1242	4 Cal/gram
		1800	1980	2160	2340	2520	2700	2880	3060	3240	3420	3600	3780	3960	4140	