

← RMR



RMR



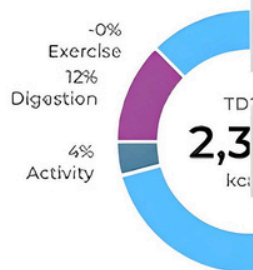
RHR



Sep 07,

Sedentary ▾

Desk job and little or no exercise



● 1,966 kcal

● 295 kcal

Fat Loss

TDEE

2,359

Deficit

500

← RMR



RMR



RHR



RER



TDEE



Sep 07, 2023



⚡ RMR (KCAL/DAY)



1,966
SLOW

● Predicted 2,556

● All 1,424

[SCHEDULE NOW!](#)

HISTORY

2163

1966