

# Nutrisize Health — Weekly Worksheet

Offline copy — open this file in any browser; it calculates automatically and saves your entries locally. From [nutrisize.health/plans](https://nutrisize.health/plans). Educational only — not medical advice.

## Your numbers

Sex

Male

Age (years)

e.g. 30

Units

Metric (cm, kg)

Height (cm)

e.g. 170

Weight (kg)

e.g. 68

Activity level

Moderately active — 3–5 workouts/week

Goal

Maintain weight

—

BMI

—

BMR kcal/day

—

TDEE kcal/day

—

Daily target kcal

—

Protein g/day

—

Carbs g/day

—

Fat g/day

—

Fiber g/day

—

Water L/day

BMR uses the Mifflin–St Jeor equation (ages 15+). Protein is sized per kg of body weight, fat at 30% of calories, carbs fill the rest, fiber at 14 g per 1,000 kcal. Educational estimates — not medical advice.

## 17 Plan your week

Enter the calories you plan for each meal — totals, color coding, and the weekly summary update as you type. Your entries stay in this browser only.

DAY	BREAKFAST	LUNCH	SNACK	DINNER	TOTAL	EXERCISE MIN	INTENSITY	BURN
Monday	kcal	kcal	kcal	kcal	-	min	Moderate ▼	-
Tuesday	kcal	kcal	kcal	kcal	-	min	Moderate ▼	-
Wednesday	kcal	kcal	kcal	kcal	-	min	Moderate ▼	-
Thursday	kcal	kcal	kcal	kcal	-	min	Moderate ▼	-
Friday	kcal	kcal	kcal	kcal	-	min	Moderate ▼	-
Saturday	kcal	kcal	kcal	kcal	-	min	Moderate ▼	-
Sunday	kcal	kcal	kcal	kcal	-	min	Moderate ▼	-

-

Avg intake kcal/day

-

vs. your target

-

Exercise min/week

-

Est. burn kcal/week

Aim for your daily total to land near your target (green = within 5%, amber = within 12%). Exercise burn is a rough estimate from duration, intensity, and your weight (METs method).