

# Daily Macro Calculator

Find your personal protein, carb & fat targets — built for women 50+

This calculator gives you a **starting point** — not a rigid rule. Bodies change, goals shift, and life happens. Use these numbers as a guide, check in with how you feel, and adjust from there. You know your body.

## STEP 1 — Calculate Your BMR (Resting Calorie Burn)

BMR = Basal Metabolic Rate — the calories your body burns at rest to keep you alive.

**Mifflin-St Jeor Formula for Women:**

$$(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) - 161$$

### Weight Conversion

lbs ÷ 2.205 = kg Example: 160 lbs ÷ 2.205 = **72.6 kg**

### Height Conversion

(inches × 2.54) = cm Example: 65 in × 2.54 = **165 cm**

My BMR =

calories/day

## STEP 2 — Find Your TDEE (Total Daily Energy Expenditure)

Multiply your BMR by the activity factor that best matches your week:

Sedentary	Little or no planned exercise; desk job or mostly sitting	× 1.2
Lightly Active	Light walking, 1–2 workouts/week	× 1.375
Moderately Active	3–4 workouts/week like Sixty Strong	× 1.55
Very Active	Hard exercise 5–6 days/week	× 1.725

My TDEE =

calories/day

## STEP 3 — Set Your Calorie Goal

Lose body fat	Subtract 250–300 cal	Small deficit preserves muscle
Maintain weight	No change (eat TDEE)	Best for body recomposition
Build muscle / gain	Add 150–200 cal	Slow surplus is key over 50

<b>My Calorie Goal =</b>	<b>calories/day</b>
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## STEP 4 — Break Down Your Macros

Use your **calorie goal** from Step 3 and the formulas below. These ranges are tuned for women over 50 — prioritizing protein to protect muscle.

■ PROTEIN	■ CARBOHYDRATES	■ FATS
25–30% of calories <b>4 cal per gram</b>	40–45% of calories <b>4 cal per gram</b>	25–35% of calories <b>9 cal per gram</b>
Calories × 0.275 ÷ 4 = grams of protein	Calories × 0.425 ÷ 4 = grams of carbs	Calories × 0.30 ÷ 9 = grams of fat
<b>My protein: _____ g/day</b>	<b>My carbs: _____ g/day</b>	<b>My fats: _____ g/day</b>

*Tip: Protein is the most important target. Get that right first, then fill in carbs and fats.*

## PROTEIN PRIORITY — Why It Matters Most After 50

After 50, your body becomes less efficient at using protein to build and maintain muscle (a process called **anabolic resistance**). That means you need *more* protein than you did in your 30s — not less. Aim for **0.7–1.0g of protein per pound of body weight** as a daily target. If you're strength training (which you should be!), lean toward the higher end.

**Simple Protein Check:** Body weight (lbs) × 0.8 = daily protein goal in grams

<b>My body weight:</b>	<b>lbs × 0.8 =</b>	<b>g protein/day</b>
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## EXAMPLE — See It In Action

<b>Sample Profile</b>	
Woman, age 58 · 160 lbs (72.6 kg) · 65 in tall (165 cm) · Moderately active	
<b>Step 1 — BMR</b>	$(10 \times 72.6) + (6.25 \times 165) - (5 \times 58) - 161 = \mathbf{1,407 \text{ cal}}$

<b>Step 2 — TDEE</b>	$1,407 \times 1.55$ (moderately active) = <b>2,181 cal</b>
<b>Step 3 — Goal (fat loss)</b>	$2,181 - 275 =$ <b>1,900 cal/day</b>
<b>Step 4 — Protein</b>	$1,900 \times 0.275 \div 4 =$ <b>~131g protein</b>
<b>Step 4 — Carbs</b>	$1,900 \times 0.425 \div 4 =$ <b>~202g carbs</b>
<b>Step 4 — Fats</b>	$1,900 \times 0.30 \div 9 =$ <b>~63g fat</b>

**Remember:** These are starting numbers — not a life sentence. Adjust by 50–100 calories if energy is low, hunger is high, or progress stalls after 2–3 weeks. Consistency beats perfection every single time.