

BMR TDEE BMI

- BMR:
- TDEE:
- BMI
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-
-
-

BMR:

BMR

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[illegible]

TDEE

TDEE

BMI



BMI

90 15% 70 40% BMI


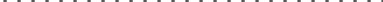

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BMI TDEE BMR

TDEE

BMR

□□□□ BMR □ TDEE □□□□□□□□□□□□□□□□

1. 
2. 


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BMR TDEE

“ ” BMR TDEE “ ”

= x x 1.036

80 3 248 7700
31 1

TDEE

“ BMR TDEE ”

BMR TDEE

BMR TDEE

TDEE TDEE

BMR TDEE 90%



200



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