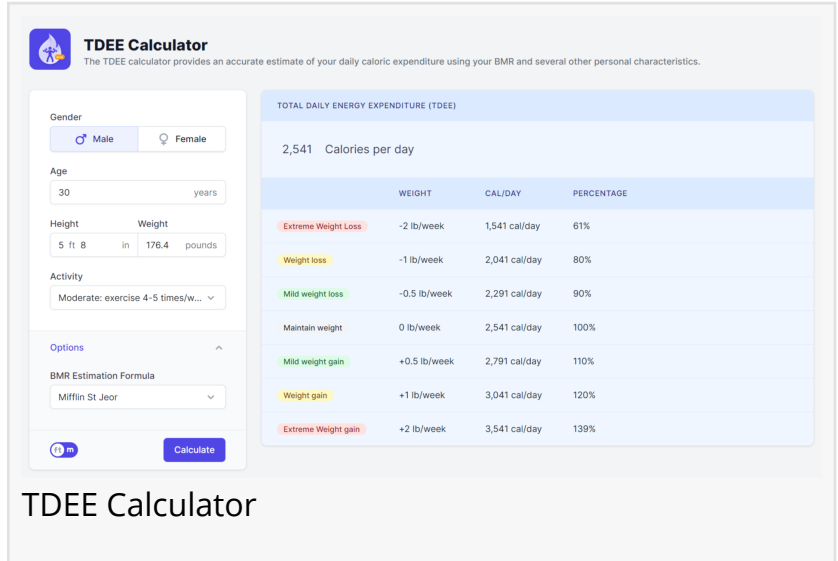


# Calculator.io Launches an Advanced TDEE Calculator to Help People Improve Their Health and Fitness

*Calculator.io's TDEE Calculator helps health and fitness enthusiasts determine their daily calorie needs based on activity level and body stats.*

LAS VEGAS, NEVADA, USA, May 5, 2023 /EINPresswire.com/ -- Calculator.io has announced the release of its [TDEE calculator](#), which stands for Total Daily Energy Expenditure. This innovative tool can calculate how many calories a person burns in a day. It is an essential tool for anyone who wants to lose weight, gain muscle, or maintain their current weight.



**TDEE Calculator**  
The TDEE calculator provides an accurate estimate of your daily caloric expenditure using your BMR and several other personal characteristics.

Gender: ☒ Male ☐ Female

Age: 30 years

Height: 5 ft 8 in Weight: 176.4 pounds

Activity: Moderate: exercise 4-5 times/w...

Options: BMR Estimation Formula: Mifflin St Jeor

**TOTAL DAILY ENERGY EXPENDITURE (TDEE)**  
2,541 Calories per day

|                     | WEIGHT       | CAL/DAY       | PERCENTAGE |
|---------------------|--------------|---------------|------------|
| Extreme Weight Loss | -2 lb/week   | 1,541 cal/day | 61%        |
| Weight loss         | -1 lb/week   | 2,041 cal/day | 80%        |
| Mild weight loss    | -0.5 lb/week | 2,291 cal/day | 90%        |
| Maintain weight     | 0 lb/week    | 2,541 cal/day | 100%       |
| Mild weight gain    | +0.5 lb/week | 2,791 cal/day | 110%       |
| Weight gain         | +1 lb/week   | 3,041 cal/day | 120%       |
| Extreme Weight gain | +2 lb/week   | 3,541 cal/day | 139%       |

TDEE Calculator

The TDEE Calculator (<https://www.calculator.io/tdee-calculator/>) is a user-friendly tool requiring minimal user information. Users should input their age, height, weight, and activity level. The calculator will then use a formula to calculate the total calories the user needs to maintain their current weight or change it.

The TDEE Calculator allows users to decide which of the most popular and precise formulas to use to determine the result. This calculator offers various options to select from the activity levels, including sedentary, light exercise, moderate exercise, active exercise, and very active exercise. It also considers multiple factors such as age, gender, and body type to accurately estimate a person's total daily energy expenditure.

The TDEE Calculator can be useful for anyone looking to improve their health and fitness. It can help individuals determine the number of calories they need to consume daily to achieve their desired weight loss or gain. It is also essential for athletes and fitness enthusiasts who want to optimize their nutrition and workouts.

Calculator.io is a trusted online platform offering various calculation tools to assist individuals in

various areas of their lives. Their calculators are renowned for their accuracy and ease of use, making them the preferred resource for anyone seeking reliable and user-friendly online calculation solutions.

In summary, the TDEE Calculator is a valuable tool for anyone looking to improve their health and fitness. With the calculator's accurate and reliable results, healthy lifestyle enthusiasts can confidently make informed decisions regarding their diet and exercise. To try the TDEE Calculator or any of Calculator.io's other calculators, users can visit the website today (<https://www.calculator.io/tdee-calculator/>).

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