

TDEE Worksheet

Printable TDEE worksheet for turning BMR, activity and goals into a calorie target.

Step	What to estimate	Write it down
1	BMR	Resting calorie burn
2	Activity multiplier	Training and movement
3	TDEE	Maintenance calories
4	Goal adjustment	Deficit or surplus
5	Review	Scale, measurements and energy

How to use this printable

TDEE is an estimate. Review results across 2-4 weeks rather than overreacting to one day of scale weight.

For a personalised estimate, use the linked calculator and compare the result with your real-world trend over time.

Related tools

TDEE Calculator: <https://tools.layna.com.au/nutrition/tdee-calculator/>

What Is TDEE: <https://tools.layna.com.au/blog/what-is-tdee/>

BMR vs TDEE: <https://tools.layna.com.au/compare/bmr-vs-tdee/>

Important: This resource is general information only. It is not medical, nutrition, financial, tax, accounting or legal advice.