



**Jules Duncan**  
**Coaching** 

**Calories**



# Calories and energy balance

In the most simple terms, a calorie is a unit of energy.

In general, women burn around 2000 calories per day, men burn around 2500 calories per day. This is very much dependent on age, lifestyle and activity, but it gives you a ball park idea.

The number of calories you burn each day is called **TDEE (total daily energy expenditure)**.

You can work out an approximate of how many calories you burn each day from your FitBit or Apple Watch (total calories, not active calories for Apple). Take the average of the last 2 weeks and this will give you a approximate estimate of how much you burn per day. If you don't use a watch to track activity is very simple way to calculate approximate TDEE (how many calories you burn in a day) is: bodyweight in lbs x 13.

Knowing how many calories your burn per day gives you "maintenance calories" i.e. how many calories will maintain the weight you are today.

But Jules, you're saying approximate and estimate - yup, as that's what all calorie calculations are - a good starting point, that's a close as we can get as our bodies are so dynamic.



**TDEE is your Total Daily Energy Expenditure**

**Eating less than your TDEE = weight loss**

**Eating more than your TDEE = weight gain**

**Eating the same as your TDEE = Maintenance**

## How many calories should you eat for fat loss?

**1lb of fat = 3500 cal**

**(if you actually burn 1lb of fat, that's the energy it would provide)**

Eating on average around 300 or 400 calories less than we burn (TDEE) each day is a manageable and sustainable calorie deficit if your goal is fat loss. It will allow you to be consistent with your calorie deficit and helps retain lean tissue (muscle)

**TDEE (total daily energy expenditure) - 400 calories  
= Personal daily calorie goal for fat loss!**

Your TDEE is an approximate of the calories you need to maintain your weight. Once you have worked with this goal for 2 weeks of monitoring the calories you eat, you can then see if you need to adjust up or down a little for your goal!

You can increase your TDEE by generally moving more, doing more steps, or just not sitting down as much!



**Use the methods above to calculate your calorie goal.**

**Do not let MyFitnessPal set your calories**



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**Got questions?**

**Need a wee bit more help?**

**Reach out on Instagram**

**@julesduncanfitness**