



Daily Calorie Intake for Active Women

YOUR WEIGHT	MON CALORIES	TUE CALORIES	WED CALORIES	THURS CALORIES	FRI CALORIES	SAT CALORIES	SUN CALORIES
300 lbs.	2739	2939	2789	3339	2739	3089	2939
275 lbs.	2522	2722	2572	3122	2522	2872	2722
250 lbs.	2304	2504	2354	2904	2304	2654	2504
225 lbs.	2082	2282	2132	2682	2082	2432	2282
200 lbs.	1869	2069	1919	2469	1869	2219	2069
175 lbs.	1652	1852	1702	2252	1652	2002	1852
150 lbs.	1434	1634	1484	2034	1434	1784	1634
125 lbs.	1217	1417	1267	1817	1217	1567	1417
100 lbs.	999	1199	1049	1599	999	1349	1199

Remember, All Diet Source tools and charts provide general information only. They are not meant to replace professional advice. Always check with your Physician before starting any weight loss or exercise program.