



10 WEIGHT MANAGEMENT CALCULATORS TO HELP YOU ALONG YOUR FITNESS JOURNEY



Daily Calorie Calculator for the amount of **calories** to maintain your weight, lose 1 or 2 lbs per week or gain 1 or 2 lbs per week:

<http://www.calculator.net/calorie-calculator.html>

Daily Calorie Calculator with Body Fat % input and 7 day calories cycle

http://www.freedieting.com/tools/calorie_calculator.htm

Weight Gaining Calculator

http://www.freedieting.com/tools/weight_gain_calculator.htm

Macronutrient Calorie Calculator

http://www.freedieting.com/tools/nutrient_calculator.htm

Body Fat % Calculator

<http://www.calculator.net/army-body-fat-calculator.html>

Target Heart Rate Calculator

http://www.freedieting.com/tools/target_heart_rate.htm

One Rep Max Calculator

<http://www.timinvermont.com/fitness/orm.htm>

Bra Size Calculator (LOL! Now you know why I said 10 not 11 Calculators)

<http://www.calculator.net/bra-size-calculator.html>

Waist to Hip Ratio Calculator

http://www.freedieting.com/tools/waist_to_hip_ratio.htm

Age Calculator

<http://www.calculator.net/age-calculator.html>

Calories Burned Activity Calculator

http://www.freedieting.com/tools/calories_burned.htm

Hope this helps you out :)

Sincerely,

Coach Michael Diaz

Mission: Help the Community To Lose 1000 Pounds Of Fat

www.MDFitness.Biz