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**IIFYM**

if it fits your macros



# IIFYM CALCULATOR

The IIFYM macro calculator is first diet calculator of its kind. We developed the IIFYM macro calculator it to be the most comprehensive and easy to use weight loss calculator for people following the IIFYM diet and flexible dieting for fat loss with IIFYM.

Our IIFYM Macro Calculator takes the guess work out of calculating macros for immediate fat loss.. All you have to do is enter your details, select your goals and retrieve your macros. Our diet calculator is the most accurate macro calculator there is, making tracking macros & IIFYM fat loss very easy.

**1** CALCULATE YOUR TOTAL DAILY ENERGY EXPENDITURE

CALCULATOR LOGIN

IMPERIAL

METRIC

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### Select your gender:

<input type="radio"/>  I'M A WOMAN	<input type="radio"/>  I'M A MAN
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### Select your age:

<input type="text" value="15"/>	80
YEARS	

### Select your height:

<input type="text" value="4"/>	<input type="text" value="0"/>	8'0"
FT	IN	

IMPERIAL  METRIC

## Select your weight:

90 LBS

LBS

600 LBS

## Select your formula:

TOTAL BODY WEIGHT FORMULA

LEAN MASS FORMULA

CURRENTLY BODY FAT %

## How would you describe your normal daily activities?

SEDENTARY

Spend most of the day sitting (bank teller, desk job)

LIGHT  
ACTIVITY

Spend a good part of the day on your feet (teacher, salesman)

ACTIVE

Spend a good part of the day doing physical activity (waitress, mailman)

VERY ACTIVE

Spend most of the day doing heavy physical activity (messenger, carpenter)

## Days per week exercising?

0

DAYS

7

MIN

## Minutes per day exercising (including cardio)?

0 Min

360 Min

## How intense is your exercise?

LIGHT

I can hold a conversation while working out and do not break a sweat

MODERATE

I am breathing very hard and challenge myself.

DIFFICULT

Always break a sweat & have an elevated heart rate. I cannot hold a conversation.

INTENSE

Don't talk to me, don't look at me. I'm here for a purpose and I might die today.

## 2 SET YOUR GOALS

### Set your diet calories, based on your fat loss goals

Now set your weight loss calories, based on your macro calculator numbers. Now that the IIFYM Macronutrient Calculator has provided your TDEE (Total Daily Energy Expenditure), it is time set the amount of calories you will be consuming while following the IIFYM diet for fat loss. In order to lose weight (burn fat), you need to consume less calories than your body needs. A calorie deficit of 15-20% off of your TDEE is a safe caloric deficit to shoot for to insure fast fat loss without burning up your lean muscle mass. To build muscle, you need to consume slightly more calories than your TDEE. 5-10% is a safe caloric surplus from our macronutrient calculator to consume in order to encourage muscle growth without packing on too much unwanted body fat. This is where the IIFYM Calculator shines!

**WEIGHT LOSS (BURN FAT)**

**1121**  
CALORIES

- 15%  
Suggested
- 20%  
Aggressive
- 25% Reckless

**PERFORMANCE (SAME AS TDEE)**

**980**  
CALORIES

- Same as TDEE

**BULKING (ADD MUSCLE)**

**760**  
CALORIES

- +5% (cautious)
- +10% (text book)
- +15% (aggressive)

**ENTER YOUR OWN CALORIES**

**1243**  
CALORIES

- Enter Your Own

Calories

**RESET**

**CALCULATE**



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