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Calorie range frustration, the calculation

Saturday, September 29, 2012

I was happy as a clam with SP, content with my maintenance and results until last night when suddenly my calorie range needs dropped by 125 calories per day.

What happened? I didn't change my weight, although 2 weeks ago when I got active on SP I did record the 3 lb drop that I neglected to do for over 2 years.

Until yesterday the range for my 135 lb, 5'6" self was 1507 – 1800 something. I really like the ability to keep track of nutrients.

All of a sudden the range became 1380 to 1730??

I had been aiming for 1500-1650 per day and burning 300 through fitness. Although I could still continue doing that that and stay in my new range, I don't like looking at that 1380 at all!

Using SP's own calculator, my BMR is 1241 and 1489 needed for basic sedentary living without any fitness activities at all. https://sparkpeo.hs.llnwd.net/e1/resource/calorie_calculation101.asp

So, I spent this morning fiddling with goals to see what happens. When I entered that I wanted to lose 3 lbs by Nov 25th, the bottom range actually dipped to 1200. Really? To become a 132 person? That's hardly a twig! Maybe that's with no exercise?

Finally I got it to 1460 – 1810. That's with no weight loss desired and 1500 calories burned per week through fitness activities.
Close enough. I'll keep that.

One realization: At the peak of my frustration this morning I almost ate one of DH's snack cakes (the honey buns). But I resisted and I thank SP for my new found awareness of emotional eating.

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MISCHAKEO

I do not track calories, but carbs..but had the same experience. I was nicely maintaining a 3 pound up and down..Then I increased my ST weights and upped the level on the elliptical. All of





sudden I gained 2 pounds which did not come down.
I have been eating the same.

So I understand your frustration. Hope your new range works out for you.
3179 days ago



TRYINGTOLOSE64

I never have trusted their calculations because my medications are not taken into account.
3180 days ago



SUZYMOBILE

It's frustrating not to be able to believe or trust the calculations you're given. If you've been maintaining at 1500-1650 and burning 300 through fitness, just keep on doing what works for you. You can purposely set that range in your Nutrition Tracker, and it will populate the main page as well.

At this point, I pay no attention to odd numbers that appear on the main page (because they make no sense to me)--only those that I've gotten to match the numbers I've entered in my Nutrition Tracker, which I believe.
3180 days ago



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