The Daily Caloric Consumption Chart For Women

Resting Calories (doing nothing)
Low Activity (low impact walking, cycling 2-3 times a week)
Medium Activity (low impact walking or cycling 3-4 times a week)
High Activity (low impact walking or cycling 6-7 times a week)

POUNDS YOU WEIGH	RESTING CALORIES	LOW ACTIVITY	MEDIUM ACTIVITY	HIGH ACTIVITY
100	**1,120**	**1,450**	**1,570**	**1,680**
110	1,150	1,490	1,600	1,720
120	1,190	1,550	1,670	1,780
130	1,220	1,580	1,700	1,830
140	1,250	1,630	1,750	1,880
150	**1,280**	**1,660**	**1,800**	**1,920**
160	1,320	1,720	1,850	1,980
170	1,350	1,750	1,890	2,000
180	1,380	1,790	1,930	2,070
190	1,420	1,850	1,990	2,100
200	**1,450**	**1,880**	**2,030**	**2,180**
210	1,480	1,950	2,050	2,200
220	1,512	1,970	2,100	2,270
230	1,540	2,000	2,160	2,300
240	1,580	2,050	2,200	2,400
250	**1,610**	**2,090**	**2,250**	**2,410**
260	1,640	2,130	2,300	2,460
270	1,676	2,170	2,350	2,500
280	1,710	2,220	2,400	2,560
290	1,740	2,260	2,440	2,600
300	**1,770**	**2,480**	**2,500**	**2,660**

Sources:
Mayo Clinic Report, volume 163 (1998)
American Journal of Clinical Nutrition, volume 44 (1986 1-19)