

Name	Weight	Goal	Activity	Calories
Jane	55kg	Health & Weight maintenance	Desk job, mainly sedentary but does a yoga class one to two times per week	Daily calorie needs: $30\text{kcal} \times 55\text{kg} = \text{approx. } 1,650\text{kcal}$
Anne	65kg	Health & Weight maintenance	One to two hours of intense physical activity 3 times per week	Daily calorie needs: $35\text{kcal} \times 65\text{kg} = \text{approx. } 2,275\text{kcal}$
Sarah	55kg	High-performance athlete; health and weight maintenance	Two to three hours of high-intensity exercise >5 times per week	Daily calorie needs: $50\text{kcal} \times 55\text{kg} = \text{approx. } 2,750\text{kcal}$
Shane	70kg	Health & Weight maintenance	Desk job, walks to and from work (30 minutes walking in total each day)	Daily calorie needs: $30\text{kcal} \times 70\text{kg} = \text{approx. } 2,100\text{kcal}$
Kenneth	80kg	Health & Weight maintenance	Desk job, does a 5km moderate intensity run after work one to three times per week	Daily calorie needs: $30\text{kcal} \times 80\text{kg} = \text{approx. } 2,400\text{kcal}$
Gary	90kg	High-performance athlete; health and weight maintenance	One to three hours of moderate intensity exercise more than four times per week	Daily calorie needs: $40\text{kcal} \times 90\text{kg} = \text{approx. } 3,600 \text{ kcal}$