

9.2 Determine Avg. TDD for Your Weight

1. Enter your current weight below.
2. To find the average TDD for your weight, multiply by 0.24 for lbs or 0.53 for kg.*

My weight = _____ lb (kg)
 x 0.24 (x 0.53 for kg)

3. Avg. TDD for my weight = _____ units/day

* For children prior to puberty, multiply by 0.20 for lbs (0.44 for kgs)