

**Worksheet 17.1**  
**Family Estimated Total Daily Calories**

Family Members	Age	Activity Level	Weight	Calories per Pound of Body Weight	Calories Needed
1			_____ x	=	
2			_____ x	=	
3			_____ x	=	
4			_____ x	=	
5			_____ x	=	
6			_____ x	=	
Total Family Calories					

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Refer to table 17.2 on page 124 in Crisis Preparedness Handbook for information to complete this table.