



## DOSAGE GUIDELINE CHART

### DAILY PROTEIN REQUIREMENTS FROM ALL SOURCES

CLASS		ONE (I)	TWO (II)	THREE (III)	FOUR (IV)
LEAN MASS		INACTIVE SEDENTARY	AEROBIC ENDURANCE	AEROBIC/ANAEROBIC SPEED	ANAEROBIC SIZE/STRENGTH
LBS	KG	1 g/kg	1.5 g/kg	2 g/kg	2.5 -3 g/kg
80	36	36 g	54 g	72 g	90-108 g
85	39	39 g	59 g	78 g	98-117 g
90	41	41 g	62 g	82 g	103-123 g
95	43	43 g	65 g	86 g	108-129 g
100	45	45 g	68 g	90 g	113-135 g
105	48	48 g	72 g	96 g	120-144 g
110	50	50 g	75 g	100 g	125-150 g
115	52	52 g	78 g	104 g	130-156 g
120	55	55 g	83 g	110 g	138-165 g
125	57	57 g	86 g	114 g	143-171 g
130	59	59 g	89 g	118 g	148-177 g
135	61	61 g	92 g	122 g	153-183 g
140	64	64 g	96 g	128 g	160-192 g
145	66	66 g	99 g	132 g	165-198 g
150	68	68 g	102 g	136 g	170-204 g
155	70	70 g	105 g	140 g	175-210 g
160	73	73 g	110 g	146 g	183-219 g
165	75	75 g	113 g	150 g	188-225 g
170	77	77 g	116 g	154 g	193-231 g
175	80	80 g	120 g	160 g	200-240 g
180	82	82 g	123 g	164 g	205-246 g
185	84	84 g	126 g	168 g	210-252 g
190	86	86 g	129 g	172 g	215-258 g
195	89	89 g	134 g	178 g	223-267 g
200	91	91 g	137 g	182 g	228-273 g
205	93	93 g	140 g	186 g	233-279 g
210	95	95 g	143 g	190 g	238-285 g
215	98	98 g	147 g	196 g	245-294 g
220	100	100 g	150 g	200 g	250-300 g

**Aerobic** – (with oxygen) walking/in-line skating/distance running/biking/swimming/triathlons

**Anaerobic** – (without oxygen) body shaping/resistance training/weight training/powerlifting/Olympic lifting/body-building/sprinting.