

Forum:[Hack Forums](#)

Thread: [What is your daily caloric intake?](#)

Charger - April 26, 2020, 8:16 am

I normally eat around 1400 calories. If I run or workout I consume around 2000.

What about you?

shitmaster - April 26, 2020, 8:20 am

During the lockdown, I am at around 1400 to 1500 a day. Otherwise I'm around 2100++. I am not active during the lockdown and don't look to gain any extra pounds.

Ombra - April 26, 2020, 8:21 am

It's a lot since the last time I counted my calories, when I was following my last gym schedule I was very strict on taking 2k per day.

Charger - April 26, 2020, 8:28 am

(Apr 26, 2020 08:21 AM)Ombra Wrote: [\[CITE\]](#) It's a lot since the last time I counted my calories, when I was following my last gym schedule I was very strict on taking 2k per day.
I'm guessing you're a "1200isplently" hater lol

Gym rats hate 1200.

SourceCode101 - April 26, 2020, 8:31 am

im around 1800 right now and drop evry month

Ombra - April 26, 2020, 8:34 am

(Apr 26, 2020 08:28 AM)Charger Wrote: [\[CITE\]](#) I'm guessing you're a "1200isplently" hater lol

Gym rats hate 1200.

Not really, I'm not a gym fanatic but I workout schedule is more performant if you have a diet to respect too

Luca - April 26, 2020, 8:37 am

I do around 5000-7000 on a good day.

Hero - April 26, 2020, 8:39 am

Ehm, i eat way too much. And i feel ashamed for doing so, but our local burger shop makes too tasty burgers.

triumvirate1 - April 26, 2020, 12:44 pm

about 1500 calories, would eat more if I was working out but this has been my safe zone. Have lost close to 50 lbs at this rate.

hfrocket1713 - April 27, 2020, 6:29 pm

I eat like 3500 calories a day...I lift tho and idk how the fuk some of yall eat only 1500 calories wtf

Present - April 29, 2020, 11:57 am

Easily take down 4000 calories. On a bad day I would eat 2800-900 calories.

HEISENPUG - April 29, 2020, 1:08 pm

i never honestly counted in my life but if i was to guess its prolly in the 1500 range.

DubIA - April 30, 2020, 9:41 pm

I'm (dreadfully) fasting for Ramadan so I'm eating like 1000ish a day maybe a bit more.
Feeling pretty dead.

Sam Winchester - May 1, 2020, 6:13 pm

Something like 2.5k - 3k is maintenance for me. Probably a little less than that as I'm not as active right now as I was before corona.

Yin Yang - May 1, 2020, 6:23 pm

Mine's around the 1800-2100 range.

I was at about 1700 a couple months of ago, but started feeling fatigued.

blizzard23 - May 1, 2020, 9:04 pm

I was eating like 3000-3500 a day and exercising 5 times a week, now I am not exercising and eating probably around 2200-2500

Bob White - May 1, 2020, 9:12 pm

No idea, when I was working out I had that shit dialed in, now that I work non stop I eat at work and drink myself to sleep at night, does that count is a diet? lol

SaintJimmy - May 1, 2020, 9:16 pm

My usual intake was about 2400 to 2500 or maybe a bit more at times since I am used to heavy physical activity on a working day. These days it has been reduced to 1900 to 2100 as I do not perform any extensive work and am pretty much at home. I sure do my morning workout by 2100 calories (give or take) are sufficient.

Ravioli - May 3, 2020, 4:24 am

Usually would do around 3500 calories, but since quarantine started I honestly haven't been eating much. Probably around the 2000s.

bawrrrrski - May 4, 2020, 4:10 pm

My BMR (basal metabolic rate) was at 2,250 when I got tested last. I'm at a -250 deficit in normal situations (workout 5x), however with quarantine in action and my gym closed I'm at -400.

skuxdeluxe - May 13, 2020, 6:44 am

4000 calories for me.. trying to gain weight through gym and food

Charger - May 13, 2020, 6:47 am

(May 13, 2020 06:44 AM)skuxdeluxe Wrote: [\[CITE\]](#) 4000 calories for me.. trying to gain weight through gym and food

Damn dude. C h o n k y

Yin Yang - May 13, 2020, 7:00 am

This whole COVID sh!t fucked up my Summer 2020 goals lol, I was on track and everything, but with the gym closed, I'm tapering down to about 1950 calories.

I'm at about 158 pounds, healthy and everything, but sucks how I can't get a proper workout in. I do about 100-200 push ups and squats daily, and do hiking and stuff, but it's no replacement for an actual workout.

Charger - May 13, 2020, 7:05 am

(May 13, 2020 07:00 AM)Yin Yang Wrote: [\[CITE\]](#) This whole COVID sh!t fugged up my Summer 2020 goals lol, I was on track and everything, but with the gym closed, I'm tapering down to about 1950 calories.

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Look around on FB market for gyms offloading weights for cheap. Actually, a lot of used equipment for sale

sweet pop - May 13, 2020, 7:10 am

1300 I only eat two meals a day.

Yin Yang - May 13, 2020, 7:16 am

(May 13, 2020 07:05 AM)Charger Wrote: [\[CITE\]](#) Look around on FB market for gyms offloading weights for cheap. Actually, a lot of used equipment for saleYeah I'll probably do resistance bands, a pull up bar, and adjustable dumbbells.

Ash Ketchum - May 13, 2020, 7:27 am

Roughly about 1800 during lockdown but that's more than I want to be eating, need to bring it back down to 1400ish

skuxdeluxe - May 13, 2020, 8:11 am

(May 13, 2020 06:44 AM)skuxdeluxe Wrote: [\[CITE\]](#) 4000 calories for me.. trying to gain weight through gym and food

I used to be 120pounds, which was normal for my size but now I'm a fat 150lb at 5'5 pure muscle