Table: Schofield equations for estimating basal metabolic rate from weight.

| Age Group          | Basal metabolic rate (kcal/24 hours) |
|--------------------|--------------------------------------|
| **Children under 3 years of age** |                                      |
| Male               | 59.5 x weight [kg] – 30.4            |
| Female             | 58.3 x weight [kg] – 31.1            |
| **Children 3 to 10 years** |                                    |
| Male               | 22.7 x weight [kg] + 504.3          |
| Female             | 20.3 x weight [kg] + 485.9          |
| **Children 10 to 18 years** |                                   |
| Male               | 17.7 x weight [kg] + 658.2          |
| Female             | 13.4 x weight [kg] + 692.6          |

Reference: Schofield W. Predicting basal metabolic rate, new standards and review of previous work. *Human nutrition Clinical nutrition*. 1985;39:5-41.