

Activity Weight	50-60 kg 110-132 lb	60-75 kg 132-165 lb	75-90 kg 165-198 lb	90-105 kg 198-231 lb	105-125 kg 231-275 lb
Low	2	2	2	3	4
Moderate	2	2	3	4	5
High	2	3	4	5	