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**What is an average BMR? | Reference.com**

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**BMR**, or **basal metabolic rate**, is a measure of how many calories a person burns with no activity. It is based on many factors, including age and gender. For a 28-year ...

**FY18 Chief Selection Board - Page 5 - Navy Forum for ...**

[forum.navyadvancement.com/topic/2795-fy18-chief-selection-board/...](http://forum.navyadvancement.com/topic/2795-fy18-chief-selection-board/)

25 posts · First post: Sep 03, 2016

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[www.3daymilitarydietplan.com/military-diet-faqs](http://www.3daymilitarydietplan.com/military-diet-faqs)

The **3 Day military diet** is a strict eating regiment of 3 days. On days 4, 5, 6, & 7 you eat normally, preferably with a slight calorie deficit.