

MACRO CHEAT SHEET

1. WHAT DO YOU WEIGH?

2. HOW MUCH DO YOU WORKOUT?

- 11 = SEDENTARY
- 12 = LESS THAN 5 HRS /WK
- 13 = 5-10 HRS/WK
- 14 = 10-15 HRS/WK
- 15 = 15-20 HRS/WK
- 16 = 20+ HRS/WK

*ADD .5 TO YOUR NUMBER IF YOU HAVE AN ACTIVE JOB

3. YOU NEED THIS MANY CALORIES

DETERMINE YOUR CALS (YOUR MAINTENANCE CALS)

1. YOUR WEIGHT (IN LBS): _____
- ×
2. LIFESTYLE MULTIPLIER: _____
- =
3. DAILY CALORIC NEEDS: _____

WHAT IS YOUR GOAL?

CUTTING

- START AT MAINTENANCE THEN SUBTRACT 100-1000KCAL
- THE SIZE OF YOUR DEFICIT DEPENDS ON YOUR CURRENT LEVEL OF LEANNESS
- THE LEANER YOU ARE, THE SMALLER THE DEFICIT NEEDS TO BE

$$\begin{array}{r} \text{MAINTENANCE} - \text{DEFICIT} \\ \hline = \text{KCAL FOR YOUR CUT} \end{array}$$

MAINTENANCE

- EAT AT MAINTENANCE FOR:
- PERFORMANCE AND
 - BODY RECOMPOSITION

BULKING

- START WITH MAINTENANCE THEN ADD 500-1000KCAL
- IF YOU WANT A SLOW GAIN, STAY AT THE LOWER END. IF YOU WANT BIG GAINS, GO NUTS
- EXPECT A SMALL AMOUNT OF FAT GAIN

$$\begin{array}{r} \text{MAINTENANCE} + \text{SURPLUS} \\ \hline = \text{KCAL FOR YOUR BULK} \end{array}$$

NOW FIND YOUR MACROS

1. DETERMINE PROTEIN

$$\begin{array}{r} 2\text{G PER KILO} \\ \text{OF BODYWEIGHT} \\ \hline \times 4 = \text{KCAL} \\ \text{FROM PROTEIN} \end{array}$$

2. DETERMINE FAT

$$\begin{array}{r} 1\text{G PER KILO} \\ \text{OF BODYWEIGHT} \\ \hline \times 9 = \text{KCAL} \\ \text{FROM FAT} \end{array}$$

3. DETERMINE CARBS

$$\begin{array}{r} \text{CARBS MAKE UP THE REMAINDER} \\ \text{OF YOUR CALORIC TOTAL} \\ \text{ADD CALORIES FROM FAT \& PROTEIN} \\ \text{SUBTRACT THAT FROM YOUR TOTAL} \\ \hline \text{THIS IS YOUR KCAL FROM CARBS} \\ \div 4 = \\ \hline \text{THIS IS YOUR GRAMS OF CARBS} \end{array}$$

THESE ARE YOUR MACROS

THINGS TO KEEP IN MIND

- CREATE MEAL APPROACHES THAT WORK FOR YOU AND YOUR LIFESTYLE, YOUR SCHEDULE, YOUR PREFERENCES
- HITTING YOUR PROTEIN IS MOST IMPORTANT. THERE CAN BE WIGGLE ROOM AMONGST FATS AND CARBS AS LONG AS PROTEIN AND TOTAL CALORIES ARE BEING MET
- TWEAK YOUR CARBS AND FAT IF YOU ARE CONSISTENTLY ABOVE ON ONE AND BELOW ON ANOTHER
- BE CONSISTENT FOR TWO WEEKS IN ORDER TO GAUGE HOW ACCURATE YOUR CALCULATIONS ARE. TWEAK ACCORDINGLY, IF NECESSARY
- DON'T DICK AROUND AND THEN THINK THE NUMBERS YOU AREN'T HITTING DON'T WORK
- YOU CAN'T CHEAT THE PROCESS
- IF ON A CUT, DOING TOO BIG OF A CUT WON'T ACCELERATE YOUR PROGRESS
- WEIGH YOURSELF, BUT NOT EVERY DAY. IF YOUR SCALE DOESN'T MOVE FOR TWO WEEKS, YOU ARE AT BASELINE. CUT, BULK, MAINTAIN AS YOU NEED
- RECALCULATE EVERY 6 WEEKS OR 10-15 POUNDS
- EAT. LIFT. LIVE.