Ultimate Fitness & Calorie Scheduler - User Guide

This Excel-based tool helps you calculate daily calorie and macronutrient targets, log food intake, plan workouts, and track progress over time. It is designed for anyone looking to optimize fitness and nutrition — whether the goal is fat loss, muscle gain, or maintenance.

1. Profile Setup
- Go to the *Profile* sheet.
- Enter your Age, Height, Weight, and Sex.
- Choose your Activity Level (Sedentary → Athlete).
- Select your Goal (Lose / Maintain / Gain).
- Enter your desired Weekly Change (e.g., -0.25 kg for fat loss).

The sheet will automatically calculate:
- Basal Metabolic Rate (BMR)
- Total Daily Energy Expenditure (TDEE)
- Target Calories (adjusted for your goal)
- Macronutrient targets (Protein, Fat, Carbs)

2. Food Log
- Open the *Food Log* sheet.
- Select your Date and Meal (Breakfast, Lunch, Snack, Dinner).
- Use the dropdown to pick foods from the *FoodDB* database.
- Adjust the Servings column to match your intake.

Calories and macronutrients will auto-calculate for each food.
Totals are rolled up daily in the *Daily Summary* sheet.

3. Daily Summary
This sheet compares your total calories and macros with your targets.
- *Total Calories* shows intake per day.
- *Calorie Balance* shows surplus or deficit vs target.
- Protein, Carbs, and Fat are tracked against your goals.

4. Workout Plan
The *Workout Plan* sheet includes a sample 7-day routine:
- Upper / Lower body strength training
- Cardio + Core sessions
- Full body circuit
- Active recovery and rest days

You can customize exercises, sets, and reps as needed.

5. Progress Tracking
Log your Weight, Steps, Workout Minutes, and Calories in the *Progress* sheet.
Charts in the *Dashboard* will show trends over time, including:
- Weight loss or gain
- Daily calorie intake vs targets
- Steps per day

6. Dashboard
The *Dashboard* sheet provides an overview of your progress:
- Key metrics (Calories, Deficit, Macro Targets)
- Weight trend chart
- Calories vs Target chart

- Steps bar chart

This makes it easy to track consistency and progress at a glance.

Tips for Best Results:
- Update your weight weekly in the *Progress* sheet.
- Be consistent with food logging for accurate results.
- Adjust your Profile if your weight trend stalls for 2–3 weeks.
- Customize *FoodDB* with the foods you eat most often.
- Use the Dashboard weekly to evaluate progress.