

# Fitness Journey

Javier Galindo



A Monthly Check of Fitness Goals

# Meet the team



Javier Galindo  
Nerd/Wannabe Writer/Athlete



The road to 200...

# What was measured?

## Body Composition

- Weight (lbs)
- Waist (in), Hips (in), neck (in)
- BF%
- $\Delta$  Fat (lbs) & Lean Mass (lbs)

## Exercise

- Workout Log
- Heart Rate readings
- Training Frequency
- Training Volume
- Training Efficiency

## Diet

- Food Log
- Calorie Intake
- Macros
- Protein Consumption

# What Improved?

## Body

Dropped **11.6** lbs since April 2025! **62%** total fat mass loss!

Reduced **1** in (waist) & **0.5** in (hips)

## Diet

Daily protein intake (**150g**) goal met with **73%** frequency

Maintained calorie deficit under **2,700** Kcal

## Exercise

Body responds well to KB training: more complete, denser workouts

Efficient sessions with improved SLI and higher Reps x Min

## What worked?

Changing eating window to 9:00AM  
- 6:30PM

Focus on heavier breakfast → 40g  
Protein minimum

Shift to Kettlebell Circuit Training =  
Game Changer!

## What didn't?

Inconsistent records affected data  
quality

Fasting in the morning → late eating  
window affected night's rest

Long training sessions (bodyweight,  
boxing) → frequent fatigue with no  
added benefit

# Adjustments for next month

## Body

Drop **2-5** lbs: at least  
**75%** fat mass

Reduce **0.5** in both waist  
& hips

## Diet

**Aim** for **160g** - **170g** of  
daily Protein | At least  
**40g** Breakfast

**Avoid** eating after  
6:30PM

Keep an eye on Snacks  
and Sodium!

## Exercise

**Continue KB training**

Sessions **45** - **60** min  
long

**Target range:** **6** - **9**  
reps/min

Focus on back and  
swing movements



# WEIGHT AND BODY COMPOSITION

Date	Weight (lb)	Waist (in)	Hip (in)	Neck (in)	BF%	Fat Mass (lb)	Lean Mass (lb)	Fat Mass Change (lb)	Lean Mass Change (lb)
10/5/2024	273.4	48	51	18	35.46	96.94	176.46		
10/12/2024	268.8	47	50	18	34.19	91.90	176.90	-5.03	0.43
10/15/2024	265.8	46.5	51	18	33.54	89.15	176.65	-2.75	-0.25
10/26/2024	267.8	47	50	18	34.19	91.56	176.24	2.41	-0.41
11/2/2024	267.8	46	50	18	32.88	88.05	179.75	-3.51	3.51
3/8/2025	265.2	47	50.5	18	34.19	90.67	174.53	2.62	-5.22
3/19/2025	262.2	45.5	50.5	18	32.21	84.44	177.76	-6.23	3.23
3/26/2025	262.2	45.5	50	18	32.21	84.44	177.76	0.00	0.00
4/9/2025	259	45.5	49	18	32.21	83.41	175.59	-1.03	-2.17
4/19/2025	258.2	45.5	49	18	32.21	83.16	175.04	-0.26	-0.54
4/25/2025	256.6	45	49	18	31.52	80.88	175.72	-2.27	0.67
5/1/2025	254.8	44.5	49	18	30.82	78.54	176.26	-2.35	0.55
5/8/2025	253.8	44.5	49	18	30.82	78.23	175.57	-0.31	-0.69
5/12/2025	256.6	44	49	18	30.11	77.27	179.33	-0.96	3.76
5/13/2025	253.4	44	49	18	30.11	76.30	177.10	-0.96	-2.24
5/15/2025	251.2	43.6	48.5	18	29.53	74.18	177.02	-2.12	-0.08
5/24/2025	250.8	43.5	48.5	18	29.39	73.70	177.10	-0.48	0.08
11/14/2025	254.8	45	49	18	31.52	80.32	174.48	6.62	-2.62
11/29/2025	252	45	49	18	31.52	79.43	172.57	-0.88	-1.92
12/11/2025	250.6	44.5	48.5	18	30.82	77.24	173.36	-2.19	0.79



# Get your diet right!

We will examine:

- Food Log
- Calories
- Macros
- Protein Intake



# CALORIES CONSUMED BY MEAL (MONTHLY)

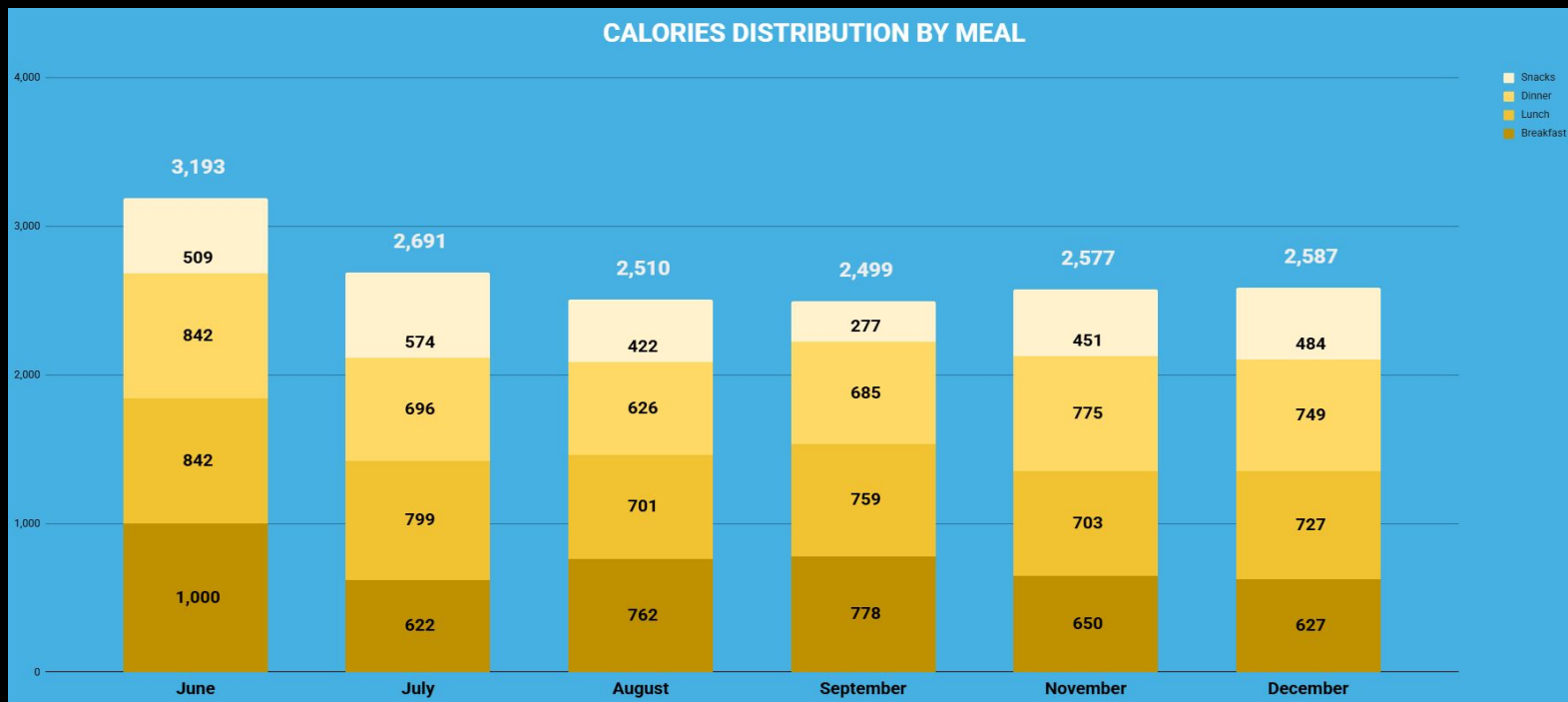
AVG CALORIES CONSUMED PER MEAL				
Month	Breakfast	Lunch	Dinner	Snacks
June	1,000	842	842	509
July	622	799	696	574
August	762	701	626	422
September	778	759	685	277
November	650	703	775	451
December	627	727	749	484

**June:** Heavy breakfast (1000 kcal) → high sodium & fat

**August–September:** Better distribution, transitioned to dominant breakfast & lighter dinner

**November–December:** Stop eating sweets! Heavy dinner makes it difficult to sleep early and rest properly

# CALORIES DISTRIBUTION BY MEAL (Monthly Averages)



# MACRO SUMMARY

MONTH	CARBS	FAT	PROTEIN	CHOL	SODIUM	SUGAR	FIBER	Protein Intake 150g min	BF Protein 40g min
June	251	125	168	841	3,354	83	25	64%	52%
July	196	74	138	762	1,521	44	25	25%	38%
August	245	70	170	1,011	2,648	82	37	83%	83%
September	231	91	163	850	2,532	73	33	71%	53%
November	187	99	123	560	1,721	40	24	38%	63%
December	226	94	161	505	3,210	59	28	73%	55%

**Protein Intake:** Overall improved in December at 73% → **Goal:** Improve breakfast intake, at least 80% for January.

**Fats:** High consumption starting September → **Goal:** Aim to keep it close to 85g.

**Fiber:** Highest intake in August → **Goal:** Keep it above 30g.

**Sodium:** Highest intake since June → **Goal:** Reduce to under 3,000mg.

# MACRO DISTRIBUTION BY MEAL (Monthly Averages)

MONTH AVGs - MACRO DISTRIBUTION BY MEAL					
Month	Macro	Breakfast	Lunch	Dinner	Snacks
June	Protein	54	69	49	7
July	Protein	26	65	59	5
August	Protein	55	55	59	3
September	Protein	42	62	59	5
November	Protein	41	44	43	12
December	Protein	44	56	56	14

MONTH AVGs - MACRO DISTRIBUTION BY MEAL					
Month	Macro	Breakfast	Lunch	Dinner	Snacks
June	Fat	47	39	34	15
July	Fat	25	25	27	10
August	Fat	33	22	9	10
September	Fat	37	24	26	9
November	Fat	25	37	40	14
December	Fat	29	23	31	19

MONTH AVGs - MACRO DISTRIBUTION BY MEAL					
Month	Macro	Breakfast	Lunch	Dinner	Snacks
June	Carbs	92	54	79	54
July	Carbs	62	76	53	47
August	Carbs	69	74	78	48
September	Carbs	74	80	62	30
November	Carbs	68	46	57	57
December	Carbs	50	70	62	68

**July** breakfast 26g → lowest % of Protein intake → **Goal:** Consume 40g during breakfast.

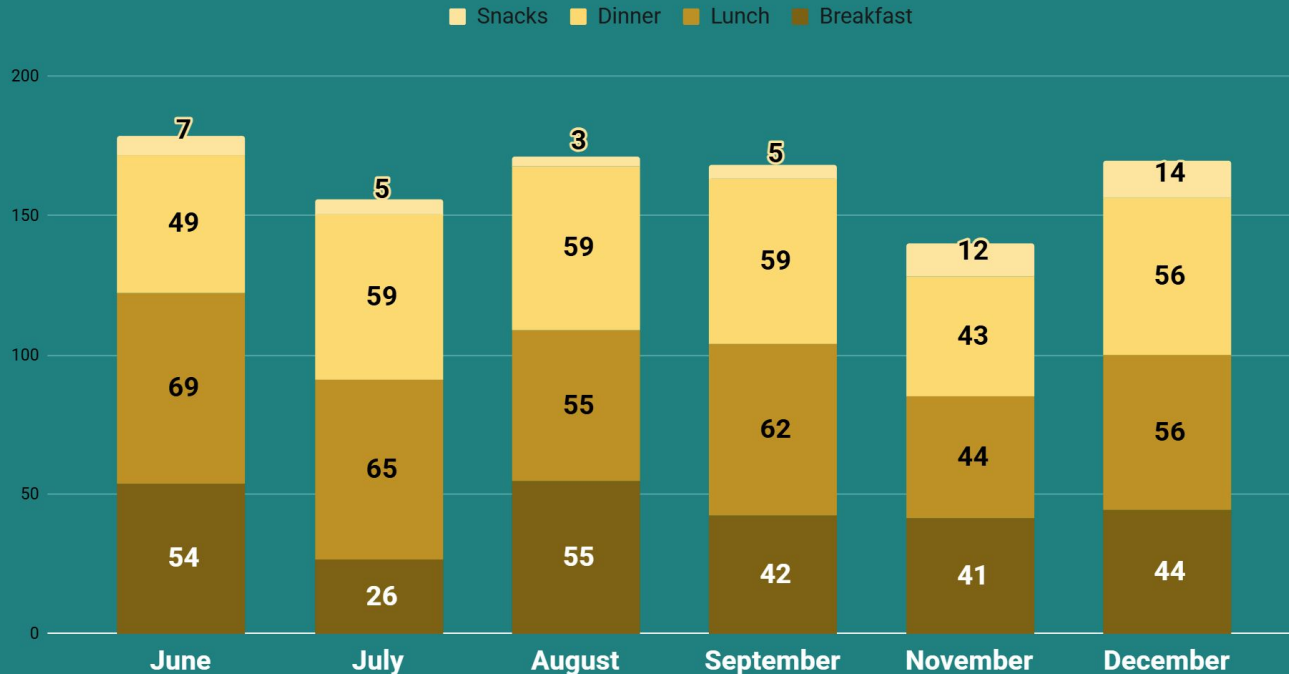
**August:** This should be your model month.

**Snacks:** Higher in carbs and fats → **Goal:** Make sure each snack is under 30g carbs and 10g fat. **If higher include it to big meals.**

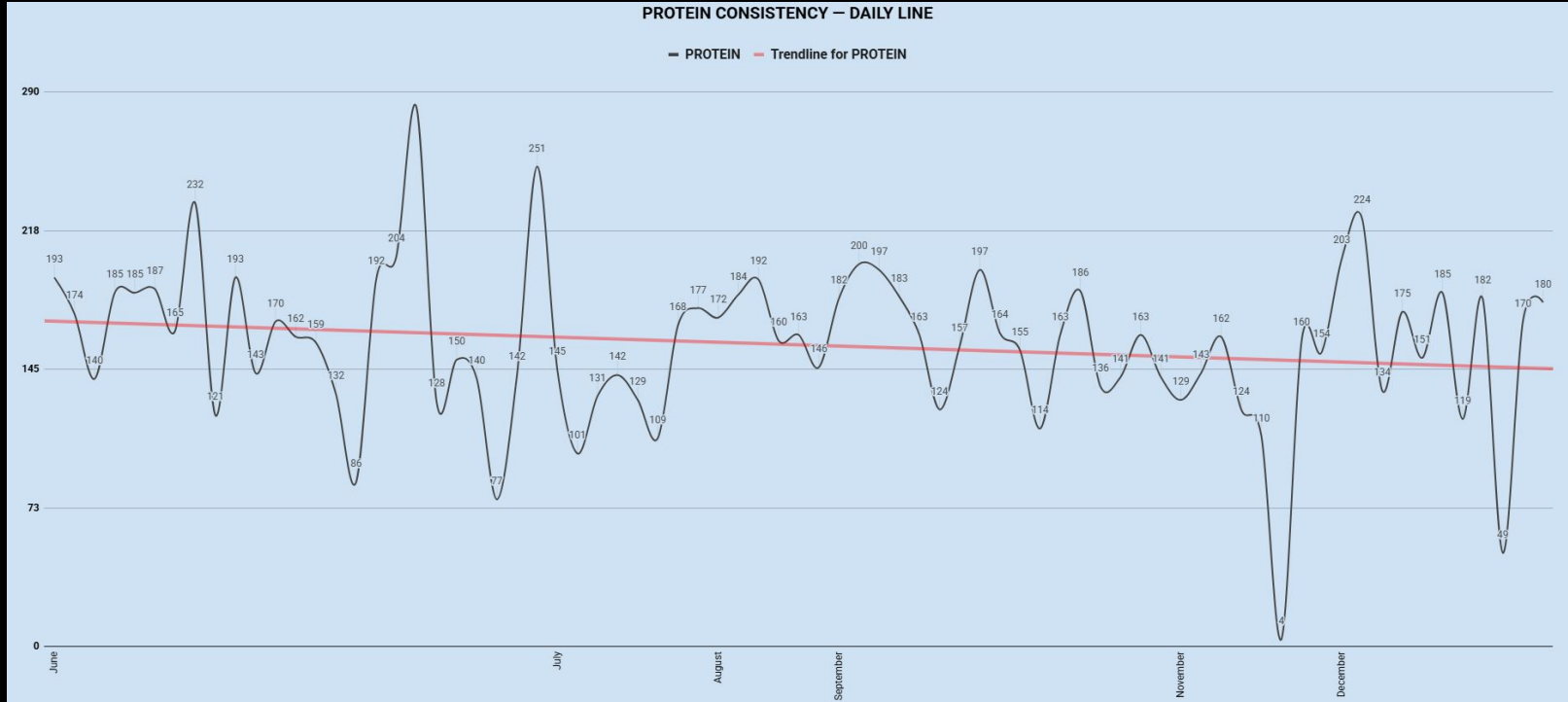
**Fat:** Accumulating during lunch/dinner → **Goal:** Aim for fats under 25g.

# PROTEIN DISTRIBUTION BY MEAL (Monthly Averages)

## PROTEIN CONSUMPTION BY MEAL



# PROTEIN DAILY INTAKE





# Get lean, get sexy.

We will examine:

- Workout Logs
- HR readings from Garmin watch
- Training Frequency
- Training Volume
- Training Efficiency



# TRAINING FREQUENCY

Total sessions recorded

15

Most sessions recorded in **May** (6)

**April → June:**

- High volume → **Bodyweight Training**
- First **three** rounds strongest, rounds **4** and **5** fatigued

**December:**

- Volume distributed evenly → **Changed to Kettlebell Training**

Avg Total Reps by Session

305

VOLUME TOTAL BY MONTH						
MONTH	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5	TOTAL REPS
April	312	291	293	266	220	1,382
May	492	487	569	227	0	1,782
June	120	120	0	0	0	240
December	222	220	238	229	266	1,175

SESSION TYPE	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5	TOTAL REPS
TOTALS	76.4	74.5	73.3	48.1	32.4	305.3

# TRAINING VOLUME

VOLUME PER EXERCISE TYPE		
MONTH	BODY GROUP	TOTAL REPS
April	Lower Body	490
April	Hinge	440
April	Push	255
April	Pull	172
April	Shadow Boxing	25
May	Lower Body	563
May	Hinge	547
May	Push	406
May	Pull	254
May	Cardio	7
May	Full body Push	5
June	Lower Body	80
June	Hinge	80
June	Push	40
June	Pull	40
December	Push	349
December	Pull	326
December	Lower Body	260
December	Hinge	240

VOLUME PER MOVEMENT					
MOVEMENT NAME	APRIL	MAY	JUNE	DECEMBER	TOTAL
KB Swing				210	210
Push-Ups	255	183		190	628
KB Alt Gorilla Rows				176	176
KB Squat				160	160
KB Shoulder Press				129	129
Pull-Ups Progression	172	254	40	90	556
KB Romanian Deadlift				70	70
Bodyweight Squat	490	563	80	60	1,193
Band Pull-Apart				40	40
KB Thrusters				30	30
KB Renegade Rows				20	20
Glute Bridge	440	547	80		1,067
Tyson Push-Ups	25	104	40		169
Push-Ups Combo		69			69
Pike Push-Ups		50			50
Sprints		7			7
Burpees		5			5

## April → June:

- Dominant groups: **Lower Body** and **Hinge** following bodyweight training and frequency

## December: Shift to **Kettlebell Training** offers more complete sessions:

- Volume redistribution in favor of upper body (**Push + Pull**)
- Movement variety introduced → **Swings, Rows, Deadlifts**

# TRAINING EFFICIENCY

**Session Load Index (SLI)** measures cardiac cost per unit of work:

$$(\text{Avg HR} \times \text{Total Minutes}) / \text{Total Reps}$$

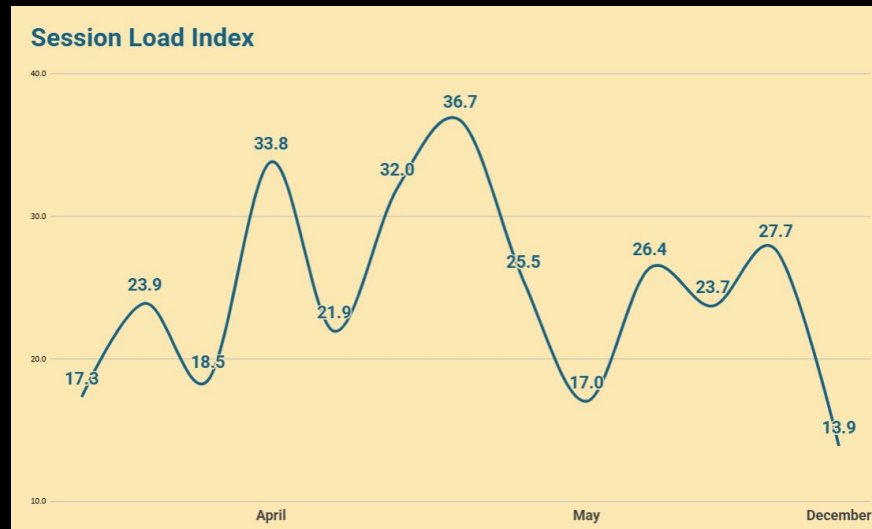
**APR–MAY:** Bodyweight conditioning

- Inconsistent SLI, oscillating between **17.3** and peaking at **36.7**

**DEC:** Kettlebell strength training

- SLI dropped to **13.9 – 27.7**

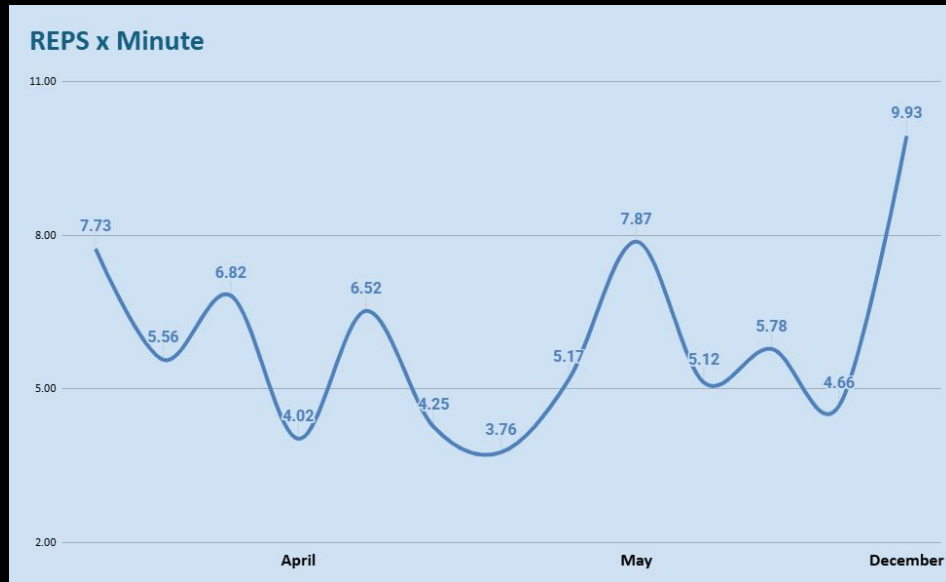
The lower the SLI, the more efficient the session.



**KETTLEBELL TRAINING = GAME CHANGER!**

# TRAINING EFFICIENCY

## TRAINING DENSITY DRIVES EFFICIENCY



**Reps x Min** = Total Reps / Total Minutes

- **BW conditioning** often less than **6** reps/min, sessions **60–100** min!

- December KB sessions: **5.1 – 9.9** reps/min, shorter sessions ~ 50mins.

### Next KPI / adjustment

- **Target range:** 6–9 reps/min
- Cap sessions at ~45–60 min
- **Avoid:** Extending sessions to "add volume" — it reduces efficiency

# TRAINING EFFICIENCY

**HIGH INTENSITY (HI) RATIO SHOULD BE CONTROLLED, NOT MAXIMIZED.**



HI RATIO = proportion of time in TZ3–TZ5.

- Boxing sessions: HI Ratio **over 90%** with very low work output
- High HI (above 75%) did not improve SLI unless density also increased
- Optimal KB sessions: **~60–70%**

**Excessively high HI Ratio increases fatigue.  
No guaranteed performance benefit.**

# April 2025

# December 2025







One day at a time.

Make small changes as you go...

Thank you!