

GOAL CALCU

FAT LOSS PHASE	
Current Bodyweight	96.8
Body Fat	13.00%
Target BF%	5%
Rate of Loss of Bodyweight per week	0.007
Body Fat % Loss Required	8.0%
Fat Mass Loss Required	7.7
Approximate Total Bodyweight Loss Required	10.9

Estimated Bodyweight	85.9
Weight Loss / Week (kg)	0.7
Deficit Duration	17
Phase Start Date	Monday, November 01, 2021
Phase End Date	Monday, February 28, 2022



















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MASS GAIN PHASE	
Current Bodyweight	92.5
Rate of Increase	0.005
Weeks Mass Gain Phase	12
Estimated Mass Gain	5.55
Estimated Bodyweight	98.05
Phase Start Date	Tuesday, February 01, 2022
Phase End Date	Tuesday, April 26, 2022

































References
Revised Harris-Benedict (Roza)
Female 1654
Male 1908

Activity Level		Activity	Activity Level	Daily Steps
Sedentary	1.200	1.2	Sedentary (little or no exercise)	<5,000 steps/day
Lightly Active	1.375	1.375	Lightly active (light exercise 1-3 days)	5,000–7,500 steps/day
Moderately Active	1.550	1.55	Moderately active (moderate exercise)	7,500–10,000 steps/day
Very Active	1.725	1.725	Very active (hard exercise or active job)	10,000–12,500 steps/day
Extremely Active	1.900	1.9	Extremely active (physical job + workouts)	>12,500 steps/day

Deficit Multiplier Based of BF %
M>27%, F>38% 1120
M>20%, F>33% 1024
M>10%, F>21% 930
M<10%, F<21% 834

% of BW Loss/	Grams Lost per
0.4%	340
0.5%	425
0.6%	510
0.7%	595
0.8%	680
0.9%	765
1.0%	850
1.1%	935
1.2%	1020

TDEE Calculator for General Use

Harris-Benedict (Revised)	
Biological Sex	Male
Height (cm)	175
Age	28
Weight (kg)	85
TEA	Very Active
BMR	1908
TDEE (BMR x TEA)	3291

Mifflin-St Jeor Equation, Gen pop	
BMR	1809
TDEE (BMR x TEA)	3120

Activity Level (if known)

EST. TDEE for Athletes/Lean Individuals

LBM (kg)	74
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Katch-McArdle Formula, if LBM is known	
BMR	1968
TDEE (BMR x TEA)	3395

Cunningham, athletes with higher LBM	
BMR	2128
TDEE (BMR x TEA)	3671

For Individuals With A Higher BMI

Actual Weight (kg)	85
BMI	28
Classification	Overweight
Ideal Body Weight (kg)	76.3
BMR	1722
TDEE (BMR x TEA)	2970

TOTAL DAILY ENERGY EXPENDITURE: *TDEE - 100%		Estimate of how much calories you burn when
THERMIC EFFECT OF EATING *TEF ~10%		How much calories it takes to digest, absorb Protein is around 20-30%, carbs are 5-10%, and f Protein burns the calories up to 2-4 times more the
THERMIC EFFECT OF ACTIVITY *TEA ~15-30%		underestimate + overestimate
What you do during the other 22-23hrs of the day is going to have a large effect on total daily energy expenditure.	SEDENTARY	You work a desk job and do little to no exerc
	LIGHT ACTIVITY	You work a desk job but do a bit of regular e OR you do little exercise, but your job is pref
	MODERATE ACTIVITY	You work a sedentary job but train like a ma OR you train moderately but also have a job OR Someone who doesn't train but works a
	VERY ACTIVE	You train most days of the week really hard
	EXTRA ACTIVE	You train hard and work a job that's also inte eg. maybe you're in construction, but you alt
BASAL METABOLIC RATE *BMR 60-70%		Calories required to keep your body function
		*EAT ~1 *NEAT ~1

Deficit / Surplus Calculator

Deficit Calculator	Ref: Layne Norton
Current BF%	M>20%, F>33%
Target BW% Loss Per Week	0.5%
Net BW (kg) Loss Per Week	0
Calories Required to Meet Target	2856
Estimated Deficit from Baseline	-13.22%

Deficit Calculator (Manual)

TDEE	3291
% of Caloric Deficit	15%
Calories Required for Deficit	2798

Surplus Calculator

Current BF%	Lean: M<15%, F<18%
Training Age	Intermediates (1-3 yrs structured training)
Surplus Based On Training Age	5-15%
Average Weekly BW% Gain	+0.2-0.4%
Average Weekly BW (kg) Gain	0.17 - 0.34 kg

FAT LOSS PHASE	
Current Bodyweight	84.4
Body Fat	20.50%
Target BF%	13%
Rate of Loss of Bodyweight per week	0.01
Body Fat % Loss Required	7.5%
Fat Mass Loss Required	6.3
Approximate Total Bodyweight Loss Required	8.9
Estimated Bodyweight	75.5
Weight Loss / Week (kg)	0.8
Deficit Duration	11
Phase Start Date	aturday, December 14, 202
Phase End Date	Saturday, March 01, 2025

MASS GAIN PHASE	
Current Bodyweight	92.5
Rate of Increase	0.002
Weeks Mass Gain Phase	12
Estimated Mass Gain	2.22
Estimated Bodyweight	94.72
Phase Start Date	uesday, February 01, 202
Phase End Date	Tuesday, April 26, 2022

Nutritional Approach

Everyday Plan	
Daily Calorie Goal	2400
	Pro Fat Carb
Nutritional Preference	2.4 40% 60%
Macro Ratios (%)	34% 26% 40%
Macro Breakdown (g)	204 70 238

Fat Macro * 0.8 BW	68
Fat Macro * 0.7 BW	60

Protein Intake Advanced

Lean Individuals 1.6-2.2g/kg BW
<15% M, <18% F
Higher BF 2.2 - 2.5g/kg of LBM
> 20% M, >30% F

Daily Macro % Guidelines

Balanced Diet	30%	30%	40%
High-Carb Diet / Low Fat	20%	20%	60%
High-Protein Diet	40%	30%	30%
Low-Fat Diet	25%	20%	55%

Low-Carb / High-Fat	20%	75%	5%
Intermittent Fasting	35%	25%	40%
Plant-Based Diet	25%	25%	50%

Low / High Days Possible to do - for lifestyle / social or performance

Weekly Calorie Goal	2150
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High Day Meal Frequency 4	
High Day Calorie Goal	2300
	Pro Fat Carb
Nutritional Preference	2.5 38% 62%
Macro Ratios (%)	37% 24% 39%
Macro Breakdown (g)	213 61 225

Low Day Meal Frequency 3	
Low Day Calorie Goal	1950
	Pro Fat Carb
Nutritional Preference	2.5 50% 50%
Macro Ratios (%)	44% 28% 28%
Macro Breakdown (g)	213 61 138

Fat Macro * 0.8 BW	68
Fat Macro * 0.7 BW	60

Weekly Macro % Guidelines

Carb Cycling (TD)	30%	20%	50%
Carb Cycling (NTD)	35%	40%	25%

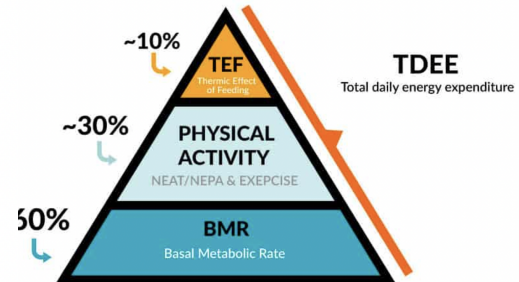
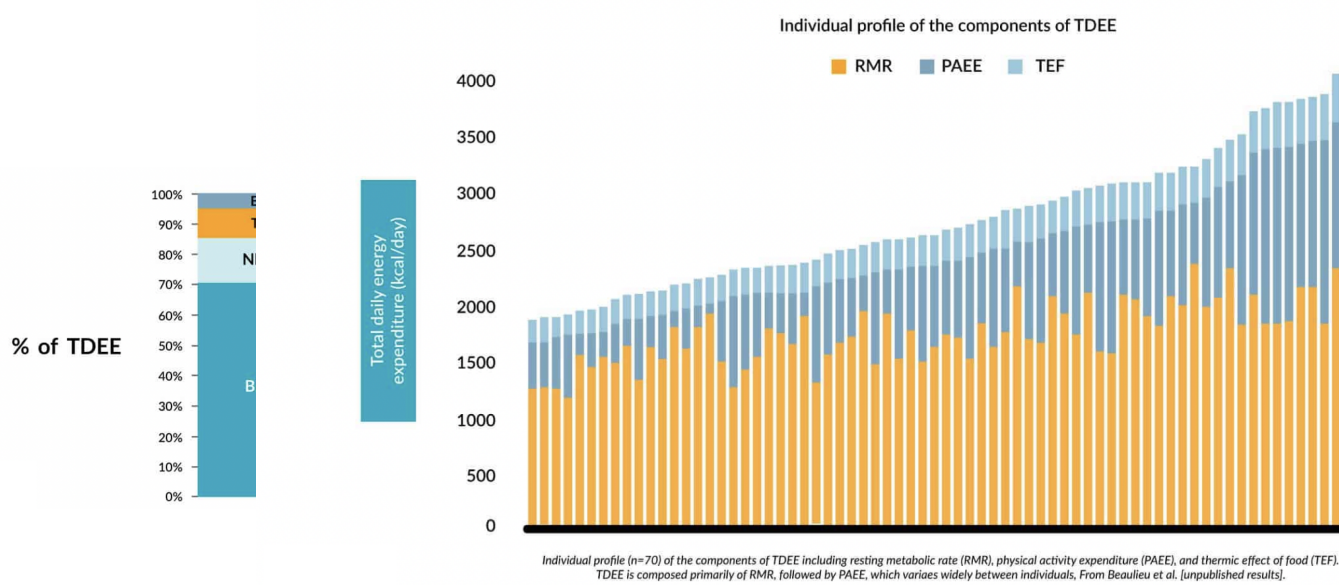
Underweight: BMI less than 18.5
Normal weight: BMI between 18.5 and 24.9
Overweight: BMI between 25 and 29.9
Obese: BMI of 30 or greater

BMI = weight (kg) / height (m)²

better way for this

Daily Calorie Goal	2400
	Pro Fat Carb
Nutritional Preference @ Ideal BW	2 50% 50%
Macro Breakdown (g) @ Ideal BW	153 99 224
Macro Intake @ Current BW	1.79 1.2 2.6

Fat Macro * 0.8 BW	68
Fat Macro * 0.7 BW	60



EVERYDAY MEAL BREAKDOWN				MEAL BREAKDOWN, HIGH DAY				MEAL BREAKDOWN, LOW DAY				MEAL BREAKDOWN, EVERYDAY			
MEALS PER DAY	3	CALORIES PER MEAL	800	MEALS PER DAY	3	RIES PER MEAL (x 4.184)	650	MEALS PER DAY	3	KJ PER MEAL (x 4.184)	2720	MEALS PER DAY	1	RIES PER MEAL	3347
		MACRO GRAMS PER MEAL				MACRO GRAMS PER MEAL				MACRO GRAMS PER MEAL				MACRO GRAMS PER MEAL	
PRO		68.0		PRO		70.8		PRO		#REF!		PRO		#REF!	
FAT		23.5		FAT		20.4		FAT		#REF!		FAT		#REF!	
CARB		79.2		CARB		45.8		CARB		#REF!		CARB		#REF!	
EVERYDAY PRECISION NUTRITION HAND PORTION METHOD				PRECISION NUTRITION HAND PORTION METHOD, HIGH DAY				PRECISION NUTRITION HAND PORTION METHOD, LOW DAY				PRECISION NUTRITION HAND PORTION METHOD, EVERYDAY			
MEALS PER DAY	3			MEALS PER DAY	4			MEALS PER DAY	4			MEALS PER DAY	4		
MEALS with PRO		MEALS with FATS	LS with C	MEALS with PRO		ALS with F	LS with C	ALS with F		MEALS with CARBS	ALS with VEG	ALS with F		MEALS with CARBS	MEALS with VEG
3		3	3	4		4	4	4		4	4	4		4	4
		PORTIONS PER DAY	ORTIONS PER MEAL			PORTIONS PER DAY	ORTIONS PER MEAL			PORTIONS PER DAY	ORTIONS PER MEAL			PORTIONS PER DAY	ORTIONS PER MEAL
PRO		7	#REF!	PRO		7	1 to 2	PRO		#REF!		PRO		7	1 to 2
FAT		5	#REF!	FAT		5	1 to 2	FAT		#REF!		FAT		5	1 to 2
CARB		#REF!	#REF!	CARB		3	0 to 1	CARB		#REF!		CARB		3	0 to 1
VEG		4	#REF!	VEG		4	1 to 1	VEG		#REF!		VEG		4	1 to 1

NUTRITION CALCULATOR

Biometrics			
Weight (kg)	94.0	Height (cm)	193.0

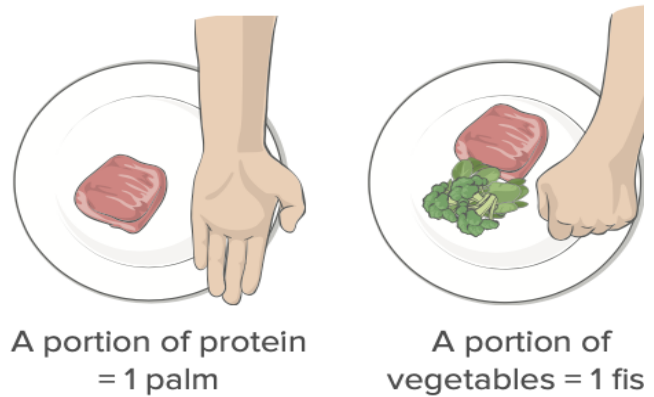
Revised Harris-Benedict (Roza)			
	BMR	TEA	Baseline
Female	1828		0
Male	2160	1.550	3349

High	
Avg Cal	High Day Cal
3350	

High Day Macronutrient Breakdown			
Cal	2520		
Macro	Protein	Fats	Carbohydrates
g/kg	2	0.8	2.9
Daily Total	188	75	273

% Split	30%	27%	43%
Meals per Day	4	3	3
(g) Per Meal	47	6	91

PRECISION NUTRITION	
Macros	Portions per day
Protein	6
Carbs	8
Fats	6
Vegetables	4



Protein		Fats	
Beef	204	Saturated	
Chicken	235	Ghee	7
Turkey	221	Butter	7

Barramundi	230	Coconut Oil	7
Pork	232	MCT Oil	6
Lamb		Polyunsaturated Fat	
Kangaroo		Olive Oil	6
Venison		Tahini	10
		Avo Oil	7
		Walnut Oil	7
		Sesame Oil	7
		Monounsaturated Fat	
		Almonds	13
		Avocado	48
		Peanut Butter	13
		Macadamia Oil	7
		Pumpkin Seed Oil	7
		Sunflower Oil	6



Age	20

MULTIPLIER METHOD		BioLayne Method	
Multiplier	Calories	Deficit Multiplier	Rate of loss/week
	0	1024	0.70%
35	3290	1024	1.00%

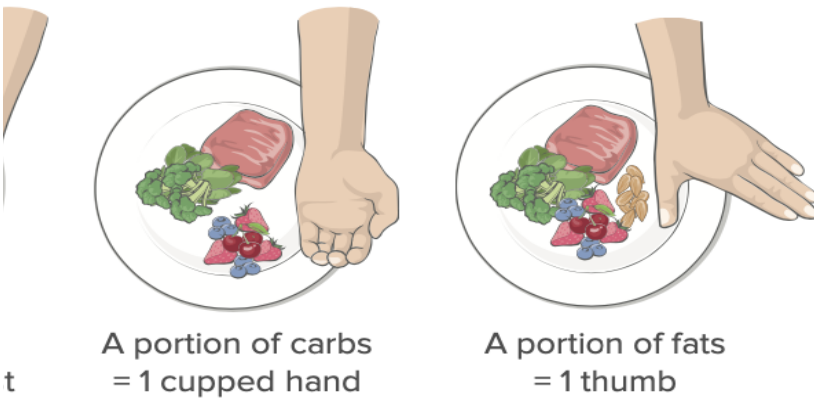
High/Low Day Calculator		
No. High Days	No. Low Days	Low Day Cal

Low Day Macronutrient Breakdown		
Cal	2240	
Macro	Protein	Fats
g/kg	2	0.8
Daily Total	188	75

% Split	34%	30%
Meals per Day	4	3
(g) Per Meal	47	6

PORTION HAND PORTION METHOD

Per Meal		
1	to	2
2	to	3
2	to	3
1 fist with every meal		



Carbs		
Vegetables		
Pumpkin	899	81
Sweet Potato	405	81

White Potato	476	81
Grain		
Oats	119	81
Brown Rice	105	81
Black Rice	116	81
Quinoa	128	81
White Rice	101	81
Cereal	101	81
Beans/Legumes	135	81
Rice Cakes (Qty)	5	45
Fruit		
Banana	2	45
Blueberries	325	45
Pineapple	350	45
Strawberries	590	45
Dates	65	45
Mango	303	45
Watermelon	598	45
Condiments		
Jam	70	45

Maple Syrup	26	23
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Deficit
-674
2386

Activity Level	
Sedantry	1.200
Light Activity	1.375
Moderate Acivtiy	1.550
Very Active	1.725
Extra Active	1.900

Carbohydrates
2.2
203

36%
2
101

Deficit Multiplier Based of BF %		Percentage of Bodyweight lost per week
M>27%, F>38%	1120	0.4%
M>20%, F>33%	1024	0.5%
M>10%, F>21%	930	0.6%
M<10%, F<21%	834	0.7%
		0.8%
		0.9%
		1.0%
		1.1%
		1.2%

Grams Lost per week
376
470
564
658
752
846
940
1034
1128



