DAY-6/14/2024

AGE-20

WEIGHT-151.4 POUND OR 68 KG

HEIGHT-5 FEET 6 INCHES

BMI-24.44

CURENT BODY FAT- around 17.83% -18.28%

Goal

BODY FAT-10-15%

TIPS TO REDUCE MY BODY FAT

1.NUTRITION

1.calorie deficit

Lean protein, Eat healthy fats, complex carbohydrates

Minimize or totally cut the intake of processed foods, sugars, and unhealthy fats

1. my basal metabolic rate is 1699.89cal/day.

2. Assuming I do moderate activity per day my total daily energy expenditure is 2634.83cal/day

3. I will need to reduce my daily caloric intake by 5oocal.

**My caloric intake for fat loss will be 2134.83cal/day**

HYDRATION NEEDS

Water intake- 0.033\*68.67=**2.27 liters/day**

WEEKLY DIET SCHEDULE

**2135 calories/day including supportive supplements**

Supplements

1.protein powder:1-2 scoops per day to meet protein need

2.Creatine:5 grams per day typically taken after workout.

What time should I take the supplements and the food

**MEAL PLAN**

**Sample day 1(2135cal)**

**Breakfast**

1. **Oatmeal: 1 cup cooked (150 calories)**
2. **Protein powder:1 scoop mixed with water (120 calories)**
3. **Strawberries):** 1 cup sliced (50 calories)
4. **Almond milk:** 1 cup (40calories)
5. Chia Seeds: 1 tbsp (58 calories)
6. Boiled Egg or Greek Yogurt: (~70-100 calories)

**Mid-Morning Snack:**

1. **Greek Yogurt: 1 cup (100 calories)**
2. **Honey: 1 tsp (21 calories)**
3. **Chia Seeds: 1 tbsp (58 calories)**

**Lunch:**

1. **Grilled Chicken Breast: 6 oz (276 calories)**
2. **Brown Rice:**

* **Calories:** ~215
* **Carbohydrates:** ~45g
* **Protein:** ~5g
* **Fiber:** ~3.5g
* **Vitamins & Minerals:** Contains magnesium, phosphorus, and B vitamins.

1. **Mixed Vegetables: 1 cup steamed (50 calories)**
2. **Olive Oil: 1 tbsp (119 calories)**

**Afternoon Snack:**

1. **Apple: 1 medium (95 calories)**
2. **Almonds: 1 oz (164 calories)**

**Dinner:**

1. **Salmon: 6 oz (367 calories)**
2. **Sweet Potato: 1 medium (103 calories)**
3. **Asparagus: 1 cup (27 calories)**
4. **Olive Oil: 1 tbsp (119 calories)**

**Evening Snack:**

1. **Cottage Cheese: 1 cup (206 calories)**
2. **Berries: 1/2 cup (42 calories)**

**Supplement Intake:**

1. **Creatine: 5 grams after workout (0 calories)**

**CURRENT FAT MASS**

**1 pound of fat is approximately 3500 calories**

**Current fat mass =current weight\*current body fat percentage=151.4\*0.1783=27 pounds**

**TARGET FAT MASS**

**151.4\*0.1783 = 18.17 pounds**

**FAT TO LOSE**

**27-18.17=8.83 pounds**

**Time to lose fat**

**I will loss 1 Pound per week in which it will take me 8.83 weeks to get to my goal almost 9 weeks to go from 17.83% to 12% body fat. Within 500 calories deficit per day.**

**Take ur progress photo**

**Weekly weight measurement before eating.**

2.EXERCISE

1.combine strength training with cardiovascular exercises.

2.incorporate compound movements that target multiple muscle groups (e.g, squats, deadlifts.)

3.include ab-specific exercises to build muscle definition

At least 150 minutes of moderate intensity or 75 minutes of high cardio per week. Which is at least **12 minutes of high intensity cardio per day.**

At **least 2-3 days of full body strength training** per week. Each season should include 45-60 minutes, focusing on major muscle groups(legs,back,Chest,Shoulders,arms)

Core workouts: **core specific workout 3-4 times per week**. Each season15-20 minutes focusing on exercises like planks, leg raises, Russian twist and bicycle crunch.

**Sample Weekly Exercise Schedule**

**Monday:**

* **Cardio:** 30 minutes (moderate intensity)
* **Strength Training:** Upper body (45-60 minutes)

**Tuesday:**

* **Cardio:** 30 minutes (moderate intensity)
* **Core Workout:** 15-20 minutes

**Wednesday:**

* **Strength Training:** Lower body (45-60 minutes)

**Thursday:**

* **Cardio:** 30 minutes (moderate intensity)
* **Core Workout:** 15-20 minutes

**Friday:**

* **Strength Training:** Full body (45-60 minutes)

**Saturday:**

* **High-Intensity Interval Training (HIIT):** 25 minutes
* **Core Workout:** 15-20 minutes

**Sunday:**

* Rest or light activity (e.g., walking, yoga)

**Total Weekly Exercise Time**

* **Cardio:** 150-180 minutes (2.5-3 hours)
* **Strength Training:** 135-180 minutes (2.25-3 hours)
* **Core Workouts:** 45-80 minutes (0.75-1.33 hours)
* **Total Weekly Exercise Time:** 5.5-7.33 hours

**Recovery:** Ensure adequate rest and recovery, including at least one full rest day per week.

**Listen to Your Body:** Adjust exercise duration and intensity based on how you feel. Avoid overtraining and prioritize quality over quantity.

3.sleep

1.Get 7-9 hours of sleep per night

2.consistent sleep schedule (which I cannot do right now)

3.engage in relaxing bedtime routine (reading book, taking warm baths)

4.keep your bedroom cool, dark and quiet

5. limit exposure to blue light(phone,pc,Tv) at least one hour before your bed time.

6.Avoid caffeine, large meal close to bedtime