MPGH Joe's Weight Loss/Gain Guide

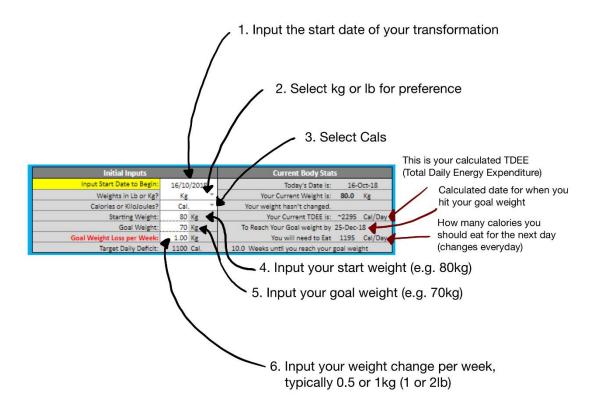
This is a stupidly simple guide to gaining or losing weight. There's a ton of myths and concepts on how to lose or gain weight but it's just simple maths.

Requirements:

- To be able to measure your weight every morning
- To be able to track your calories each day via MyFitnessPal
- To be able to input figures into a spreadsheet

If you meet the above requirements, you can easily follow this guide.

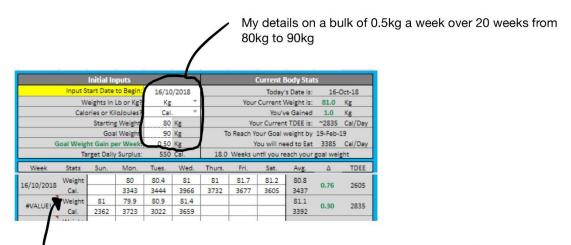
- 1. Firstly, download the MyFitnessPal app on your phone.
- 2. Access the TDEE 3.0 sheet https://drive.google.com/file/d/0B8EbfzFB0mBrMGJ6V2N5QWNfeTg/view
- 3. Open this with Google Sheets
- 4. Following the image below, fill out the initial inputs



Now you've filled this out, on the starting day of your weight loss/gain, weigh yourself in the morning. For weighing yourself try to keep it consistent, such as weighing yourself straight after going to the toilet. Input the weight into the weight row under the correct day.

During the day each time you eat you need to jump on MyFitnessPal and scan the barcode of the packaging of whatever you've eaten. So, for breakfast if you had two sausages, two eggs and a tin of beans you should scan the sausage packaging and input that you had two. Then repeat for the eggs, for the beans its almost the same where you scan the barcode but type in the grams or your typical measurement and input that to MyFitnessPal.

At the end of each day you jump on MyFitnessPal and collect your end calorie figure. Let's say its 3343, you then type this into the google sheets like in the image below of mine.



I placed my morning weight each day, tracked my calories and input the figures into these rows. After a couple weeks the calculator will pick up onto your TDEE and will become more accurate with the calories it calculates for you to eat the next day.

Now all you must do is be consistent and not cheat yourself (track everything, don't ignore alcohol etc.) After a couple weeks the number of calories it tells you to eat will be more accurate due to you having input more data to the sheet. Follow this calorie amount and you will lose or gain the weight.

You can eat whatever you want if it fits the calories, it doesn't matter if its pizza all day or broccoli all day as long as you hit the calorie figure.

For any questions, please post to my thread and do not IM me so others can see the answers.