

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

The image shows a spreadsheet titled 'Initial Inputs' and 'Current Body Stats'. It contains fields for start date, weight units, starting weight, goal weight, weight loss per week, target daily deficit, current date, current weight, current TDEE, goal date, and goal TDEE. Numbered arrows point to the following fields:

1. Input the start date of your transformation (16/10/2018)
2. Select kg or lb for preference (Kg)
3. Select Cals (Cal.)
4. Input your start weight (e.g. 80kg) (80 Kg)
5. Input your goal weight (e.g. 70kg) (70 Kg)
6. Input your weight change per week, typically 0.5 or 1kg (1 or 2lb) (1.00 Kg)

Additional text on the right side of the spreadsheet:

- This is your calculated TDEE (Total Daily Energy Expenditure)
- Calculated date for when you hit your goal weight (25-Dec-18)
- How many calories you should eat for the next day (changes everyday) (1195 Cal/Day)

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.

My details on a bulk of 0.5kg a week over 20 weeks from 80kg to 90kg

Initial Inputs				Current Body Stats			
Input Start Date to Begin:	16/10/2018			Today's Date is:	16-Oct-18		
Weights in Lb or Kg?	Kg			Your Current Weight is:	81.0 Kg		
Calories or Kilojoules?	Cal.			You've Gained	1.0 Kg		
Starting Weight	80 Kg			Your Current TDEE is:	~2835 Cal/Day		
Goal Weight	90 Kg			To Reach Your Goal weight by	19-Feb-19		
Goal Weight Gain per Week	0.50 Kg			You will need to Eat	3385 Cal/Day		
Target Daily Surplus:	550 Cal.			18.0 Weeks until you reach your goal weight			

Week	Stats	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Avg.	Δ	TDEE
16/10/2018	Weight		80	80.4	81	81	81.7	81.2	80.8		
	Cal.		3343	3444	3966	3732	3677	3605	3437	0.76	2605
#VALUE!	Weight	81	79.9	80.9	81.4				81.1		
	Cal.	2362	3723	3022	3659				3392	0.30	2835

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.