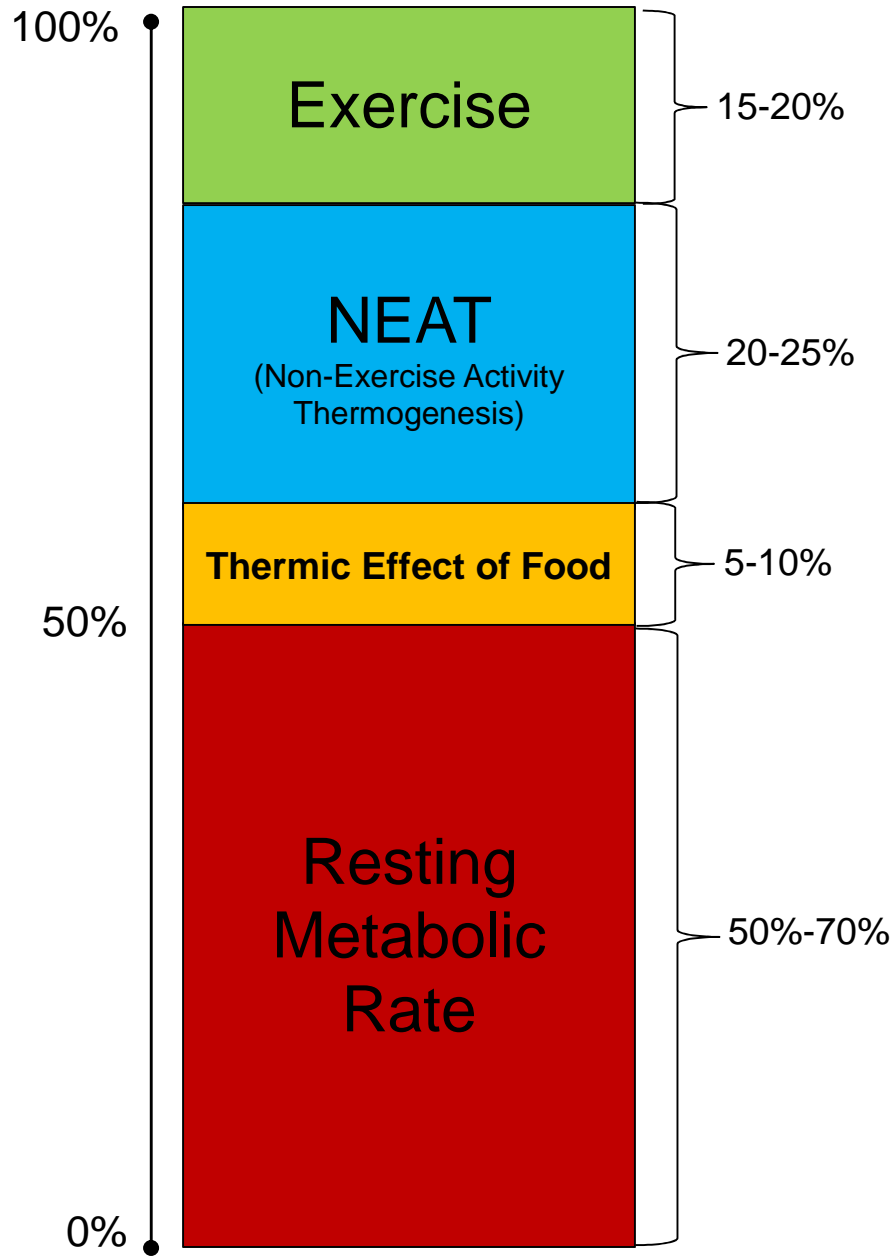


TDEE Worksheet



	High Intensity Days	LISS* or Cardio Days	Rest Days
+			
+			
+			
=			

MACRO Worksheet

MY GOAL:

Maintenance – 12 to 24 weeks (or all year depending on goals)

	High Intensity Days	LISS* or Cardio Days	Complete Rest Days
Protein (0.7g to 1.5g x lbs)	_____ gs x 4 = ____ cal	_____ gs x 4 = ____ cal	_____ gs x 4 = ____ cal
Carbs (125g min, 200 min HIIT days)	_____ gs x 4 = ____ cal	_____ gs x 4 = ____ cal	_____ gs x 4 = ____ cal
Fats (0.5g x lbs)	_____ gs x 9 = ____ cal	_____ gs x 9 = ____ cal	_____ gs x 9 = ____ cal
= Total	=	=	=

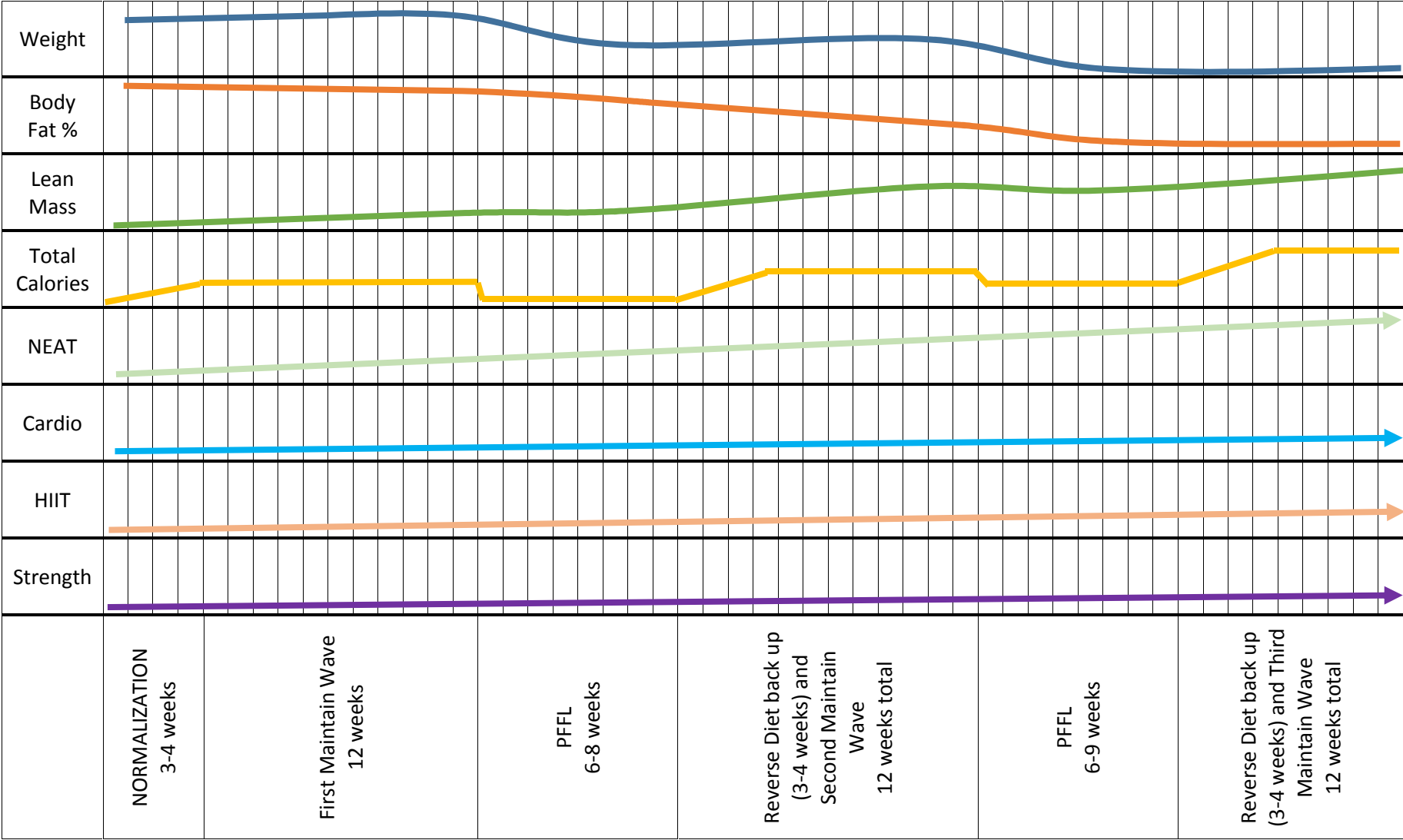
Performance Focused Fat Loss (PFFL) – 8 Weeks max, 1-2 times a year

	High Intensity Days	LISS* or Cardio Days	Complete Rest Days
Protein (0.7g to 1.5g x lbs)	_____ gs x 4 = ____ cal	_____ gs x 4 = ____ cal	_____ gs x 4 = ____ cal
Carbs (125g min, 200 min HIIT days)	_____ gs x 4 = ____ cal	_____ gs x 4 = ____ cal	_____ gs x 4 = ____ cal
Fats (0.5g x lbs)	_____ gs x 9 = ____ cal	_____ gs x 9 = ____ cal	_____ gs x 9 = ____ cal
= Total	=	=	=

*LISS = Low Intensity Steady State or 40-60% of your Max Heart Rate for 90 or more minutes.

*Cardio is 60-75% of your Max heart rate for 30-60 minutes.

Timeline and TREND:



Calculate Your Resting Metabolic Rate:

Males

$$[9.99 \times \text{weight (kg)}] + [6.25 \times \text{height (cm)}] - [4.92 \times \text{age}] + 5$$

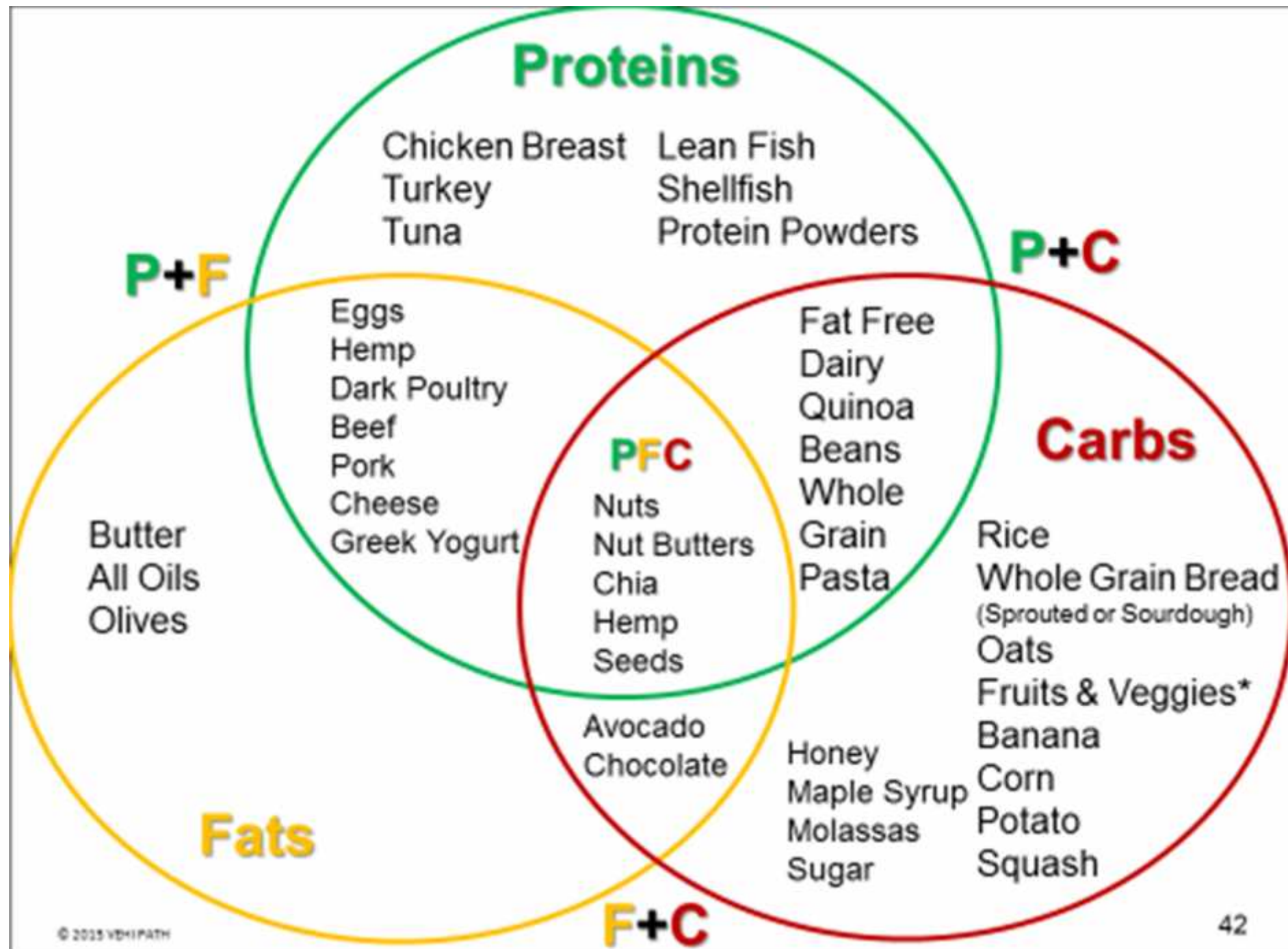
Females

$$[9.99 \times \text{weight (kg)}] + [6.25 \times \text{height (cm)}] - [4.92 \times \text{age}] - 161$$

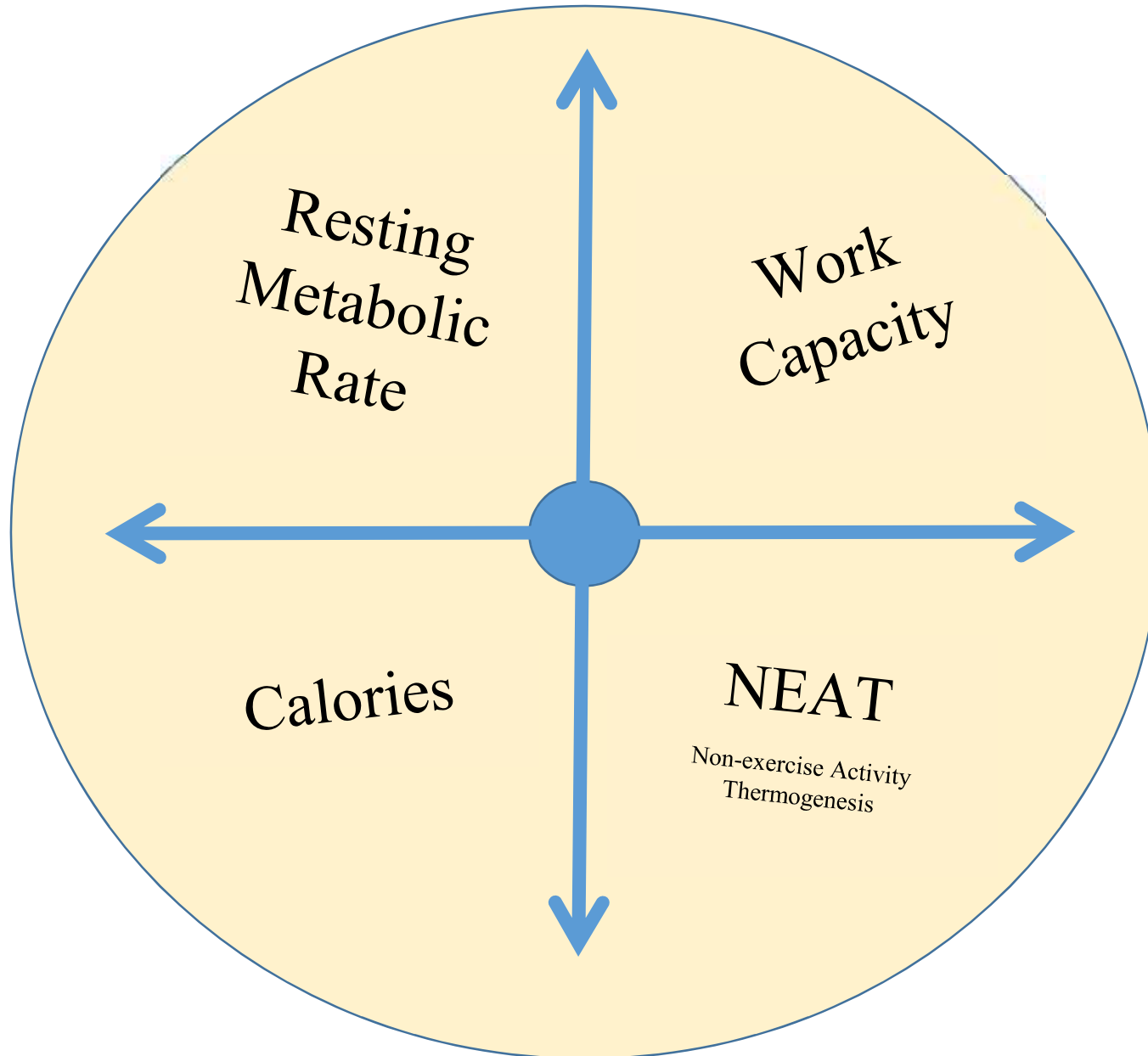
Conversions

Height to CMs:
Inches x 2.2

Weight to KGs:
lbs x 0.453



Expansion!



Rate of Perceived Exertion

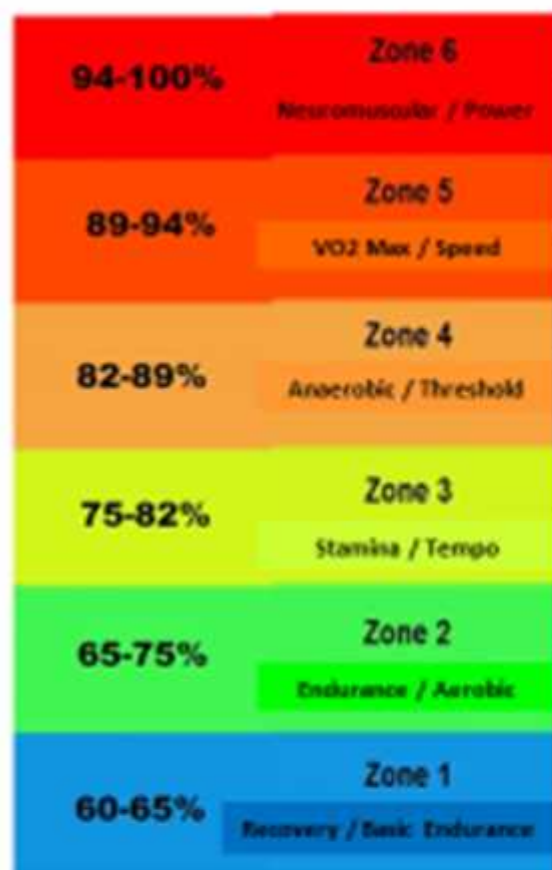
10	Max Effort Activity Feels almost impossible to keep going, out of breath, unable to talk
9	Very Hard Activity Very difficult to maintain intensity, can barely breathe and speak a word
7-8	Vigorous Activity Almost feels uncomfortable, can barely speak a sentence
4-6	Moderate Activity Feels like you can exercise for hours, breathing heavily, but can keep a short conversation
2-3	Light Activity Feels like you can exercise for hours, easy to breathe and carry on a conversation
1	Very Light Activity Anything other than sleeping; watching tv, driving, etc.

% MHR

94-100%	Zone 6 Neuromuscular / Power
89-94%	Zone 5 VO2 Max / Speed
82-89%	Zone 4 Anaerobic / Threshold
75-82%	Zone 3 Stamina / Tempo
65-75%	Zone 2 Endurance / Aerobic
60-65%	Zone 1 Recovery / Basic Endurance

To Find Your Max Heart Rate:
 $220 - \text{Your Age}$

% MHR (220 – Your Age)



#10		I am dead!!!
#9		I am probably going to die!
#8		I can grunt in response to your questions and can only keep this pace for a short time period.
#7		I can still talk but I don't really want to and I am sweating like a pig!
#6		I can still talk but I am slightly breathless and definitely sweating.
#5		I'm just above comfortable, I am sweating more and can talk easily.
#4		I'm sweating a little, but I feel good and I can carry on a conversation comfortably.
#3		I am still comfortable, but I'm breathing a bit harder.
#2		I'm comfortable and I can maintain this pace all day long.
#1		I'm watching TV and eating bon bons.

Why Muscles?

It's Your Boiler System:

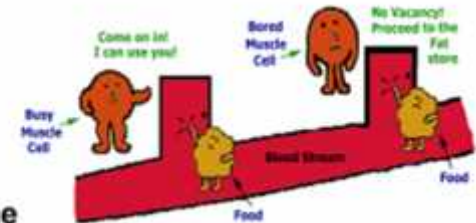
Your Muscles ARE Your "Metabolism" – the more you use them in different ways, the more you'll burn



As you age, if you are inactive, your muscle cells shrink in size, thus your boiler shrinks.

How To Increase Your Total Daily Energy Needs (and Resting Metabolism):

- Strength Training – build muscle
- More Protein
- Lots of Fruits and Veggies (fiber)
- Spicy Foods
- Metabolic Flexibility: the right fuel mix at the right time and mixing up HIIT vs Endurance exercise.
- NEAT – Move More



I commit to the following strategies:

1. _____

2. _____

3. _____