GOURMET FOOD GOOD MEASURE MEALS FRESH. HEALTHY. DELIVERED.

FITTRIP Your prescription to a healthier life.

Macronutrient Worksheet

STEP 1: DETERMINE CALORIES

BMR: _____

Activity Factor _____

Sedentary = 1.2 -- Little exercise, desk job

Light = 1.375 -- Light exercise or sports 1-3 times per week

Moderate = 1.55 -- Moderate exercise or sports 3-5 times per week

Very Active = 1.725 -- Hard exercise or sports 6-7 times per week

Extremely Active = 1.9 -- Hard daily exercise or sports and have a physical labor job, or 2xday training

BMR _____ x Activity Factor _____ = weight maintenance calories _____

DETERMINE GOAL (weight maintenance, weight loss, weight gain, etc.)

weight maintenance cals _____ +/- weight gain/loss cals _____ = TOTAL DAILY CALORIES _____

STEP 2: DETERMINE PROTEIN NEEDS

To determine kilograms (kg) of body weight, divide weight in pounds (lb) by 2.2.

For your individual protein needs, use this formula to determine your daily protein intake:

weight (kg) x protein needs (gm/kg) = grams (gm) of daily protein

_____ (body weight in lb) /2.2 = _____ (body weight in kg)

_____ (body weight in kg) x _____ (protein gm/kg) = _____ grams of protein

_____ grams of protein per day x 4 cals per gram = _____ TOTAL PROTEIN CALORIES

_____ total protein cals/_____ total daily cals = _____ % of cals from protein

STEP 3: DETERMINE CARBOHYDRATE NEEDS

AMDR: 45-65%

Higher numbers reserved for an athletic population, who require more fuel for muscular contraction.

total daily cals x percent of cals from carbohydrate = cals of carbohydrate

_____ (cals) x _____% = _____ (cals)

cals of carbohydrate / 4 grams per calorie = TOTAL CARBOHYDRATE GRAMS

_____ (cals) / 4 (cals/gm) = _____ grams of carbohydrate

STEP 4: DETERMINE FAT NEEDS

AMDR: 20-35%

Ideally, the majority of fat calories come from the heart healthy unsaturated fats.

Saturated fat should be kept to less than 10% of total calories.

total daily cals x percent of cals from fat = cals of fat

_____ (cals) x _____% = _____ (cals)

calories of fat / 9 grams per calorie = TOTAL FAT GRAMS

_____ (cals) / 9 (cals/gm) = _____ grams of fat

STEP 5: CALORIC BREAKDOWN THROUGH THE DAY

Meal & Time	Calories