



Weight X body fat % = Total good and bad fat

$$\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

Weight – fat = Lean body mass

$$\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

Lean Body Mass X 14 = calories burned at rest

$$\underline{\hspace{2cm}} \times 14 = \underline{\hspace{2cm}}$$

(daily activity / weekly exercise can raise this by 400-1000 more calories burned daily)

\*\*A lot of our classes when clients wear heart rate / calorie counters burn 400-1000 calories per class.

Lean Body Mass X 1 = protein grams you should have daily

$$\underline{\hspace{2cm}} \times 1 = \underline{\hspace{2cm}}$$

Lean Body Mass X .75 = minimum protein gram you should have daily

$$\underline{\hspace{2cm}} \times .75 = \underline{\hspace{2cm}}$$

Lean Body Mass X 1.25 = protein grams for active person - athlete

$$\underline{\hspace{2cm}} \times 1.25 = \underline{\hspace{2cm}}$$



3500 calories = 1 lbs

500 calories deficit a day for a week equals 1 lbs of fat loss

1000 calorie deficit a day for a week equals 2 lbs of fat loss (dropping this low can also stop fat loss because you are starving your muscles, organs and brain of energy/nutrition)

1 gram of protein = 4 cal

1 gram of carbs = 4 cal

1 gram of fat = 9 cal

Some rules to follow for fat loss:

- 1) Sugar grams under 30 daily
- 2) NEED TO HIT PROTEIN GRAMS
- 3) Carbs and Fat change depending on goal and diet strategy
- 4) Don't starve yourself (meet your daily calorie need)
- 5) Drink  $\frac{3}{4}$  - 1 gallon of water a day

I think we start with tracking food with calories at \_\_\_\_\_. Protein \_\_\_\_\_ grams a day. Fat around \_\_\_\_\_ grams a day. Carbs in the \_\_\_\_\_ grams a day.