

FIND YOUR NUMBERS

Setting Caloric and Macronutrient Goals

This worksheet is to accompany Chapter 5 and will help you calculate what your goals should be for calories, protein, carbohydrates, and fat. Once you have all your numbers, they can easily be entered into whatever program or app you are using to log your food.

To use this worksheet – simply follow the steps in order and follow the color-coded values you obtain. If and when that value needs to be used later, you will simply transfer the number down to the matching highlighted area.

Step 1:

If possible, have your body composition done. This will give you a good idea of your current muscle and fat mass. From this, we can also determine whether or not you need to simply maintain muscle or try to put on some muscle.

Step 2:

Establish your first weight loss goal, which is 10% of your current body weight if you have obesity.

Current weight x 0.1 = _____ lbs as your 10% goal.

Step 3:

Determine your Basal Metabolic Rate (BMR). This can be done a few different ways. If you were able to get your body composition done, your report may have your BMR listed on it. You can also have it truly measured if you can find somewhere close to you that offers Indirect Calorimetry. Or, you can use the equations below to calculate your BMR. These equations can also be found, and done, online.

(<http://www.bmi-calculator.net/bmr-calculator/>) The online version may be a bit easier, but it can still be done manually.

(To calculate your weight in KG, simply take your **weight/2.2.**)

Men: $BMR = 88.362 + (13.397 \times \text{YOUR WEIGHT IN KG}) + (4.799 \times \text{YOUR HIEGHT IN CM}) - (5.677 \times \text{YOUR AGE IN YEARS}) =$ _____

Women: $BMR = 447.593 + (9.247 \times \text{YOUR WEIGHT IN KG}) + (3.098 \times \text{YOUR HEIGHT IN CM}) - (4.330 \times \text{YOUR AGE IN YEARS}) =$ _____

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Step 4:

Establish your total daily calorie need. Remember, your BMR only calculates the energy needed for you to exist on the planet. It doesn't account for workouts, chasing kids, or even fidgeting. To establish your total daily calorie need, use the following guidelines, which can be found online.

(<http://www.bmi-calculator.net/bmr-calculator/harris-benedict-equation/>)

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

- If you are **sedentary** (little or no exercise) - Calorie-Calculation = **BMR x 1.2**
- If you are **lightly active** (light exercise/sports 1-3 days/week) - Calorie-Calculation = **BMR x 1.375**
- If you are **moderately active** (moderate exercise/sports 3-5 days/week) - Calorie-Calculation = **BMR x 1.55**
- If you are very active (hard exercise/sports 6-7 days a week) - Calorie-Calculation = **BMR x 1.725**
- If you are **extra active** (very hard exercise/sports & physical job or 2x training) - Calorie-Calculation = **BMR x 1.9**

Total calorie needs per day = **YOUR BMR CALCULATED FROM STEP 3** X ONE of the activity levels above = calories per day.

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Step 5:

You will need to determine if the daily calorie needs value calculated in number 4 is appropriate for you. It may not be, as it doesn't take into account your endocrine status (thyroid, hormones) and the fact that you may be in a state of slower metabolism due to currently dieting and metabolic adaptation. For example, if your value calculates out to be 2000 calories per day and you are already eating only 1500 calories per day and not losing weight – we would probably not want to use the higher number.

This is where it's extremely valuable to have a few days-worth of food logs to see what your true intake really is. If you can do that, we base the rest of this worksheet on calculations based off your baseline intake. However, if you have absolutely no idea how much food you take in and you have no way to log your food to obtain that information, using the information in Step 4 is a good starting point.

IF you have logged your food for a few days and you have an average of your baseline intake, we will subtract 200 calories per day from this value to create your caloric deficit.

If you find your average daily caloric intake is less than 1000 calories – STOP HERE!! Please consult with a physician or nutritionist as using the following calculation will put you at a caloric goal that is dangerous.

To clarify – you will use only ONE of the TWO possibilities above to get your new caloric goal:

If you've logged some baseline intake days:

Average of your daily caloric intake – 200 = **YOUR NEW CALORIE GOAL**

OR

If you've NOT logged baseline intake days:

Daily caloric needs calculated from Step 4 – 300 = **YOUR NEW CALORIE GOAL**

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Step 6:

If you've not done it yet, pick a way to track your food intake. This could be manually with a pencil, paper, and calculator. Or, you can use one of the various food tracking apps available. I can't stress enough how much easier this process is if you've taken the time to log your normal eating for a few days!

Based on your daily calorie goal, we will now set the goals for protein, fat, and carbohydrates.

Step 7:

We need to determine our IDEAL BODY WEIGHT (IBW). This is a scientific calculation based on your height. I have found that using the calculation generally gives an IBW that is significantly low as it does not account for muscle mass. So, when calculating this, remember that it's simply a mathematical formula. Nothing more. If you are on the shorter side, do NOT let this IBW number tell you that you should be weighing that! 90% of the time, it will be a very unrealistic value.

To determine your IBW, I'm going to direct you to a website.
<http://www.bmi-calculator.net/ideal-weight-calculator/>

Reason being, there are several equations used for this. You can use the website I've listed, or you may simply do an internet search for "ideal body weight calculator." Believe me, you won't have any problem finding one! Using the link above, you will be given several answers because it uses all the methods to calculate for you. Simply pick a weight that is in the middle of the values, don't pick the lightest or the heaviest.

My IBW has calculated out to be: .

If your IBW has been calculated in pounds, convert it to kilograms (kg) by dividing by 2.2.

$$\text{IBW in kg} = \text{IBW in POUNDS} / 2.2$$

My IBW in **Pounds** is: lbs

My IBW in **Kilograms** is: kg

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Step 8:

It's now time to calculate your **protein goal**.

If you were able to have your body composition measured, you should know if you need to add some muscle, or if you just need to maintain muscle. Remember, individuals with certain health conditions need to monitor their protein intake closely. Please consult your physician before changing any medical advice he or she has previously given you.

There are 2 equations to use for setting your protein goal:

If you want to **put on muscle**: $1.5 \times \text{ideal body weight (kg)} = \text{your protein goal in grams}$

OR

If you want to **maintain the muscle you have**: $1.2 \times \text{ideal body weight (kg)} = \text{your protein goal in grams}$

Write your protein goal here: _____grams

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Step 9:

Let's set your carbohydrate goal.

Once again, this is so much easier if you've logged for a few days, using what you normally eat, so we have a baseline carbohydrate intake.

IF you have logged and have a baseline carbohydrate intake average:

If your baseline carbohydrate intake is greater than 300 grams per day, cut that in half and this will be your carbohydrate goal for the day. If you fall into this category and want to "rip the band-aid off," you can skip this step and simply set your carbohydrate goal to 100 grams per day. This is your choice.

OR

If your baseline carbohydrate intake is less than 300 grams per day, your carbohydrate goal for the day will be 100 grams.

My baseline carbohydrate intake is greater than 300 grams per day.
Baseline grams per day / 2 = grams

OR

My baseline carbohydrate intake is less than 300 grams per day.
Your daily carbohydrate goal = grams

OR

If you have NOT logged your baseline intake and have no idea how many carbohydrates you eat regularly, simply set your goal at /day

Write your daily carbohydrate goal here: grams per day

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Step 10:

Calculating your fat goal.

Knowing our protein and carbohydrate goals, we can easily determine our fat goal – because that's the only thing left! Also, this step is handy because some food logging apps make you enter your macronutrient goals in calories instead of grams. If you have one of the apps that require you to put in calories instead of grams, you can easily calculate this by using your goals obtained above and using the following equations:

- Calories from protein = amount of **protein in grams** X 4 =
- Calories from carbohydrates = **amount of carbohydrates** in grams x 4 =

We do this because there are 4 calories per gram of protein and carbohydrates.

Write your calories from carbohydrates here -

Write your calories from protein here =

Now we take our daily calorie goal and subtract the protein calories and the carbohydrate calories.

$$\text{Daily calorie goal} - \text{calories from protein} - \text{calories from carbohydrates} = \text{calories from FAT}$$

Remember that there are only three macronutrients. We've calculated protein and carbohydrates. We've not, however, calculated **fat** yet. Using the equation directly above, you can see that if you subtract your calories of protein and carbs from the total calories, what you should be left with is the portion of calories that come from fat!

Write how many calories will come from fat here =

Take the value from the equation above and divide by 9. While protein and carbohydrates each have 4 calories per gram (the reason we multiplied the protein and carb grams by 4 at the beginning of Step 10), fat has 9 calories per gram. We already have the fat calories from the equation above. We need to turn the calories into grams.

$$\text{Calories from fat} / 9 = \text{grams of fat}$$

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Step 11:

We can put all of this together by following our color-coded values.

Daily caloric goal =

Daily carbohydrate goal in grams = = calories from carbs

Daily protein goal in grams = = calories from protein

Daily fat goal in grams = = calories from fat

When you add up your fat, protein, and carbohydrate calories, it may be a bit more than your daily caloric goal by just a bit. This is simply because math isn't perfect and there may have been some decimal stuff in there that made it add up to a bit more. That's okay! Enter either the grams or calories for each macronutrient (whichever your app prefers) and the calorie goal should adjust.

I know this was a lengthy endeavor! However, I wanted it written out so you understood each step. Now that you've made it all the way to the bottom, I'll direct you to the spreadsheet that is also available to calculate all this! (Hey – don't be mad! I wanted you to truly understand what is going on here!)