

## Working Out Your Nutritional Requirements

Below are the calculations and layout for what your personalised nutritional plans should look like. As everyone is different it would make no sense for me to give you all the values that Marnie used as her weight, body fat and activity levels are not the same as yours.

However, you can still use the plans below to calculate yours and give you your own plan to follow. This is what you need to know

Body Weight (kg)  
Body Fat %  
Lean Body Mass  
BMR (Basal Metabolic Rate)  
Activity Levels

Your BMR is the amount of calories your body needs just to maintain its current weight. It is really important to know this as this and to find the calculations is very simply.

Body Weight (kg) X Body Fat % = Fat Weight Kg

Body Weight (kg) – Fat Weight Kg = Lean Body Mass

Then use the following calculations:

$370 + (21.6 \times \text{Lean Body Mass}) = \text{BMR}$

Now you have worked out your BMR you need to determine your activity levels. Dependant on how many times per week you are going to be training you have the following calculations.

### ACTIVITY LEVEL GUIDE

Sedentary 1.2  
1-3 days p/w 1.375  
3-5 days p/w 1.55  
6-7 days p/w 1.725  
2x per day training 1.9

Then, once you have worked out how many times per week you will be training you then need to minus calories for Fat Loss. You can lose between 350-750 calories for fat loss. Please ensure though that when doing this you do not drop below the 1000kcal mark for your total values after these calculations.

$(\text{BMR} \times \text{Activity Levels}) - 500\text{kcal} = \text{Total Daily Calories}$

$\text{Carbohydrates} = (\text{Total Calories} \times 45\%) / 4 = \text{Total Grams per Day}$

$\text{Proteins} = (\text{Total Calories} \times 30\%) / 4 = \text{Total Grams per Day}$

$\text{Fats} = (\text{Total Calories} \times 25\%) / 9 = \text{Total Grams per Day}$  (of your Fats no more than 11% must come from saturated Fats)

***\*Please note that during different stages of Marnie program we were able to change her values dependant on what program she was following for her workouts and what her lifestyle involved. Unless we are monitoring you specifically it isn't possible to give this information as we will not be able to monitor your reaction. It can affect your energy levels, day to day tasks and if done incorrectly can cause illness. This is the only aspect of Personal Training I can't give away – Sorry.***