

5-DAY CONTEST PREP CHALLENGE

4 STEPS TO CALCULATE YOUR CALORIES & MACROS

Step #1 Determine Your Basal Metabolic Rate (BMR)

- You can use the Harris-Benedict Method (a lot of math lol) or an online BMR calculator like this one <https://www.myfitnesspal.com/tools/bmr-calculator>

Your BMR: _____

Step #2 Calculate Your Total Calorie Needs Based on Exercise Level

For most new competitors, you would fall into one of these 2 levels below:

Activity Level 1:

- Moderate exercise (3 to 5 days per week)
- Total Calorie Need = $1.55 \times \text{BMR}$

Activity Level 2:

- Heavy exercise (6 to 7 days per week)
- Total Calorie Need = $1.725 \times \text{BMR}$

Once you have your activity level, multiply that number by your BMR. The result is the number of calories technically you need when factoring in exercise/activity (total daily energy expenditure/TDEE)

Your TDEE: _____

Step #3: Use TDEE to Determine Weight Loss or Gain Calorie Range

For weight loss = Reduce TDEE calories by 10-20%. Ex. TDEE = 2000 calories - 20% = 400 calories. So, your goal calories would be 1600.

For weight gain = Increase TDEE calories by 10-20%. Ex. TDEE = 2000 calories + 20% = 400. So, your Goal calories would be 2400.

Step #4 Calculate Your Macros (grams)

Before you begin calculating your macros, here is an example macro breakdown for each division:

Bikini – Protein 30% | Carbs 40% | Fat 30%

Wellness – Protein 40% | Carbs 30% | Fat 30%

Figure – Protein 40% | Carbs 40% | Fat 20%

- Your body type_____
- Your weight loss or gain calorie goal _____

Your Macros:

- _____% of _____calories = _____calories from proteins
- _____% of _____calories = _____calories from carbs
- _____% of _____calories = _____calories from fats

For ex. Division is Figure and Weight Loss Calorie Goal = 1600

40% x 1600 = 640 calories from proteins

40% x 1600 = 640 calories from carbs

20% x 1600 = 320 calories from fat

Now, 1 gram of each macronutrient equals a certain number of calories. To determine your exact grams of macronutrients for each day, you need to divide by the following:

- Carbohydrates: 4 calories for 1 gram
- Protein: 4 calories for 1 gram
- Fat: 9 calories for 1 gram

Macro Breakdown:

- _____calories from protein/4 = daily grams of protein
- _____calories from carbs/4 = daily grams of carbs
- _____calories from fats/9 = daily grams of fat

Using the same Figure example above:

$640 \text{ calories} / 4 = 160\text{g of protein}$

$640 \text{ calories} / 4 = 160\text{g of carbs}$

$320 \text{ calories} / 9 = 35.5\text{g of fat}$

Final calculation for weight/fat loss:

1600 calories

Protein 160g

Carbs 160g

Fat 35.5g