**10 Week Transformation Challenge**

1. Calculate calorie goal
2. Calculate protein goal
3. Upload appropriate food plan 1200 OR 1600, whichever is closer to calorie goal
4. Add nutrition goals to app

**Important Notes!**

* Establish goals with your clients as a starting point. We need to know what they want to get out of the challenge. Never assume you know.
* Enter goals in to app under profile > goals > general
* Scan photo can be found in Pike13 profile for client > photos (in navigation bar) > make sure you have the most recent scan (check date).
* Please aim to have food plan and nutrition goals uploaded for your clients by Tuesday following body scans.
* Remember not to prescribe less than 1200 CAL or 65g protein.
* Call me if you have any questions or if you need a hand.

1. **Calculate Calorie Goal**

* We want to create a 500cal deficit daily to achieve 0.5kg/week weight loss
  + We don’t want to create greater than 500cal deficit from diet alone, greater deficits should be achieved by more exercise.
  + We don’t want to recommend under 1200cal/day under any curcumstace
* Start with BMR from the inbody scan results for each client. IF YOU DON’T HAVE BMR GOOGLE ‘SCHOFIELD EQUATION’ and use that instead.
* IF your client is looking to lose body fat **Underestimate Energy Activity Factor** \ IF your client is looking to build muscle mass **choose appropriate activity factor.**
* Multiply BMR x Activity factor (using table below) to get their adjusted energy requirements.
* IF your client is looking to lose body fat **-500 CAL from adjusted energy requirements** \ IF your client is looking to build muscle mass **Don’t do anything further.**
* Remember not to recommend less than 1200cal under any circumstance

**Energy Activity Factor (credit Harris-Benedict equation)**

|  |  |
| --- | --- |
| Little to no [exercise](https://en.wikipedia.org/wiki/Exercise) (occasional walk, maybe 1 training session) | Daily kilocalories needed = BMR x 1.2 |
| Light (to moderate) exercise (1–3 days per week) | Daily kilocalories needed = BMR x 1.375 |
| Moderate exercise (3–5 days per week) | Daily kilocalories needed = BMR x 1.55 |
| Heavy exercise (6–7 days per week) | Daily kilocalories needed = BMR x 1.725 |
| Very heavy exercise (twice per day, extra heavy workouts) | Daily kilocalories needed = BMR x 1.9 |

**2. Calculate Protein Goal**

* IF your client is looking to lose body fat **Start with their ideal body weight from the inbody scan results** \ IF your client is looking to build muscle mass **Start with their actual body weight.**
* Multiply body weight OR ideal body weight (Depending on their goals) x Protein Actvity Factor (using table below) to get protein requirements
* Don’t recommend less than 65g under any circumstance (this is your minimum)

**Protein Activity Factor**

|  |  |
| --- | --- |
| Little to no [exercise](https://en.wikipedia.org/wiki/Exercise) | Body weight x 0.8 (56g/men 46g/women minimum) |
| Light –moderate exercise (1–3 days per week) | 1g/kg body weight |
| Moderate –hart exercise (3–5 days per week) | 1.2-1.6g/kg body weight |
| Heavy exercise (6–7 days per week) | 1.6-2.0g/kg body weight |
| Very heavy exercise (twice per day, extra heavy workouts) | 2.2g/kg body weight |

1. **Upload Food Plan**
2. This can only be done ON COMPUTER: Goto ‘meal plans’
3. Drag food plan on to screen OR click and navigate to file and upload.
4. Add the 1600 OR 1200 food plan, which ever is closest to calorie goal.
5. **Add nutrition goals to app**
   1. Choose to add nutrition goal on computer or app (in profile) and select calories & protein ONLY. You can also add nutrition goals on the meal plan page after uploading food plan.
   2. Round calories, ie 1400 OR 1450 and enter
   3. Slide the slider until protein is as close as possible to protein requirements