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[TJCDesign вЂ“ Phoenix FD Beginner Course](#)



## DETERMINING HOW MUCH YOU SHOULD EAT

### 1. Calculate your Resting Metabolic Rate (RMR).

$$\frac{\text{Body Weight}}{\text{Body Weight}} \times 10 = \text{RMR}$$

### 2. Calculate your Daily Activity Burn (DAB).

Based on your current activity levels (outside of FPGZ).

$$\text{SEDENTARY} \frac{\text{RMR}}{\text{RMR}} \times 100\% = \text{DAB}$$

$$\text{MODERATELY ACTIVE} \frac{\text{RMR}}{\text{RMR}} \times 120\% = \text{DAB}$$

$$\text{VERY ACTIVE} \frac{\text{RMR}}{\text{RMR}} \times 130\% = \text{DAB}$$

### 3. Enter calories burned from your Daily Exercise (DE).

This varies, but a good average figure for FPGZ is 650 calories a day.\*

$$\text{DE}$$

### 4. Enter your Calorie Surplus (CS) or Calorie Deficit (CD).

This is the number of calories you'd like to add or subtract in order to gain or lose weight. 500 calories a day is approximately one pound per week.\*\*

$$\text{CS/CD}$$

### 5. Determine your Daily Caloric Target (DCT).

(Resting Metabolic Rate + Daily Activity Burn + Daily Exercise) +/- Calorie Surplus or Calorie Deficit = Daily Caloric Target

$$\text{RMR} + \text{DAB} + \text{DE} \pm \text{CS/CD} = \text{DCT}$$

### 6. Determine your nutrition level.

Now use your DCT to determine your nutrition level in the table.

Round down to the bottom of your level to create a slight calorie deficit (e.g., if you're at Level B, you should be consuming 2,400 calories per day).

**LEVEL A** 1,800-2,329 1,800 calories/day

**LEVEL B** 2,400-2,999 2,400 calories/day

**LEVEL C** 3,000+ 3,000 calories/day

\*All numbers are only ballpark figures and they take a lot of variables into account.

\*\*Based on an 8000 calorie burn. 1,000 calories a day. If you go on any diet, you'll be eating less than 2,000 calories a day. If you go on any diet, you'll be eating less than 2,000 calories a day.



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