

CALCULATE MACROS

Worksheet

BODY WEIGHT	PROTEIN INTAKE	PROTEIN GRAMS	CALORIE VALUE	PROTEIN CALORIES
<input type="text"/>	<input type="text" value=".8 or 1"/>	<input type="text"/>	<input type="text" value="4"/>	<input type="text"/>

$$\square \times \square = \square \times \square = \square$$

GOAL CALORIES	FAT TARGET %	FAT CALORIES	CALORIE VALUE	FAT GRAMS
<input type="text"/>	<input type="text" value="20% - 35%"/>	<input type="text"/>	<input type="text" value="9"/>	<input type="text"/>

$$\square - \square = \square \div \square = \square$$

GOAL CALORIES	PROTEIN CALORIES	FAT CALORIES	CARB CALORIES
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

$$\square - \square - \square = \square$$


CARB CALORIES	CALORIE VALUE	CARBOHYDRATE GRAMS
<input type="text"/>	<input type="text" value="4"/>	<input type="text"/>

$$\square \div \square = \square$$



Your MACROS:

PROTEIN	<input type="text"/>
FAT	<input type="text"/>
CARBS	<input type="text"/>

 Use these numbers for at least one month before you make any changes. Join our Facebook Group - Faithfully Free Fitness if you need help or have questions.