

SET YOUR WATER INTAKE (MANDATORY NUMBER)

- Each day you will consume 100 ounces of water. Why? Because even slight dehydration can slow down your metabolism by up to 10% and water is vital to your daily body function, including digestion, heart and brain function.

FIND YOUR CALORIE INTAKE BASELINE & MAKE BETTER CHOICES

- Why do you need to find your calorie baseline to get to your goal? The number one reason people overeat or undereat is because they don't know how many calories their body needs to operate or how many calories they should intake to lose weight.
- You need to also start looking at the food choices you are making and see how you can replace processed foods and foods with lots of Added Sugar with natural foods or home cooked foods.
- Use the BMR Calculator on the Switch Fitness Website in the Links Section to find your calorie baseline. Follow the instructions on the site.

SET YOUR CALORIE DEFICIT (ADVANCED TRACKING)

- If you are looking to lose weight in a very specific amount of time, you are going to need to use your baseline calories and create a deficit to ensure that happens.
- To set your deficit, subtract 500 calories off your baseline calories for each pound you want to lose each week with a maximum subtraction of 1000 calories (2 pounds weekly).
- Track your calories each day to ensure you stay in your calorie range.

TRACK YOUR PROTEIN (ADVANCED TRACKING)

- The final step for advanced success is tracking Macros, but more specifically your protein. Why? Tracking all macros can be very time consuming and daunting, so we simplified the step
- Set your protein amount to 30% of your calories, meaning if your calorie intake after deficit is 1500 calories, you should be intaking 450 calories of protein or 112.5 grams of protein (calories divided by four since there are 4 calories in every gram of protein)
- ALL MACROS ARE IMPORTANT, BUT TRACKING ONE SIMPLIFIES THE PROCESS. NEVER ELIMINATE ANY MACROS (carbs, fats or proteins)

SCHEDULING YOUR WORKOUT, EATING WINDOW AND JOURNALING TIMES

- Layout your schedule for everyday of the week from when you wake up to when you go to sleep.
- Decide what time works best each day to workout. This time must be sacred and not have the ability to be interrupted by anything else.
- Decide what time works best each day for your 8 hour eating window. Remember you will not be consuming any calories outside of this window, including calories you drink.
- Decide what time works best reflection time and time to complete your scoreboard each day
- Make sure to put these items in your schedule for each day. Using Google Calendar works great as it has built-in notifications and reminders.

DAY	WORKOUT TIME	EATING WINDOW	REFLECTION TIME
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

MY WATER GOAL

- My Daily water goal is **100 ounces of water each day.**

MY DAILY CALORIC INTAKE

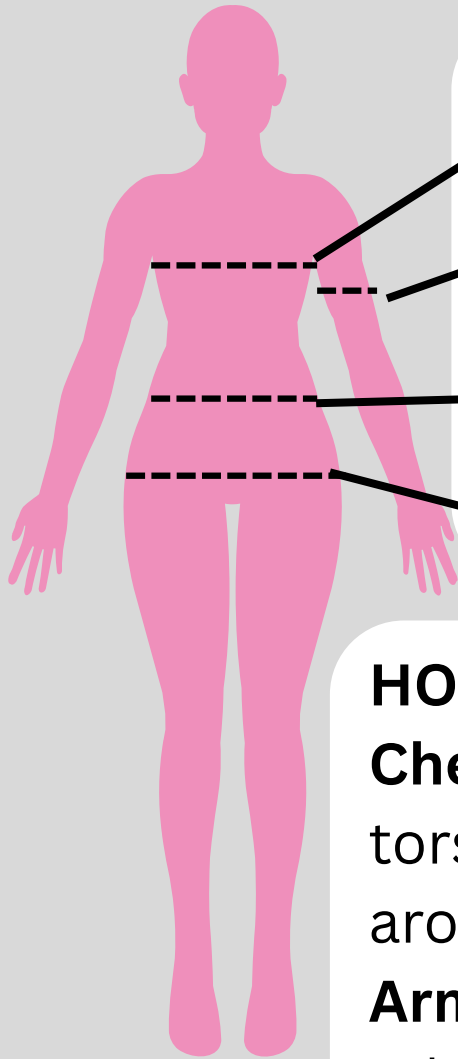
- Go to BMR calculator switchfit.me/bmr-calculator
 - Make sure to follow the instructions on the website by selecting maintain weight and moderately active.
- Subtract 500 calories from the total on the calculator for each pound you want to lose each week (2 pounds maximum) and that is your caloric intake number for each day of the week. (1200 Calories is the minimum calories you can use)

My Caloric Intake Number _____

MY PROTEIN GOAL

- Total Calories*30% = _____calories /4 = _____ grams of protein

Starting Date: _____



Starting Measurements

Chest _____ inches

Arm _____ inches

Waist _____ inches

Hips _____ inches

Weight

Starting Weight

_____ lbs

Goal Weight

_____ lbs

HOW TO MEASURE

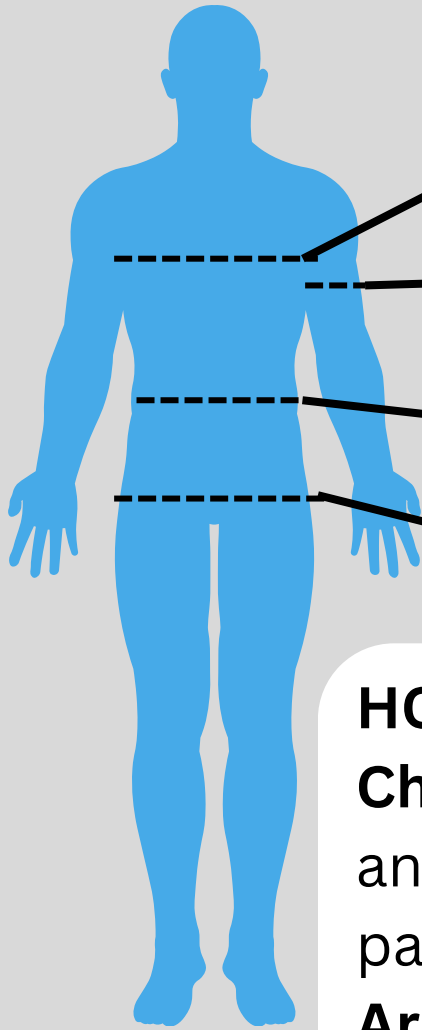
Chest: Stand with your feet together and torso straight, and find the widest part around your bust.

Arms: Stand up straight with one arm relaxed, and find the midpoint between the shoulder bone and the elbow of that arm.

Waist: Find your natural waist or the narrowest part of the torso.

Hips: This is the widest part of your glutes. Try looking in a mirror while standing sideways. Make sure the tape is parallel to the floor.

Starting Date: _____



Starting Measurements

Chest _____ inches

Arm _____ inches

Waist _____ inches

Hips _____ inches

Weight

Starting Weight

_____ lbs

Goal Weight

_____ lbs

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