



Weight Management Worksheet

Name: _____ Phone # _____
E-mail: _____
Age: _____ Height: _____ MHR: 220 – Age = _____

Body Statistics

Date			
Weight			
BF%			
Lean Mass			
Fat Mass			

Equation for Estimating Resting Metabolic Rate

RMR = (21.6 x Lean Mass in kg _____) + 370 = _____

Multiply to Estimate Daily Caloric Need

- Confined to bed rest, multiply by 1.2
- Sedentary in work and leisure time, multiply by 1.3
- Somewhat active life, multiply by 1.4
- Very active, multiply by 1.5

Daily Caloric Need to Maintain Current Weight

Daily Caloric Goal for a 1-2 lb Weekly Body Fat Loss

Weekly Cardio Recommendation

To burn enough calories to lose body fat at a safe rate of 1-2 lbs per week, cardio should be done at approx. 70-75% MHR. (70% of your maximum HR is estimated at ____ bpm or ____ for a 10 second count). Cardio should be performed ____ days per week for 55 minutes per day. It is estimated that you will burn approx. _____ calories with each 55 minute cardio session. This will create a weekly caloric deficit of about _____ calories. It takes a deficit of 3,500 calories to burn 1 lb of fat.

Nutrition Recommendation

Your daily caloric goal is to consume _____ calories per day.

50% Carbs = _____ grams

30% Protein = _____ grams

20% Fats = _____ grams

- Eat 5-6 small meals per day. Space your calories out to stabilize your blood sugar levels and help speed your metabolism.
- Three recommended supplements are: Multivitamin, Fish Oil, Whey protein.
- Eat fats from good sources such as nuts, avocado, extra-virgin olive oil, and fish. This will help your body burn from it's fat stores.
- Review your protein intake to make sure you are meeting your requirements. Supplement w/ a protein shake if needed.
- Include a protein source at each meal to maintain a positive nitrogen balance. This will ensure you are in anabolic state, creating muscle instead of tearing it down for energy use (catabolic).
- Make breakfast your largest meal of the day.
- Avoid fast foods, processed foods, fried foods and alcohol while training for body fat loss.
- Substitute white bread, white rice, and pasta made from white flour for low-glycemic complex carbohydrates such as 100% whole wheat bread, brown rice, or whole wheat pasta.
- After workouts, for best recovery, consume a 2:1 carb to protein ratio liquid supplement.
- Eat lots of fresh fruits and vegetables during the day.
- To be successful, plan your meals and pre-package them in Tupperware. Do most of your cooking on the weekend.
- Drink lots of water. 8-10 glasses per day. Carry a gallon around with you and see how much of it you can get through in the course of 1 day.
- Buy the book, Eating For Life, by Bill Phillips. Keep it in your kitchen and model your basic eating structure after it – great book!
- Important!! Log everything you eat. Studies show that those that keep food logs tend to be more successful at achieving their fat loss goals.
- Try a calorie log-site, such as www.fitday.com or www.calorieking.com.
- For detailed info on any food, go to www.nutritiondata.com.

Trainers: Forrest Folen, CPT and Roy Schuhmacher, CPT

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