

FINDING YOUR CALORIE BRACKET

CALCULATE YOUR CALORIE TARGET

To find the right plan for you, you'll need to figure out your Calorie Target using your current weight to find your Caloric Baseline.

IMPORTANT TIPS

If your Calorie Target is less than 1,200, round up to 1,200

If your Calorie Target is more than 2,499, round down to 2,499 and eat in Plan E

If you want to maintain weight, and **are working out**, stick with your maintenance calories in step 2 and skip step 3 on pages 3 and 4

If you want to maintain weight, and you are **NOT working out** stick with your caloric baseline on page 2



IMPORTANT NOTE

Your selection of the exercise options is very important. Overstating or understating your exercise intensity will dramatically affect your results and experience.

FINDING YOUR CALORIE BRACKET CALCULATOR — IF YOU'RE NOT WORKING OUT

You don't have to exercise to get great results while doing Portion Fix, however your results can be better when you pair this program with a Beachbody® fitness program. Use the chart below to find your Caloric Baseline and Calorie Target.

IF YOU'RE **NOT** WORKING OUT

FIND YOUR CALORIC BASELINE Use this calculation if you're injured or not yet working out, other than light walking or stretching. Stop here if you want to maintain your weight.

$$\underline{\hspace{10em}} \text{ CURRENT WEIGHT (LBS.)} \quad \times 11 = \quad \underline{\hspace{10em}} \text{ CALORIC BASELINE}$$

CALORIE TARGET : IF YOU'RE LOOKING TO LOSE WEIGHT.

$$\underline{\hspace{10em}} \text{ CALORIC BASELINE} \quad - 400 = \quad \underline{\hspace{10em}} \text{ YOUR CALORIE TARGET}$$

FINDING YOUR CALORIE BRACKET CALCULATOR – IF YOU'RE WORKING OUT

If your fitness program or daily workout is moderately challenging, you'll use this chart. Here, we're defining "moderately challenging" as a minimum of 30–45 minutes of exercise 5 times a week.

IF YOUR WORKOUTS ARE: **MODERATELY CHALLENGING**

1. FIND YOUR CALORIC BASELINE This is how many calories you burn in a day.

$$\underline{\hspace{10em}} \text{ CURRENT WEIGHT (LBS.)} \quad \times 11 = \quad \underline{\hspace{10em}} \text{ CALORIC BASELINE}$$

2. FIND YOUR MAINTENANCE CALORIES Use your Caloric Baseline to find your Maintenance Calories. Stop here if you want to maintain your weight. If you want to build muscle mass, take your maintenance calories and skip to Step 4.

MODERATELY CHALLENGING WORKOUTS 30–45 MINS. 5X/WEEK

Easy jogging (30 mins. or 3 miles), vigorous hiking, biking (30 mins.)
21 Day Fix, 9 Week Control Freak, Let's Get Up, 30 Day Breakaway, etc.

$$\underline{\hspace{10em}} \text{ CALORIC BASELINE} \quad + 400 = \quad \underline{\hspace{10em}} \text{ MAINTENANCE CALORIES}$$

3. FIND YOUR CALORIE TARGET FOR WEIGHT LOSS

$$\underline{\hspace{10em}} \text{ MAINTENANCE CALORIES} \quad - 750 = \quad \underline{\hspace{10em}} \text{ YOUR CALORIE TARGET}$$

4. FIND YOUR CALORIE TAGRET FOR MUSCLE BUILDING. Be aware, you will be putting weight on at this target level.

$$\underline{\hspace{10em}} \text{ MAINTENANCE CALORIES} \quad \underline{\hspace{10em}} \text{ BUMP UP ONE PLAN}$$

FINDING YOUR CALORIE BRACKET CALCULATOR—IF YOU'RE WORKING OUT

Use this calculator if your workouts are extremely challenging. That means you're doing an intense fitness program 46 minutes or more per day, 5 times a week.

IF YOUR WORKOUTS ARE: **EXTREMELY CHALLENGING**

1. FIND YOUR CALORIC BASELINE This is how many calories you burn in a day.

$$\underline{\hspace{10em}} \text{ CURRENT WEIGHT (LBS.)} \quad \times 11 = \quad \underline{\hspace{10em}} \text{ CALORIC BASELINE}$$

2. FIND YOUR MAINTENANCE CALORIES Use your Caloric Baseline to find your Maintenance Calories. Stop here if you want to maintain your weight. If you want to build muscle mass, take your maintenance calories and skip to Step 4.

EXTREMELY CHALLENGING WORKOUTS 46 MINS. OR MORE, 5X/WEEK

High-intensity interval training, heavy weightlifting, indoor cycling, Beachbody workouts: P90X® Series, 80 Day Obsession, INSANITY®, TurboFire®

$$\underline{\hspace{10em}} \text{ CALORIC BASELINE} \quad + 600 = \quad \underline{\hspace{10em}} \text{ MAINTENANCE CALORIES}$$

3. FIND YOUR CALORIE TARGET FOR WEIGHT LOSS

$$\underline{\hspace{10em}} \text{ MAINTENANCE CALORIES} \quad - 750 = \quad \underline{\hspace{10em}} \text{ YOUR CALORIE TARGET}$$

4. FIND YOUR CALORIE TAGRET FOR MUSCLE BUILDING. Be aware, you will be putting weight on at this target level.

$$\underline{\hspace{10em}} \text{ MAINTENANCE CALORIES} \quad \text{BUMP UP ONE PLAN} \quad \underline{\hspace{10em}}$$