

CALCULATE YOUR HEALTH

CALCULATE YOUR CALORIE TARGET BRACKET

To find the right plan for you, you'll need to find your calorie bracket using your current weight.

IMPORTANT TIPS

If your calculation is less than 1,200 calories, round up to 1,200 (Plan A)

If your calorie calculation is more than 2,499 calories, round down to 2,499 (Plan E)

FINDING YOUR CALORIE BRACKET

CALCULATOR



You don't have to lose weight to improve your gut health. However, if your goal is to lose weight while on this journey, use the calculation below to determine your calorie bracket.

FIND YOUR CALORIC BASELINE

CALORIE TARGET: IF YOU WANT TO MAINTAIN WEIGHT

_____	x 11 =	_____
CURRENT WEIGHT (LBS.)		CALORIC BASELINE

USE THIS CALCULATION IF YOU'RE LOOKING TO LOSE WEIGHT WHILE FOLLOWING THE PROGRAM

_____	x 11 =	_____
CURRENT WEIGHT (LBS.)		CALORIC BASELINE
_____	- 400 =	_____
CALORIC BASELINE		YOUR CALORIE TARGET

FIND YOUR CALORIE TARGET FOR MUSCLE-BUILDING

Be aware, you will be putting weight on at this target level. Your fifth day of movement should include weights, 9 Week Control Freak, LIIFT 4, etc.

_____	x 11 =	_____
CURRENT WEIGHT (LBS.)		CALORIC BASELINE
_____		_____
CALORIC BASELINE		BUMP UP ONE PLAN