



What is your BMR? \_\_\_\_\_

This is the number of calories you should consume to MAINTAIN your current weight.

If you want to lose weight, subtract 500. If you want to gain weight, add 500.

Based on the above information and what you have learned in Fitness Bootcamp, your daily calorie goal is \_\_\_\_\_

Using the chart above, divide your daily calories into Carbs, Proteins, and Fat.

Your daily Carb calories = \_\_\_\_\_

Your daily Protein calories = \_\_\_\_\_

Your daily Fat calories = \_\_\_\_\_