

Bodysculpting Reference Sheet:

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Name: _____

<p>Part A: Baseline Data: Date: _____ Initial Weight: _____ Body Fat %: _____ % BMR: _____ Lean Body Mass: _____ pounds</p>	<p>Part A: Short Term Goal: New Weight: _____ Goal Body Fat%: _____ % Calories need to burn to reach goal: _____ Timetable: _____ weeks losing _____ pound per week</p> <p>Long Term Goal: New Weight: _____ pounds Goal Body Fat%: _____ % Calories needed to burn to reach goal: _____ Timetable: _____ weeks losing _____ pounds per week</p>
<p>Part B1: Nutrition Plan: (TDEE) Daily caloric intake to maintain INITIAL weight: _____</p> <p>Part B2: You want to stay at or below these number: _____ Total calories for the day: _____ Total of calories for the week: _____</p> <p>Part B3: Suggested Macros for Nutrition: Protein _____ % Carbohydrates _____ % Fats _____ %</p>	<p>Part C: Weekly total caloric deficit from exercise: You want to meet or exceed these numbers for the week.</p> <p>Cardio: _____</p> <p>Workouts: _____</p> <p>Other: _____</p>

Online sheet available at www.fitnessfoundry.net

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