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READING THE TEMPLATES

*Templates are provided for 4 phases: Base, Phase 1, Phase 2, and Phase 3
*You will have a Workout Day Template and a Non-Workout Day Template (if applicable) for each Phase
*Be sure to use the correct template for each day!

At the top of your template you will find a list of recommended sources of Lean Proteins, Healthy Carbs, and Healthy Fats
*Try to get your macros from options on these lists at least 80% of the time

Your macros are listed in grams on your templates
*Keep in mind, 130g of Carbohydrates means 130g of Carbs and not 130 grams in weight. This means you will need to calculate the number of Carbs per gram of weight (MyFitnesspal is helpful for this!)

2

GUIDELINES

*ALWAYS STAY ON A PHASE FOR A MINIMUM OF 2 WEEKS BEFORE MOVING PHASES BASED ON WEIGHT CHANGES!!

CUTTING

UNDER 200LBS
-IF LOSS IS BETWEEN 0.5-1LB PER WEEK
-KEEP CURRENT PHASE
-IF SLOWER THAN 0.5LB PER WEEK
-MOVE ONTO NEXT PHASE
-IF LOSS IS FASTER THAN 1.5LB PER WEEK ON BASE
-KEEP CURRENT PHASE
-IF FASTER THAN 1.5LB PER WEEK ON PHASE 1-3
-GO BACK TO PREVIOUS PHASE

OVER 200LBS
-IF LOSS IS BETWEEN 1-2LBS PER WEEK
-KEEP CURRENT PHASE
-IF SLOWER THAN 1LB PER WEEK
-MOVE ONTO NEXT PHASE
-IF LOSS IS FASTER THAN 2LBS PER WEEK ON BASE
-KEEP CURRENT PHASE
-IF FASTER THAN 2LBS PER WEEK ON PHASE 1-3
-GO BACK TO PREVIOUS PHASE

GAINING

UNDER 200LBS
-IF GAIN IS BETWEEN 0.5-1LB PER WEEK
-KEEP CURRENT PHASE
-IF SLOWER THAN 0.5LB PER WEEK
-MOVE ONTO NEXT PHASE
-IF GAIN IS FASTER THAN 1.5LBS PER WEEK ON BASE
-KEEP CURRENT PHASE
-IF FASTER THAN 1.5LBS PER WEEK ON PHASE 1-3
-GO BACK TO PREVIOUS PHASE

OVER 200LBS
-IF GAIN IS BETWEEN 1-2LBS PER WEEK
-KEEP CURRENT PHASE
-IF SLOWER THAN 1LB PER WEEK
-MOVE ONTO NEXT PHASE
-IF GAIN IS FASTER THAN 2LB PER WEEK ON BASE
-KEEP CURRENT PHASE
-IF FASTER THAN 2LB PER WEEK ON PHASE 1-3
-GO BACK TO PREVIOUS PHASE

MAINTAINING

UNDER 200LBS
-IF LOSING BETWEEN 0.5-1LB PER WEEK
-ADD 25 GRAMS OF CARBS TOTAL THROUGHOUT THE DAY
-IF GAINING BETWEEN 0.5-1LB PER WEEK
-SUBTRACT 25 GRAMS OF CARBS TOTAL THROUGHOUT THE DAY

OVER 200LBS
-IF LOSING BETWEEN 1-2LBS PER WEEK
-ADD 30-40 GRAMS OF CARBS TOTAL THROUGHOUT THE DAY
-IF GAINING BETWEEN 1-2LBS PER WEEK
-SUBTRACT 30-40 GRAMS OF CARBS TOTAL THROUGHOUT THE DAY

3

TRACKING YOUR PROGRESS

WEIGH

YOU SHOULD WEIGH YOURSELF IN THE MORNING ON AN EMPTY STOMACH. DO THIS MULTIPLE TIMES THROUGHOUT THE WEEK AND TAKE THE AVERAGE OF THOSE NUMBERS. THIS AVERAGE WILL HELP YOU KNOW WHEN IT IS APPROPRIATE TO CHANGE PHASES (ACCORDING TO THE GUIDELINES ABOVE).

TAKE YOUR MEASUREMENTS EVERY 2 WEEKS: NECK, WAIST, AND THIGH.

NECK: WRAP THE MEASURING TAPE AROUND THE NECK, BEGINNING ABOUT ONE INCH FROM WHERE YOUR NECK AND SHOULDERS MEET. WAIST: WRAP THE MEASURING TAPE AROUND THE STOMACH (AT THE HEIGHT OF YOUR BELLY BUTTON. THIGH: MEASURE THE THICKEST PART OF YOUR THIGH.

MEASURE

PHOTOS

PROGRESS PHOTOS ARE A GREAT WAY TO SEE YOUR PROGRESS! TAKE PHOTOS ONCE EACH WEEK, IN THE SAME LOCATION WITH SIMILAR CLOTHING AND LIGHTING. IF YOU'D LIKE TO SHARE YOUR PROGRESS YOU CAN POST YOUR PHOTOS ON INSTAGRAM, TAG MAX LIMIT, AND USE #MAXLIMITNUTRITION OR POST THEM ON FACEBOOK AND TAG MAX LIMIT FITNESS.