

Macro targets from estimate to review

Calculate, save, plan and adjust from a longer trend.

01 / Understand the starting point

The calculator estimates an adult starting point from your inputs. Energy needs vary with activity, body size and individual circumstances; the number is not a metabolic measurement.

02 / Make the useful distinction

Check the selected goal and units, then save your targets. Protein and carbohydrate contribute about 4 kcal per gram and fat about 9; rounding means a small difference is normal.

03 / Put it into practice

Build meals you enjoy and compare the whole day. A smoothie alone is not a complete eating pattern. Planned totals describe food selected, while Progress records food actually eaten.

04 / Review and adapt

Review energy, hunger, performance and multiweek trends before adjusting. Pregnancy, medical conditions and disordered-eating concerns need individual support rather than a generic calorie target.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

A purely arithmetic example: 140 g protein, 250 g carbohydrate and 70 g fat supply about 2,190 kcal. This illustrates calculation and is not your recommended intake.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date	Goal and activity inputs	Saved target	Trend observations	Review decision

Evidence and original clinical reading

<https://pubmed.ncbi.nlm.nih.gov/28698222/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.