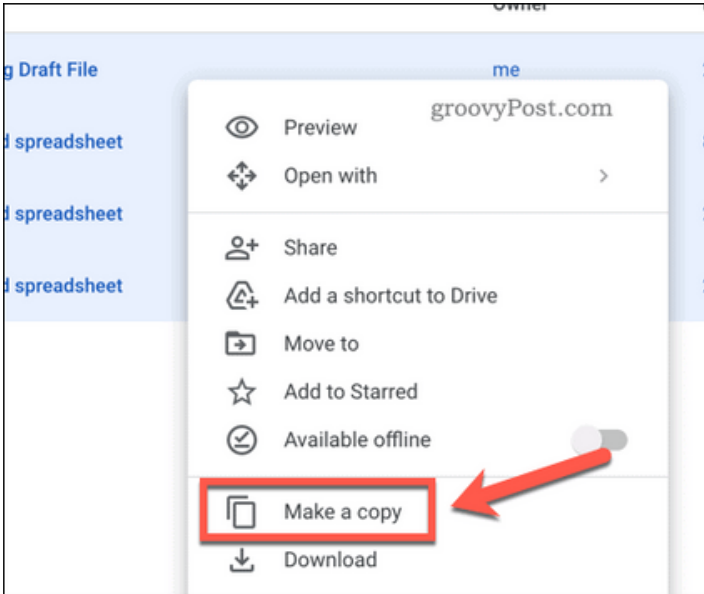


How to Use Your Burn Fat diet Tracker ???

First Step



Create a copy of the document otherwise you won't be able to use it.

Men	
Protein	122
Carbohydrates	83
Fiber	82
Fat	54
Calories (+ deficiency)	1953,59375
sugar (max)	54,4

Sedentary (no sport)	× 1.2
Slightly active (walking, chores)	× 1.375
Moderately active (2-3x sport/week)	× 1.55
Active (4-5x sport/week)	× 1.725

Women	
Protein	102
Carbohydrates	73
Fiber	66
Fat	41
Calories (+ deficiency)	1725,34375
sugar (max)	41

Height	Weight	Age	Activity level
165	68	30	1,375

in these boxes, it is the most important, to allow to calculate what you need and to create your diet with this base (attention it is an average each body reacts differently it is thus necessary to make tests).

- You'll need to enter your **height (in "cm")** , **weight (in "kg")**, **age** and **activity level** in this table :

for your level of activity, look at this table and enter what corresponds to you the most, please enter the exact number " **ex: 1.2** ' do not enter 'x' or "*".

Once you've filled in all the information in the table, you'll have the result of what you need for your diet (if you're a man or a woman) and then we'll create a diet together.

As shown in the example that calculates for a person who is 165cm tall and 68kg with a Slightly active figure

Day	date	meal 1	meal 2	meal 3	meal 4	meal 5	meal 6	meal 7	meal 8	notes
1	1/1/2020	1	1	1	1	1	1	1	1	
2	2/1/2020	1	1	1	1	1	1	1	1	
3	3/1/2020	1	1	1	1	1	1	1	0.8	
4	4/1/2020	1	1	1	1	1	1	1	1	
5	5/1/2020	1	1	1	1	1	1	1	0.4	other meal
6	6/1/2020	1	1	1	1	1	1	1	1	
7	7/1/2020	1	1	1	1	1	1	1	1	breakfast
8	8/1/2020	1	1	1	1	1	1	1	1	
9	9/1/2020	1	1	1	1	1	1	1	1	
10	10/1/2020	1	1	1	1	1	1	1	1	
11	11/1/2020	1	1	1	1	1	1	1	1	
12	12/1/2020	1	1	1	1	1	1	1	1	
13	13/1/2020	1	1	1	1	1	1	1	1	
14	14/1/2020	1	1	1	1	1	1	1	1	
15	15/1/2020	1	1	1	1	1	1	1	1	
16	16/1/2020	1	1	1	1	1	1	1	1	
17	17/1/2020	1	1	1	1	1	1	1	1	
18	18/1/2020	1	1	1	1	1	1	1	1	
19	19/1/2020	1	1	1	1	1	1	1	1	
20	20/1/2020	1	1	1	1	1	1	1	1	
21	21/1/2020	1	1	1	1	1	1	1	1	
22	22/1/2020	1	1	1	1	1	1	1	1	
23	23/1/2020	1	1	1	1	1	1	1	1	
24	24/1/2020	1	1	1	1	1	1	1	1	
25	25/1/2020	1	1	1	1	1	1	1	1	
26	26/1/2020	1	1	1	1	1	1	1	1	
27	27/1/2020	1	1	1	1	1	1	1	1	
28	28/1/2020	1	1	1	1	1	1	1	1	
29	29/1/2020	1	1	1	1	1	1	1	1	
30	30/1/2020	1	1	1	1	1	1	1	1	
31	31/1/2020	1	1	1	1	1	1	1	1	

Men		Sedentary (no sport)	
Protein	102		+1.2
Carbohydrates	63		+1.8%
Fiber	62		+1.5%
Fat	54		+1.5%
Calories (+ difference)	1813.8075		+1.0%
major meal	51.6		

Women		Height		Weight		Age		Activity level	
Protein	102	168	64	30	1.375				
Carbohydrates	73								
Fiber	62								
Fat	41								
Calories (+ difference)	1744.8275								
major meal	41								

here's an example of a finished tableover a period of 1 month to show you what it might look like, so you can see your mistakes and work on them.

Important: Don't feel guilty if you make a mistake. The most important thing is not to lie to yourself, and to improve day by day.