



TOTAL FITNESS
ACADEMY

THE 21 DAY CHALLENGE





LETS GET STARTED

Lets make this process as simple as possible to enable you to get the best results possible!



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MACROS & CALORIES

The first step in this process will be to take your weight, height & gender. From there we can calculate your daily allowance with your calories & then work out your macro split for this.



Protein



Fats



Carbs



DAILY STEPS & ACTIVITY

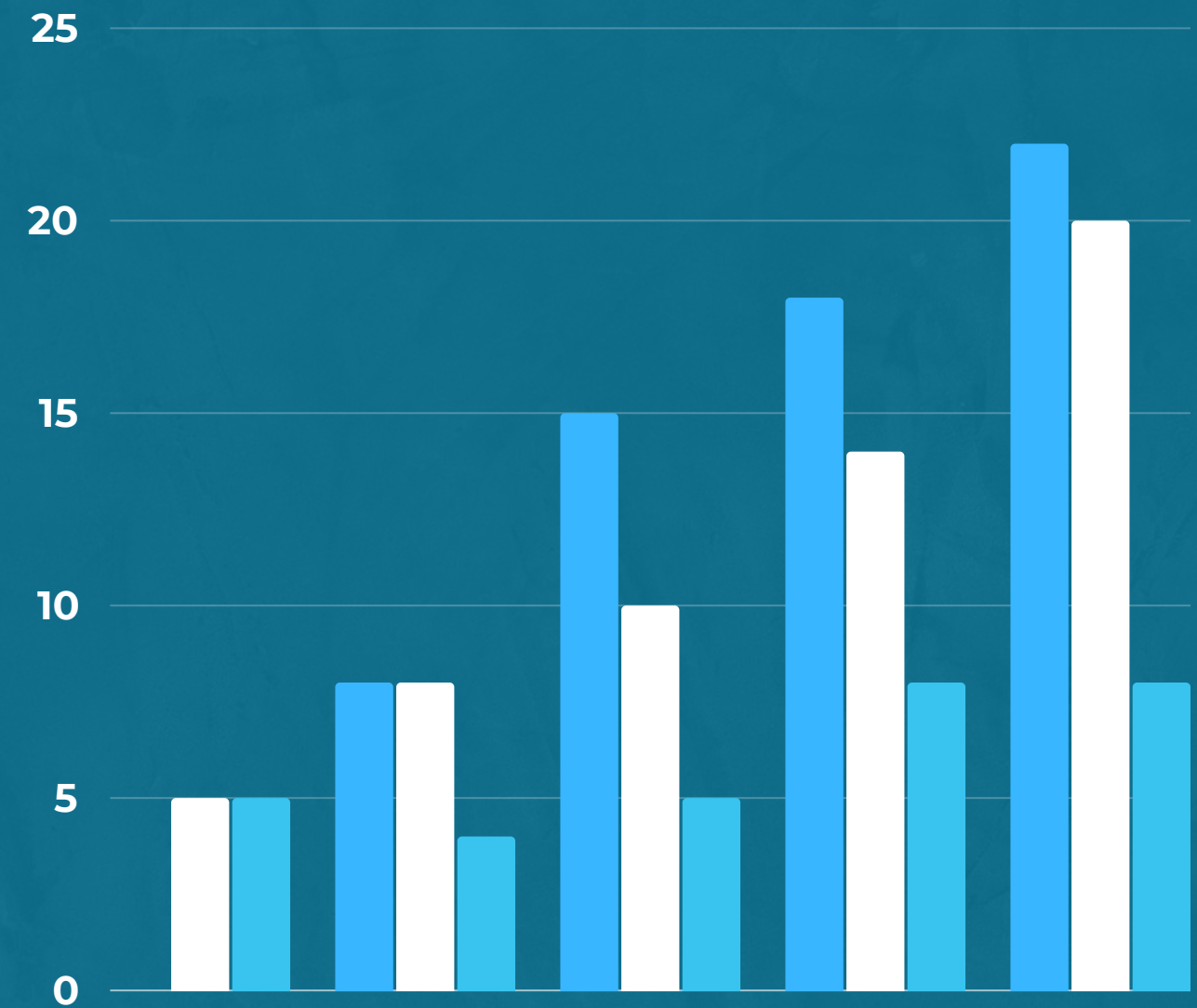
A general rule of thumb is we want to try and hit 10,000 steps per day. This is counted as low level activity, if you have a busy weekly schedule and struggle with the gym this is one of the best ways to lose weight & increase your fitness without placing too much stress on the body.



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CALCULATING CALORIES & SETTING YOUR MACROS

We want to aim to be in a 10-15% deficit for weightloss. No more than this as we want to make this sustainable. If TDEE (Total daily energy expenditure is 2,300 calories a day, we want to aim between 2,100 - 2,000 to make this a long term sustainable loss

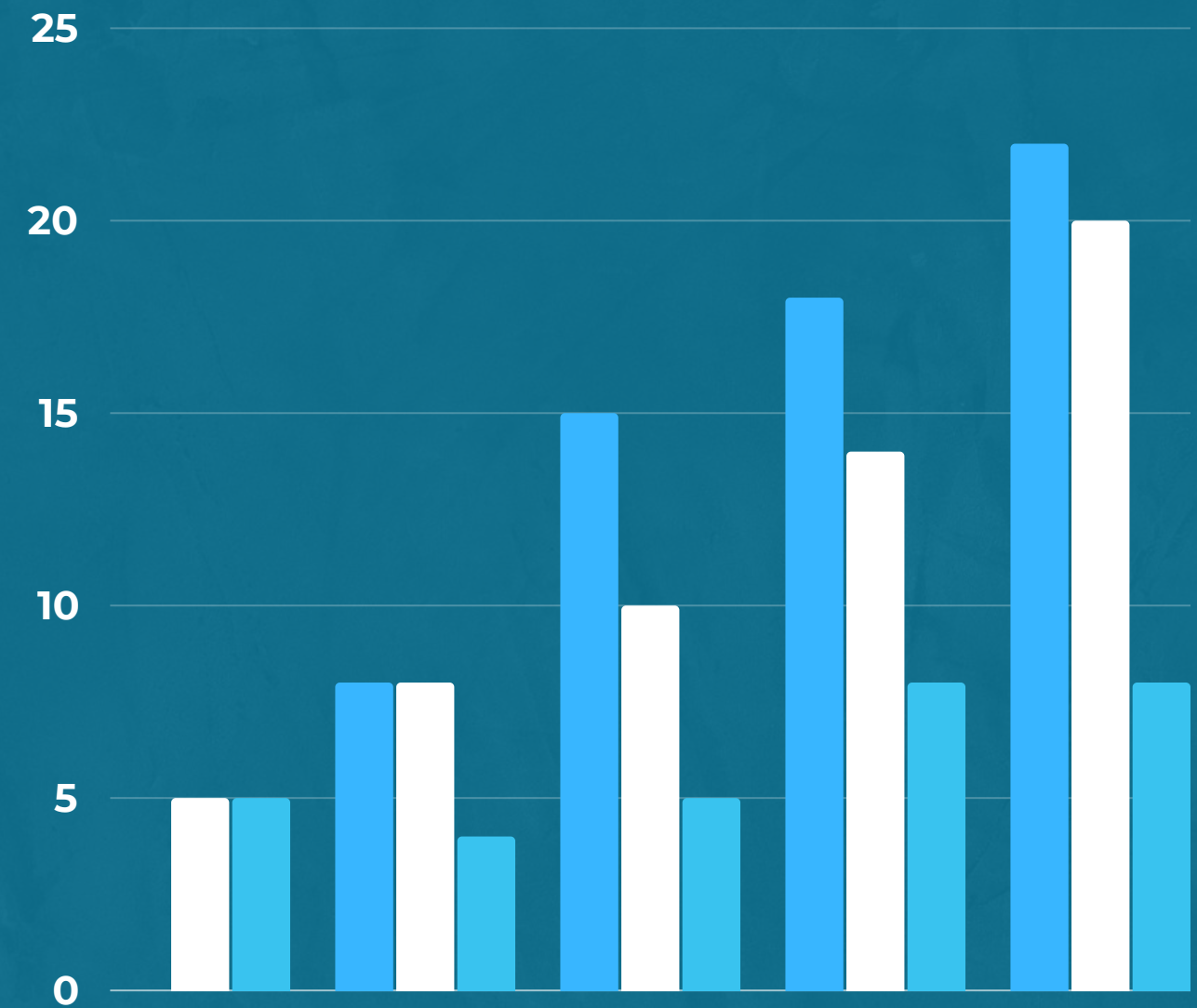




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CALCULATING CALORIES & SETTING YOUR MACROS

In terms of macros we want to aim to look at high protein diet. This split would be around 40% protein per day. This is achievable given the right tools which we provide. This of course will come with healthy fats at around 20-25% & of course the remainder carbs.

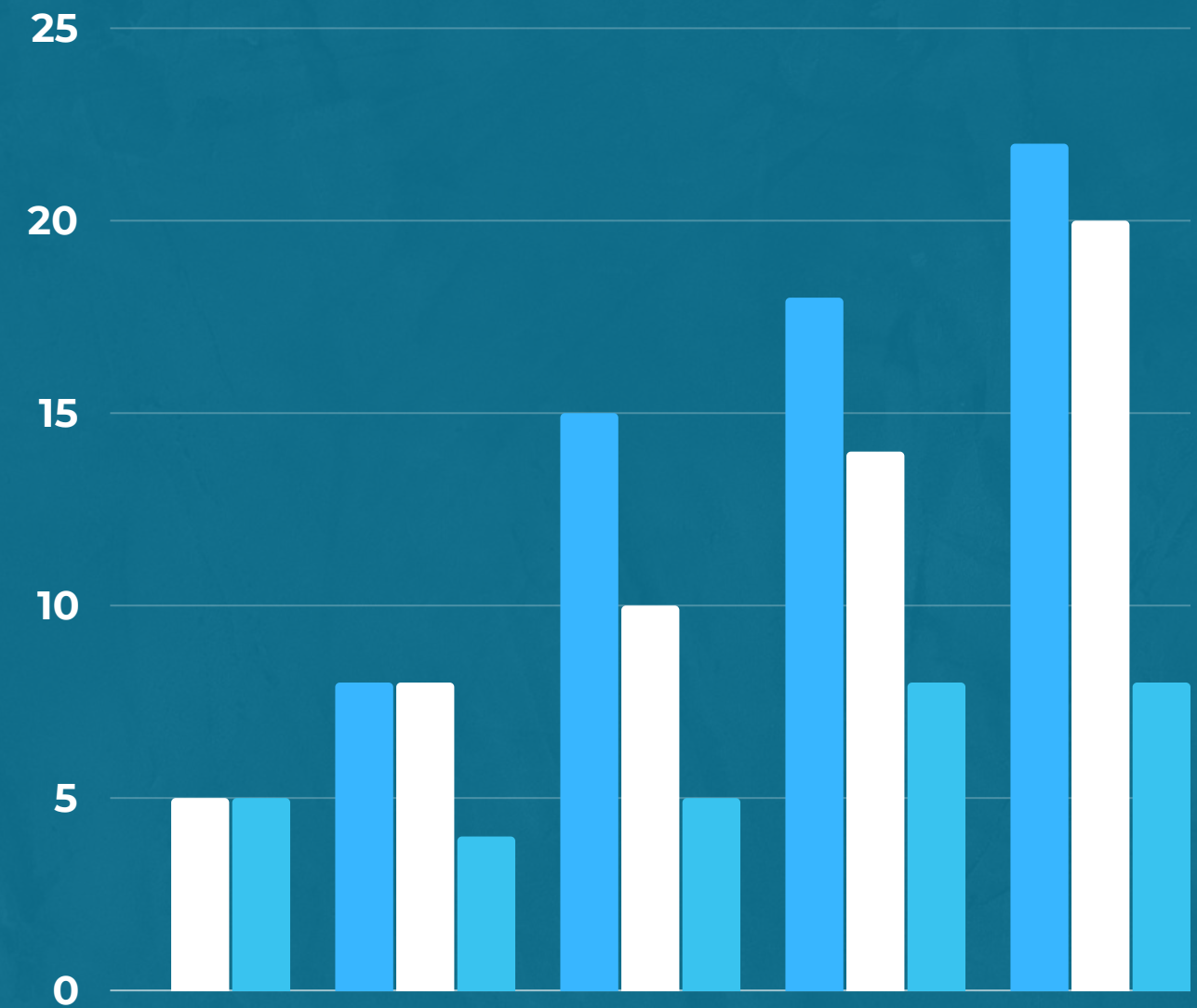




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CALCULATING CALORIES & SETTING YOUR MACROS

When it comes to carbs I would tend to load up early in the morning / afternoon as most of my energy is used at this time & for carbs this is perfect. As the day gets later we want to increase protein & fats as we slow down as we approach later in the day.





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THE IMPORTANCE OF FREQUENT MEALS / 3 MEALS A DAY

Eating three meals a day supports metabolism by providing a consistent source of energy. Regular meals help regulate blood sugar levels, preventing energy dips and overeating later. This sustains the metabolic rate, promoting efficient calorie burning and nutrient absorption. Skipping meals can disrupt this balance, leading to slowed metabolism and potential nutrient deficiencies. Consistent, balanced eating supports overall metabolic health. Aim to have a 12 hour window between your 3 meals.





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THE 4 THINGS TO FOLLOW TO MAKE THIS CHALLENGE A SUCCESS

This will guarantee success over 21 days if
you can follow these 4 basic principles.

- 3 meals in a 12 hour window
- 10,000 steps daily
- 35-40% protein
- Hitting your daily calorie goal





THANK YOU!

Thanks for trusting us with our 21 day challenge, Now it's time to get some awesome results & take control of your health & fitness journey.

