Active Nutrition Guide Workbook

Client Name							
Age (yrs)		Height (cm)		Weight (kg) Weight in pounds			
STEP 1:	Identify Act	ivity Intensit	y Level (for	every day of	this week)		
(Refer to Tab	le 1 on page 6 o	f the Active Nutr	ition Guide)				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Exercise (type, time, pace)							
i.e., Walk 30 r @ 15 min/m pace							
Level (1-5 based of above pace							
STEP 2:	Estimate Fo	undational E	Diet Needs				
(These are th	e recommendati	ons you will use	for Rest Days,	Level 1 Days and	d Level 2 Days).		
1. Detern	nine total dai	ly energy ex	penditure (T	DEE)			
TDEE = R	esting Metaboli	c Rate (RMR) x	Physical Activi	ity Level (PAL)			
RMR	Males: [9 99 x	1 + [6	S 25 x	_] – [4.92 x	1 + 5 =		
	maiosi įotos X			n age		RMR	
	Females: [9.99	x 1+	- [6.25 x] – [4.92 x	1 – 16	1 =	
		weight in kg	height in		_	RMR	
Apply Phy	sical Activity Le	evel (typically 1.	. 5 – 1.8). (Refer to	Table 3 on page 14 o	of the Active Nutrition	Guide for PAL recon	nmendations)
				x =			
				PAL	TDEE		
2. Calcula	ate Foundati	onal Diet rec	ommendation	ons			
	Determ	ine recommende	ed percentage o	f calories from ca	arbohydrates, pi	rotein and fat	
				+ in)	_ = 100%		
		•	-65% 10-20	, , ,			
Carbohyd	rates						
				ories =	_; grams of car	bs/kg =	
	% carbohydrate		ories from oohydrate	grams of carbohydrat			
Protein							
						tein/kg =	
	% protein	TDEE calories	from protein	grams of protei	in		
Fat							
				÷ 9 calo			

Ideas and suggestions are provided for general educational purposes only and should not be construed as medical advice or care. The contents of this resource are not intended to make health or nutrition claims about Clif Bar & Company products. Always seek the advice of a physician or other qualified health provider before beginning any physical fitness or health and nutrition related activity.

STEP 3: Determine Daily Nutrition Needs for Activity Duration

(For Level 3-5 days with more than 60 minutes of exercise)

This worksheet will walk you through calculating the adjusted total daily totals for calories, carbohydrate, protein and fat. It is recommended that you complete a new/separate page for each day of the week and complete only the parts that correspond with your client's activity level and duration for each day.

	Day of the Week Duration of Exercise (60-240+ min)							
	Adjusted Total Daily Calories Needs							
	+ [
	Additional Calories Needed on This Day							
	adjusted TDEE calories							
	CARBOHYDRATES							
	60-90 MINUTES OF ACTIVITY							
	No change from Foundational Diet (refer to carbohydrates calculated in step 2) = grams							
	90-120 MINUTES OF ACTIVITY							
	[(+) x] + [x] = grams adjusted daily pre-activity weight in kg during activity activity needs (5-7 g) (1-2 g) (15-30 g) duration (hr)							
	grams of Foundational Diet carbohydrate (g)							
	x 4 = kcal of carbohydrate needed this day grams of carbohydrate							
	120-240+ MINUTES OF ACTIVITY							
	[(+) x] + [x] = grams adjusted daily pre-activity weight in kg during activity activity needs (6-8 g) (1-3 g) (30-45 g) duration (hr)							
	grams of carbohydrates needed this day Foundational Diet carbohydrate carbohydrate (g)							
-	x 4 = kcal of carbohydrate needed this day grams of carbohydrate							
	PROTEIN							
	60-90 MINUTES OF ACTIVITY							
	+ (X) = grams Foundational Diet post-activity weight in kg amount (refer to (0.25 g) protein calculated in Step 2)							
	grams of protein Foundational Diet protein (g) additional grams of protein needed this day							
	x 4 = kcal of protein needed this day grams of protein							

	90-120 MINUTES OF ACTIVITY
	(+) x = grams adjusted daily
	grams of protein Foundational Diet protein (g) additional grams of protein needed this day
	x 4 = kcal of protein needed this day grams of protein
	120-240+ MINUTES OF ACTIVITY
3	(+) x = grams adjusted daily post-activity weight in kg needs (1.2-2.0 g) (0.3 g)
LEVEL	grams of protein Foundational Diet protein (g)
	$\underline{\qquad}$ x 4 = $\underline{\qquad}$ kcal of protein needed this day $\underline{\qquad}$ grams of protein
	FAT
	Balance of calories after carbohydrate and protein needs are met, or about 20-35% of calorie needs
	= calories from fat additional additional additional calories needed calories from calories this day carbohydrate from protein
	÷ 9 = additional grams of fat needed this day calories from fat
	+ = total grams of fat needed for this day additional Foundational grams of fat Diet fat (g)

60-90 MINUTES OF ACTIVITY
_+_____) × _____ = ___

= _____ additional grams of protein needed this day

_ x 4 = ____ kcal of protein needed this day

adjusted daily needs post-activity weight in kg

(0.25 g)

(1.2-2.0 g)

Diet protein (g)

grams of protein

grams of protein Foundational

Day of the Week _____ Duration of Exercise (60-240+ min) _____

(0.15-0.21 kcal) (weight in kg) (mins of exercise)

Adjusted Total Daily Calories Needs

Additional Calories Needed on This Day

___ x _____ x ____] = ____ calories

90-120 MINUTES OF ACTIVITY
(+) x = grams adjusted daily post-activity weight in kg needs (1.2-2.0 g) (0.0.275 g)
grams of protein — = additional grams of protein needed this day Foundational Diet protein (g)
x 4 = kcal of protein needed this day grams of protein
120-240+ MINUTES OF ACTIVITY
(+) x = grams adjusted daily post-activity weight in kg needs (1.2-2.0 g) (0.3g)
grams of protein Foundational Diet protein (g)
x 4 = kcal of protein needed this day grams of protein
FAT
Balance of calories after carbohydrate and protein needs are met, or about 20-35% of calorie needs
\div 9 = additional grams of fat needed this day calories from fat
+ = total grams of fat needed for this day additional Foundational grams of fat Diet fat (g)

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	/=	Π	

Day of the Week	Dura	tion of Exercise	(60-240+ min) _	
	Adjusted Total Da	aily Calories Ne	eds	
=	XX		_	calories
,	0.22 kcal) (weight in		,	
	Additional Calories		-	
_	adjusted TDEE calories	=	calories	
	CARBOL	YDRATES		
		ES OF ACTIVIT	ГҮ	
[(+				grams
adjusted daily pre-activit needs (6.5-8 g) (1-2 g)	y weight in kg	during activity (15-30 g)	activity duration (hr)	
	= additional	grams of carbol	nydrates needed	d this day
grams of Founda carbohydrate carbol				
	x 4 = kc	al of carbohydra	ate needed this	day
grams of carbohyo				
-:	90-120 MINUT			
[(+				grams
grams of Founda		grams of carboh	ydrates needed	this day
carbohydrate carbol	-			
; grams of carbohyo	< 4 = kca trate	al of carbohydra	te needed this d	day
	120-240+ MINU	TES OF ACTIV	/ITY	
[(+				grams
adjusted daily pre-activity needs (8-10 g) (1-3 g)	weight in kg		activity duration (hr)	
	_ = add	itional grams of	carbohydrates r	needed this day
grams of Foundational L carbohydrate carbohydrate				
	x 4 = kc	al of carbohydra	ate needed this	day
grams of carbohyd	rate			
		OTEIN	rv -	
	60-90 MINUTE			
	y needs post-activity g) (0.25 g)		grar	ms
grams of protein Foun Diet p	dational rotein (g)	_ additional gram	ns of protein nee	eded this day
grams of	x 4 = protein	kcal of proteir	n needed this da	ay

90-120 MINUTES OF ACTIVITY	
(+) x = grams	
= additional grams of protein needed this degrams of protein foundational Diet protein (g)	ay
x 4 = kcal of protein needed this day grams of protein	
120-240+ MINUTES OF ACTIVITY	
(+) x = grams adjusted daily	
grams of protein Foundational Diet protein (g) additional grams of protein needed this definition and protein (g)	ay
x 4 = kcal of protein needed this day grams of protein	
FAT	
Balance of calories after carbohydrate and protein needs are met, or about 20-35% of calo	rie needs
÷ 9 = additional grams of fat needed this day calories from fat	
+ = total grams of fat needed for this day additional foundational grams of fat Diet fat (g)	

WEEKLY SUMMARY (daily totals)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Level (1-5)							
Calories (kcal)							
Carbohydrates (g)							
Protein (g)							
Fat (g)							

STEP 4: Meal Pattern Recommendations

	LEVEL 1 LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Carbohydrates (servings/day)	Fruits	Plus	Plus	Plus
	Vegetables	Fruits	Fruits	Fruits
	Grains/Starch	Vegetables	Vegetables	Vegetables
		Grains/Starch	Grains/Starch	Grains/Starch
Protein (servings/day)	Lean Meat / Soy	Plus	Plus	Plus
	Dairy	Lean Meat / Soy	Lean Meat / Soy	Lean Meat / Soy
	Legumes/Beans	Dairy	Dairy	Dairy
		Legumes/Beans	Legumes/Beans	Legumes/Beans
Fat (servings/day)	Oils	Plus	Plus	Plus
	Nuts/Seeds	Oils	Oils	Oils
	Other	Nuts/Seeds	Nuts/Seeds	Nuts/Seeds
		Other	Other	Other
Sports Foods (servings/day)		Plus	Plus	Plus
		Sports Drinks	Sports Drinks	Sports Drinks
		Chews	Chews	Chews
		Gels	Gels	Gels
		Bars	Bars	Bars
		Other	Other	Other