Active Nutrition Guide Workbook

Client Name _____

Age (yrs) _____ Height (cm) _____ Weight (kg) _____
Height in inches x 2.54 = cm *Weight in pounds ÷ 2.2 = kg*

STEP 1: Identify Activity Intensity Level (for every day of this week)

(Refer to Table 1 on page 6 of the Active Nutrition Guide)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Exercise (type, time, pace) i.e., Walk 30 min @ 15 min/mi pace							
Level (1-5 based on above pace)							

STEP 2: Estimate Foundational Diet Needs

(These are the recommendations you will use for Rest Days, Level 1 Days and Level 2 Days).

1. Determine total daily energy expenditure (TDEE)

TDEE = Resting Metabolic Rate (RMR) x Physical Activity Level (PAL)

RMR

Males: [9.99 x _____] + [6.25 x _____] – [4.92 x _____] + 5 = _____
weight in kg *height in cm* *age in years* *RMR*

Females: [9.99 x _____] + [6.25 x _____] – [4.92 x _____] – 161 = _____
weight in kg *height in cm* *age in years* *RMR*

Apply Physical Activity Level (typically 1.5 – 1.8). *(Refer to Table 3 on page 14 of the Active Nutrition Guide for PAL recommendations)*

_____ x _____ = _____
RMR *PAL* *TDEE*

2. Calculate Foundational Diet recommendations

Determine recommended percentage of calories from carbohydrates, protein and fat

_____ + _____ + _____ = 100%
(carbohydrate) *(protein)* *(fat)*
50-65% *10-20%* *20-35%*

Carbohydrates

_____ x _____= _____ ÷ 4 calories = _____ ; grams of carbs/kg = _____
% carbohydrate *TDEE* *calories from carbohydrate* *grams of carbohydrate*

Protein

_____ x _____= _____ ÷ 4 calories = _____ ; grams of protein/kg = _____
% protein *TDEE* *calories from protein* *grams of protein*

Fat

_____ x _____= _____ ÷ 9 calories = _____
% fat *TDEE* *calories from fat* *grams of fat*

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.

LEVEL 3

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

Adjusted Total Daily Calories Needs

_____ + [_____ x _____ x _____] = _____ calories
TDEE *(0.12-0.15 kcal)* *(weight in kg)* *(mins of exercise)*

Additional Calories Needed on This Day

_____ – _____ = _____ calories
adjusted calories *TDEE*

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 needs (5-7 g) *pre-activity (1-2 g)* *weight in kg* *during activity (15-30 g)* *activity duration (hr)*

_____ - _____ = additional grams of carbohydrates needed this day
grams of carbohydrate *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 needs (6-8 g) *pre-activity (1-3 g)* *weight in kg* *during activity (30-45 g)* *activity duration (hr)*

_____ – _____ = _____ additional grams of carbohydrates needed this day
grams of carbohydrate *Foundational Diet carbohydrate (g)*

_____ x 4 = _____ kcal of carbohydrate needed this day
grams of carbohydrate

PROTEIN

60-90 MINUTES OF ACTIVITY

_____ + (_____ x _____) = _____ grams
Foundational Diet amount (refer to protein calculated in Step 2) *post-activity (0.25 g)* *weight in kg*

_____ - _____ = _____ additional grams of protein needed this day
grams of protein *Foundational Diet protein (g)*

_____ x 4 = _____ kcal of protein needed this day
grams of protein

LEVEL 3

90-120 MINUTES OF ACTIVITY

(_____ + _____) x _____ = _____ grams

adjusted daily needs (1.2-2.0 g) | *post-activity (0.275 g)* | *weight in kg*

_____ - _____ = _____ additional grams of protein needed this day

grams of protein | *Foundational Diet protein (g)*

_____ x 4 = _____ kcal of protein needed this day

grams of protein

120-240+ MINUTES OF ACTIVITY

(_____ + _____) x _____ = _____ grams

adjusted daily needs (1.2-2.0 g) | *post-activity (0.3 g)* | *weight in kg*

_____ - _____ = _____ additional grams of protein needed this day

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

_____ – _____ – _____ = _____ calories from fat

additional calories needed this day | *additional calories from carbohydrate* | *additional calories from protein*

_____ ÷ 9 = _____ additional grams of fat needed this day

calories from fat

_____ + _____ = total grams of fat needed for this day

additional grams of fat | *Foundational Diet fat (g)*

LEVEL 4

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

Adjusted Total Daily Calories Needs

_____ + [_____ x _____ x _____] = _____ calories
TDEE *(0.15-0.21 kcal)* *(weight in kg)* *(mins of exercise)*

Additional Calories Needed on This Day

_____ – _____ = _____ calories
adjusted calories *TDEE*

CARBOHYDRATES

60-90 MINUTES OF ACTIVITY

[(_____ + _____) x _____] + [_____ x _____] = _____ grams
adjusted daily needs (5.5-7 g) *pre-activity (1-2 g)* *weight in kg* *during activity (15-30 g)* *activity duration (hr)*

_____ - _____ = additional grams of carbohydrates needed this day
grams of carbohydrate *Foundational Diet carbohydrate (g)*

_____ x 4 = _____ kcal of carbohydrate needed this day
grams of carbohydrate

90-120 MINUTES OF ACTIVITY

[(_____ + _____) x _____] + [_____ x _____] = _____ grams
adjusted daily needs (6-8 g) *pre-activity (1-2 g)* *weight in kg* *during activity (30-60 g)* *activity duration (hr)*

_____ - _____ = additional grams of carbohydrates needed this day
grams of carbohydrate *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 needs (7-9 g) *pre-activity (1-3 g)* *weight in kg* *during activity (40-65 g)* *activity duration (hr)*

_____ – _____ = _____ additional grams of carbohydrates needed this day
grams of carbohydrate *Foundational Diet carbohydrate (g)*

_____ x 4 = _____ kcal of carbohydrate needed this day
grams of carbohydrate

PROTEIN

60-90 MINUTES OF ACTIVITY

(_____ + _____) x _____ = _____ grams
adjusted daily needs (1.2-2.0 g) *post-activity (0.25 g)* *weight in kg*

_____ - _____ = _____ additional grams of protein needed this day
grams of protein *Foundational Diet protein (g)*

_____ x 4 = _____ kcal of protein needed this day
grams of protein

LEVEL 4

90-120 MINUTES OF ACTIVITY

(_____ + _____) x _____ = _____ grams

adjusted daily (1.2-2.0 g) | *post-activity (0.0.275 g)* | *weight in kg* | *needs*

_____ - _____ = _____ additional grams of protein needed this day

grams of protein | *Foundational Diet protein (g)*

_____ x 4 = _____ kcal of protein needed this day

grams of protein

120-240+ MINUTES OF ACTIVITY

(_____ + _____) x _____ = _____ grams

adjusted daily needs (1.2-2.0 g) | *post-activity (0.3g)* | *weight in kg*

_____ - _____ = _____ additional grams of protein needed this day

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

_____ – _____ – _____ = _____ calories from fat

additional calories needed this day | *additional calories from carbohydrate* | *additional calories from protein*

_____ ÷ 9 = _____ additional grams of fat needed this day

calories from fat

_____ + _____ = total grams of fat needed for this day

additional grams of fat | *Foundational Diet fat (g)*

LEVEL 5

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

Adjusted Total Daily Calories Needs

_____ + [_____ x _____ x _____] = _____ calories
TDEE *(0.22 kcal)* *(weight in kg)* *(mins of exercise)*

Additional Calories Needed on This Day

_____ – _____ = _____ calories
adjusted calories *TDEE*

CARBOHYDRATES

60-90 MINUTES OF ACTIVITY

[(_____ + _____) x _____] + [_____ x _____] = _____ grams
adjusted daily needs (6.5-8 g) *pre-activity (1-2 g)* *weight in kg* *during activity (15-30 g)* *activity duration (hr)*

_____ - _____ = additional grams of carbohydrates needed this day
grams of carbohydrate *Foundational Diet carbohydrate (g)*

_____ x 4 = _____ kcal of carbohydrate needed this day
grams of carbohydrate

90-120 MINUTES OF ACTIVITY

[(_____ + _____) x _____] + [_____ x _____] = _____ grams
adjusted daily needs (7-9 g) *pre-activity (1-2 g)* *weight in kg* *during activity (30-60 g)* *activity duration (hr)*

_____ - _____ = additional grams of carbohydrates needed this day
grams of carbohydrate *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 needs (8-10 g) *pre-activity (1-3 g)* *weight in kg* *during activity (60-90 g)* *activity duration (hr)*

_____ – _____ = _____ additional grams of carbohydrates needed this day
grams of carbohydrate *Foundational Diet carbohydrate (g)*

_____ x 4 = _____ kcal of carbohydrate needed this day
grams of carbohydrate

PROTEIN

60-90 MINUTES OF ACTIVITY

(_____ + _____) x _____ = _____ grams
adjusted daily needs (1.2-2.0 g) *post-activity (0.25 g)* *weight in kg*

_____ - _____ = _____ additional grams of protein needed this day
grams of protein *Foundational Diet protein (g)*

_____ x 4 = _____ kcal of protein needed this day
grams of protein

LEVEL 5

90-120 MINUTES OF ACTIVITY

(_____ + _____) x _____ = _____ grams

adjusted daily needs (1.2-2.0 g) | *post-activity (0.275 g)* | *weight in kg*

_____ - _____ = _____ additional grams of protein needed this day

grams of protein | *Foundational Diet protein (g)*

_____ x 4 = _____ kcal of protein needed this day

grams of protein

120-240+ MINUTES OF ACTIVITY

(_____ + _____) x _____ = _____ grams

adjusted daily needs (1.2-2.0 g) | *post-activity (0.3g)* | *weight in kg*

_____ - _____ = _____ additional grams of protein needed this day

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

_____ – _____ – _____ = _____ calories from fat

additional calories needed this day | *additional calories from carbohydrate* | *additional calories from protein*

_____ ÷ 9 = _____ additional grams of fat needed this day

calories from fat

_____ + _____ = total grams of fat needed for this day

additional grams of fat | *Foundational 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 _____Vegetables _____Grains/Starch		Plus _____ Fruits _____Vegetables _____Grains/Starch	Plus _____ Fruits _____Vegetables _____Grains/Starch	Plus _____ Fruits _____Vegetables _____Grains/Starch
Protein (servings/day)	____Lean Meat / Soy ____Dairy ____Legumes/Beans		Plus ____Lean Meat / Soy ____Dairy ____Legumes/Beans	Plus ____Lean Meat / Soy ____Dairy ____Legumes/Beans	Plus ____Lean Meat / Soy ____Dairy ____Legumes/Beans
Fat (servings/day)	___Oils ___Nuts/Seeds ___Other		Plus ___Oils ___Nuts/Seeds ___Other	Plus ___Oils ___Nuts/Seeds ___Other	Plus ___Oils ___Nuts/Seeds ___Other
Sports Foods (servings/day)			Plus ____ Sports Drinks ____ Chews ____ Gels ____ Bars ____ Other	Plus ____ Sports Drinks ____ Chews ____ Gels ____ Bars ____ Other	Plus ____ Sports Drinks ____ Chews ____ Gels ____ Bars ____ Other