

# MACRO TRACKING CLIFF NOTES

GET STARTED QUICK!  
THE "CLIFF NOTES" VERSION  
OF FABFIT BALANCE

There are 3 macronutrients: Carbohydrates, Fat, Protein and they are what give our food calories. *Each has a unique role in our bodies and finding a balance of these macros will help you find life long success.*

■ 1 g protein = 4 cals

■ 1 g carbs = 4 cals

■ 1 g fat = 9 cals



## STEP 1: CALCULATE YOUR MACROS

Use this [macro calculator](#) to set your personal macros. Fill in your personal numbers and the calculator will adjust based on your body and goals. **NOTES:** In general I would recommend using a *0.8-1.0 multiplier for protein for most people*. Those who have a significant amount of weight to lose will want to use a 0.65 or 0.7 multiplier.

## STEP 2: ADD YOUR NUMBERS TO A TRACKING APP

*My favorite app is My Fitness Pal, however* they recently changed their free version and you can no longer scan items. To me this is not a huge deal and not enough to make me pay or search for a new app to use. But there are other options, one is Macros First. *Whatever app you chose to use you will want to change it to reflect the numbers you calculated via the macro calculator.* A lot of times these apps will set unrealistic AND not healthy numbers. See the full video for more details on this....

## STEP 3: TRACK YOUR MACROS

Start logging! I suggest **starting slow and just log your food**, get used to *logging EVERYTHING!* Once you are comfortable with this you can start paying more attention to your numbers and trying to stay within your numbers. Always remembering that *Calories are King and Protein is Queen!* So stay within your calorie number and get as close as you can to your protein number.

## STEP 4: ADJUST YOUR MACROS

You will NOT need to adjust your numbers frequently. Always stick with them for at least 2 weeks before making any changes and do not make any changes until you are accurately tracking! *NO macro adjustment will help inaccurate tracking* - so log everything before deciding if its working or not! The goal is to keep your calories as high as possible and see results to help protect your metabolism! When you do make an adjustment- *drop 100 cals and take from carbs and fats. keep protein the same.*

4 STEPS TO SUCCESS

FABfit  
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