



**NUTRITION.
BUILT.
STRENGTH.**
BY BE STRONG STAY FIT, INC.

HOW TO USE YOUR NBS MACRO/CALORIE ASSESSMENT!



1

Download [MyFitnessPal](#) and use the information in the assessment you received to set your goals.



2

STEP 2

- 1 - Click the "More" option in MFP.
- 2 - Click "Goals"
- 3 - Click "Calorie, Carbs, Protein and Fat Goals".
- 4 - Change your calorie goal to match the value listed as your daily caloric intake on your macro assessment.
- 5 - Change your macros to the following %:
Protein = 35%, Carbs = 35%, Fat = 30%.



3

STEP 3

- 1 - Measure and weigh your food in grams or ounces.
- 2 - At the end of each day make sure your calories consumed are within 10% of your goals.
- 3 - Do your best to prioritize plants and protein.



4

STEP 4

The number one tip for being successful with tracking your food is to **TRACK FIRST** then **EAT AFTER**. If you can, pre track your meals for the day so that you ensure you don't miss your targets.