

Road to 73 Kg

Outcome:

I will weigh 73 Kg in three months.

My current weight is around 68 Kg. Which means that I have to gain 5 Kg to achieve my goal. Meaning I have to gain 1.5 Kg each month.

I have to gain 1.5 Kg of pure muscle mass every month.

If I gain 1.5 kg of muscle mass per month, then I will weigh 73 kg in three months.

In order to gain 1.5 kg of muscle mass per month, I have to...

... train till failure

If I want to be able to train till failure...

... My shoulder has to heal first

If I want my shoulder to heal...

... I have to do mobility exercises

... I have to take it easy for the next few days

... I have to speak with somebody with more experience about my problem and how to heal it as fast as possible.

... I have to know what exercises will help me

... have a training and meal plan

→ If I want to create a training and meal plan, I first have to know what my goal is.

→ If I want to create a training and meal plan, I first have to know what food and exercises will get me to my goal.

... eat 3200 kcal every day

... eat 140 Grams of protein every day

If I want to eat 140 Grams of protein every day...

... I have to drink every morning one Protein shake

... I have to eat every day 3 Eggs

... I have to eat 3 Meals a day

... get every vitamin that my body needs

If I want to get every vitamin that my body needs...

... I have to eat every day one apple and one banana

... I have to take a blood test at my doctor or in the netherlands, to know what vitamins my body lacks.

... I have to sleep enough every day
If I want to sleep enough every day...
... I have to get at least 7-8 hours of sleep every night
... I have to have a organized sleeping schedule

... maximize my testosterone level
If I want to maximize my testosterone level naturally...
... I have to eat a half raw onion with my lunch every day
... I have to eat one tablespoon of honey every morning
... I have to eat meat (at least 4 times a week)
... I have to get 8 hours of sleep every night
... I can not eat processed food, drink soft drinks, soy products, and Trans fats
... meditate every morning for 10 min to reduce my stress
... fight at a fighting gym
... Don't drink tap Water

... drink 4L water every day
If I want to drink 4L of water every day...
... I have to have a 1 - 1.5 L bottle of water with me every time
... I have to set alarms for myself to remind myself to drink enough water, and checkpoints throughout the day
... I have to stay consistent and have no rest days

Unknowns:

-