


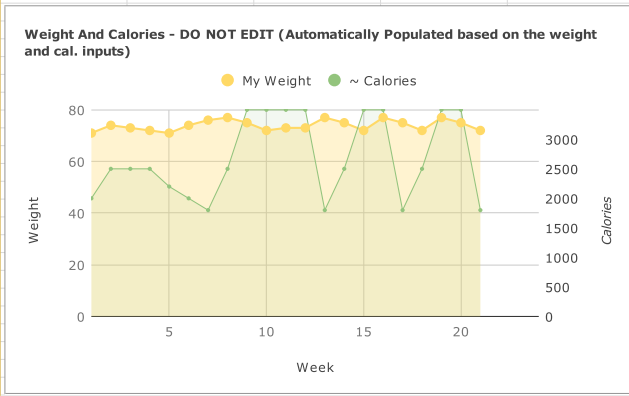
# English

HOWTO: <http://goo.gl/DJqxWP>

BMR, TDEE, CUT and GAIN estimations			ONLY FILL THE YELLOW FIELDS! (FOR ALL TABS)			*New: Body Composition Calculator (beta)		
Formula	Type	Calories			Only fill here!!!		In Pounds	In Kilos
Mifflin-St Jeor (FOR MEN)	BMR		1,655	Weight (in kilos)	71			
	Maintenance		2,482	Height (in cm)	178	Lean Body Mass	134.3	60.9
	Cut (Deficit in %)	20%	1,986	Age	35	Fat Body Mass	22.2	10.1
	Build (Surplus in %)	20%	2,978	Activity Level (pick above)	1.5	<b>Estimated Body Fat</b>	<b>14%</b>	
	You can select above your range			Body Fat (in %) (for M-McArdie only)	12		<b>WOMEN</b>	
				Current calories intake (Used for Intermittent Fasting)	2400	Lean Body Mass	115.2	52.2
			Waist (in centimeters)	80	Fat Body Mass	41	18.8	
			Wrist circumference (in centimeters) (women only)	15.2	<b>Estimated Body Fat</b>	<b>26%</b>		
			Hip measurement (in centimeters) (women only)	96.5	Measure your waist	<a href="http://goo.gl/afgdzv">http://goo.gl/afgdzv</a>		
			Forearm measurement (in centimeters) (women only)	24.1	Measure your frame size	<a href="http://goo.gl/169KRl">http://goo.gl/169KRl</a>		
					Measure Hips	<a href="http://goo.gl/ZbxKHh">http://goo.gl/ZbxKHh</a>		
Katch-McArdle (MIX)	BMR		1,720	<b>You can use the following converters for your measurements:</b>				
	Maintenance		2,579	Enter a value in pounds		kilos		
	Cut (Deficit in %)	25%	1,935	125		56.7		
	Build (Surplus in %)	35%	3,482	Enter a value in inches		Centimeters		
You can select above your range			9.5		24.1			
Mifflin-St Jeor (FOR WOMEN)	BMR		1,489	Your current difference with your TDEE. Acceptable range: -25 / +25 %				
	Maintenance		2,233	Mifflin-St Jeor (FOR MEN)	3%			
	Cut (Deficit in %)	25%	1,675	Katch-McArdle (MIX)	7%			
	Build (Surplus in %)	10%	2,456	Mifflin-St Jeor (FOR WOMEN)	-7%			
You can select above your range			Too low : Consider lower your intake to prevent fat storage			*Note		
			Too high : Consider increase your intake to prevent health issues			I'll adjust the BF calculation formula through time w/ my observations		
<b>Activity Level</b>								
				Sedentary (Little or no exercise + desk job)		1.2		
				Lightly Active (Little daily activity & light exercise 1-3 days a week)		1.3/ 1.4		
				Moderately Active (Moderately active daily life & Moderate exercise 3-5 days a week)		1.5/ 1.6		
				Very Active (Physically demanding lifestyle & Hard exercise or sports 6-7 days a week)		1.7/ 1.8		
				Extremely Active (Hard daily exercise or sports and physical job)		1.9 /2		
<b>Weight gain/ loss factor (0,45 kg = 1 lb = 3500 calories)</b>								
				Safe weigh difference /week (in kg) : The weight you should gain/ lose per week		0.45		
Mifflin-St Jeor (FOR MEN)				Your current weight difference/ week (in kg) : (Slow but long-term diet : 0.45)		-0.07		
Mifflin-St Jeor (FOR WOMEN)				Your current weight difference/ week (in kg) : (Slow but long-term diet : 0.45)		0.15		
Katch-McArdle (MIX)				Your current weight difference/ week (in kg) : (Slow but long-term diet : 0.45)		-0.16		
<b>Stuck? Questions?</b>								
<a href="mailto:contact@fitforlife.me">contact@fitforlife.me</a>			<a href="mailto:contact@fitforlife.me">contact@fitforlife.me</a>					
<a href="http://www.fitforlife.me">http://www.fitforlife.me</a>			<a href="http://ask.fitforlife.fr/english">http://ask.fitforlife.fr/english</a>					
 <p>Version 1.0: Initial version.  Version 1.1: New tab "Projection".  Version 1.2: MyFitnessPal tab.  Version 1.3: New tab "Intermittent Fasting".  Version 1.4: Split for categories and sections.  Version 1.5: Migration to GoogleDoc  Version 1.6: New options for the IF tab.  Version 1.6.5: Body composition calculator (beta!)  Version 1.7: Language selector  <b>Version 2.0: BodyFat calculator for women</b></p>								

	WEIGHT PROJECTION (M-Stj formula)				WEIGHT PROJECTION (K-McA formula)	
	MEN		WOMEN			
WEEK	WEIGHT (In kg)	WEIGHT (In Lbs)	WEIGHT (In kg)	WEIGHT (In Lbs)	WEIGHT (In kg)	WEIGHT (In Lbs)
1	70.93	156	71.15	157	70.84	156
2	71	156	71	157	71	156
3	71	156	71	158	71	155
4	71	156	72	158	70	155
5	71	156	72	158	70	155
6	71	156	72	159	70	154
7	70	155	72	159	70	154
8	70	155	72	159	70	154
9	70	155	72	160	70	153
10	70	155	73	160	69	153
11	70	155	73	160	69	153
12	70	155	73	161	69	152
13	70	154	73	161	69	152
14	70	154	73	161	69	152
15	70	154	73	162	69	151
16	70	154	73	162	68	151
17	70	154	74	162	68	150
18	70	154	74	162	68	150
19	70	153	74	163	68	150
20	70	153	74	163	68	149
21	69	153	74	163	68	149
22	69	153	74	164	67	149
23	69	153	74	164	67	148
24	69	153	75	164	67	148

MY WEIGHT EVOLUTION						
WEEK	My Weight	~ Calories	WEIGHT (In Lbs)	Evolution (Grams)	Date	Type
1	71	2000	156.53	0		Cut
2	74	2500	163.14	3,000		
3	73	2500	160.94	-1,000		
4	72	2500	158.73	-1,000		
5	71	2200	156.53	-1,000		
6	74	2000	163.14	3,000		
7	76	1800	167.55	2,000		
8	77	2500	169.76	1,000		
9	75	3500	165.35	-2,000		
10	72	3500	158.73	-3,000		
11	73	3500	160.94	1,000		
12	73	3500	160.94	0		
13	77	1800	169.76	4,000		
14	75	2500	165.35	-2,000		
15	72	3500	158.73	-3,000		
16	77	3500	169.76	5,000		
17	75	1800	165.35	-2,000		
18	72	2500	158.73	-3,000		
19	77	3500	169.76	5,000		
20	75	3500	165.35	-2,000		
21	72	1800	158.73	-3,000		
22			0.00	-72,000		
23			0.00	0		
24			0.00	0		



MyFitnessPal Macronutrients Adjustments				
	Macros	In Grams	In kCalories	MFP Goals (in %)
<b>IDEAL MACROS</b>	PROTEINS	107	426	18
	FATS	80	720	30
	CARBS	314	1,254	52
<b>MY MACROS</b>	PROTEINS	142	568	24
	FATS	67	600	25
	CARBS	308	1,232	51
<b>ALTERNATIVE</b>	PROTEINS	50	199	8
	FATS	67	600	25
	CARBS	400	1,601	67



**INTERMITTENT FASTING PROGRAM - DO NOT EDIT THE TABLES**

Update Your Macros and Calories Composition

INTERMITTENT FASTING PROGRAM - DO NOT EDIT THE TABLES											
Update Your Macros and Calories Composition											
Current Calories Intakes	2400	OFF Day Deficit	10%	Proteins (Grams/Kilo)	3.5	Fat Intakes	20%				
Training days : 100 % cal intake				Rest days # 1 : Official Leangains (With Mifflin St Jeor for maintenance) • Use "OFF Day Deficit" to set your deficit				Rest days # 2 : Easier Alternative (With Mifflin St Jeor for maintenance) • Use "OFF Day Deficit" to set your deficit			
<b>Timing</b>	12:30 PM Fast break @ 20 %	6:00 PM Pre-wo @ 20 %	8:30 PM Post-wo @ 60 %	12:30 PM Fast break @ 50 %	06:00 PM Snack @ 25 %	8:30 PM Dinner @ 25 %		12:30 PM Fast break @ 10 %	06:00 PM Snack @ 10 %	08:30 PM Family Dinner @ 80 %	
<b>Calories : Total</b>	2400			2,160				2,160			
<b>Calories : Repartition</b>	480	480	1,440	1,080	540	540	Total	216	216	1,728	Total
PROTEINS	199	199	596	447	224	224	895	89	89	716	895
FATS	96	96	288	432	216	216	864	86	86	691	864
CARBS	185	185	556	201	100	100	401	40	40	321	401
<b>In Grams</b>											
PROTEINS	50	50	149	112	56	56	224	22	22	179	224
FATS	11	11	32	48	24	24	96	10	10	77	96
CARBS	46	46	139	50	25	25	100	10	10	80	100
<b>In Percent</b>											
PROTEINS	41	41	41	41	41	41		41	41	41	
FATS	20	20	20	40	40	40		40	40	40	
CARBS	39	39	39	19	19	19		19	19	19	



<b>Cat</b>	<b>String</b>
GENERAL	HOWTO: <a href="http://goo.gl/DJqxWP">http://goo.gl/DJqxWP</a>
GENERAL	BMR, TDEE, CUT and GAIN estimations
GENERAL	ONLY FILL THE YELLOW FIELDS! (FOR ALL TABS)
GENERAL	*New: Body Composition Calculator (beta)
GENERAL	Formula
GENERAL	Type
GENERAL	Calories
GENERAL	Only fill here!!!
GENERAL	In Pounds
GENERAL	In Kilos
GENERAL	Mifflin-St Jeor (FOR MEN)
GENERAL	BMR
GENERAL	Maintenance
GENERAL	Cut (Deficit in %)
GENERAL	Build (Surplus in %)
GENERAL	You can select above your range
GENERAL	Weight (in kilos)
GENERAL	Height (in cm)
GENERAL	Age
GENERAL	Activity Level (pick above)
GENERAL	Body Fat (in %) (for M-McArdie only)
GENERAL	Current calories intake (Used for Intermittent Fasting)
GENERAL	Waist (in centimeters)
GENERAL	Lean Body Mass
GENERAL	Fat Body Mass
GENERAL	Estimated Body Fat
GENERAL	Measure your waist
GENERAL	<a href="http://goo.gl/afgdzv">http://goo.gl/afgdzv</a>
GENERAL	I'll adjust the BF calculation formula through time w/ my observations
GENERAL	Katch-McArdle (MIX)
GENERAL	You can use the following converters for your measurements:
GENERAL	Enter a value in pounds
GENERAL	Enter a value in inches
GENERAL	Centimeters
GENERAL	You can select above your range
GENERAL	Mifflin-St Jeor (FOR WOMEN)
GENERAL	Your current difference with your TDEE. Acceptable range: -25 / +25 %
GENERAL	Too low : Consider lower your intake to prevent fat storage
GENERAL	Too high : Consider increase your intake to prevent health issues
GENERAL	Activity Level
GENERAL	Sedentary (Little or no exercise + desk job)
GENERAL	Lightly Active (Little daily activity & light exercise 1-3 days a week)
GENERAL	Moderately Active (Moderately active daily life & Moderate exercise 3-5 days a week)
GENERAL	Very Active (Physically demanding lifestyle & Hard exercise or sports 6-7 days a week)
GENERAL	Extremely Active (Hard daily exercise or sports and physical job)
GENERAL	Weight gain/ loss factor (0,45 kg = 1 lb = 3500 calories)
GENERAL	Safe weigh difference /week (in kg) : The weight you should gain/ lose per week

Cat	String
GENERAL	Your current weight difference/ week (in kg) : (Slow but long-term diet : 0.45)
GENERAL	Stuck?
GENERAL	Questions?
GENERAL	contact@fitforlife.me
GENERAL	Check out our neat Q&A platform
GENERAL	<a href="http://www.fitforlife.me">http://www.fitforlife.me</a>
GENERAL	<a href="http://ask.fitforlife.fr/english">http://ask.fitforlife.fr/english</a>
PROJECTIONS	WEEK
PROJECTIONS	WEIGHT PROJECTION (M-Stj formula)
PROJECTIONS	WEIGHT PROJECTION (K-McA formula)
PROJECTIONS	MEN
PROJECTIONS	WOMEN
PROJECTIONS	WEIGHT (In kg)
PROJECTIONS	WEIGHT (In Lbs)
MY WEIGHT EVOLUTION	MY WEIGHT EVOLUTION
MY WEIGHT EVOLUTION	My Weight
MY WEIGHT EVOLUTION	Evolution (Grams)
MFP	MyFitnessPal Macronutrients Adjustments
MFP	Macros
MFP	In Grams
MFP	In kCalories
MFP	MFP Goals (in %)
MFP	IDEAL MACROS
MFP	MY MACROS
MFP	PROTEINS
MFP	FATS
MFP	CARBS
IF	INTERMITTENT FASTING PROGRAM - DO NOT EDIT THE TABLES
IF	Update Your Macros and Calories Composition
IF	Current Calories Intakes
IF	OFF Day Deficit
IF	Proteins (Grams/Kilo)
IF	Fat Intakes
IF	Training days : 100 % cal intake
IF	Rest days # 1 : Official Leangains (With Mifflin St Jeor for maintenance) •Use "OFF Day Deficit" to set your deficit
IF	Rest days # 2 : Easier Alternative (With Mifflin St Jeor for maintenance) • Use "OFF Day Deficit" to set your deficit
IF	12:30 PM Fast break @ 20 %
IF	6:00 PM Pre-wo @ 20 %
IF	8:30 PM Post-wo @ 60 %
IF	12:30 PM Fast break @ 50 %
IF	06:00 PM Snack @ 25 %
IF	8:30 PM Dinner @ 25 %
IF	12:30 PM Fast break @ 10 %



<b>Cat</b>	<b>String</b>
IF	06:00 PM Snack @ 10 %
IF	08:30 PM Family Dinner @ 80 %
IF	In Percent
GENERAL	Wrist circumference (in centimeters) (women only)
GENERAL	Hip measurement (in centimeters) (women only)
GENERAL	Forearm measurement (in centimeters) (women only)
GENERAL	MEN
GENERAL	WOMEN
GENERAL	Measure your frame size
GENERAL	<a href="http://goo.gl/l69KRI">http://goo.gl/l69KRI</a>
GENERAL	Measure Hips
GENERAL	<a href="http://goo.gl/ZbxKHh">http://goo.gl/ZbxKHh</a>

Cat	String
GENERAL	UTILISATION : <a href="http://goo.gl/h11pwG">http://goo.gl/h11pwG</a>
GENERAL	Estimations du MdB, calories de MAINTENANCE, SECHE et PDM
GENERAL	POUR TOUTES LES SECTIONS NE REMPLIR QUE LES CHAMPS JAUNES
GENERAL	*Nouveau: Calculateur de Composition Corporelle (beta)
GENERAL	Formule
GENERAL	Type
GENERAL	Calories
GENERAL	Ne remplir qu'ici !!!
GENERAL	En livres
GENERAL	En Kilos
GENERAL	Mifflin-St Jeor (HOMMES)
GENERAL	MdB
GENERAL	Maintenance
GENERAL	Calories de Sèche (Déficit en %)
GENERAL	PDM (Excès en %)
GENERAL	Choisir au dessus le pourcentage
GENERAL	Poids (en kilos)
GENERAL	Taille (en cm)
GENERAL	Age
GENERAL	Niveau d'Activité (choisir au dessus)
GENERAL	Taux de Masse grasse (en %) (pour M-McArdie uniquement)
GENERAL	Calories consommés actuellement (Utilisé pour la catégorie IF)
GENERAL	Tour de taille (en centimètres)
GENERAL	Masse maigre
GENERAL	Taux de masse grasse
GENERAL	Estimation du taux de masse grasse
GENERAL	Comment mesurer sa taille
GENERAL	<a href="http://goo.gl/afgdzy">http://goo.gl/afgdzy</a>
GENERAL	Je mettrais la formule à jour, basé sur mes observations
GENERAL	Katch-McArdle
GENERAL	Vous pouvez utiliser le convertisseur pour votre poids, taille et tour de taille :
GENERAL	Entrer une valeur en livres
GENERAL	Entrer une valeur en pouces
GENERAL	Centimètres
GENERAL	Choisir au dessus le pourcentage
GENERAL	Mifflin-St Jeor (FEMMES)
GENERAL	Ecart avec votre maintenance calorique. Ecart toléré : -25 / +25 %
GENERAL	Trop Bas : Considérez diminuer votre apport calorique pour limiter la prise de gras
GENERAL	Trop élevé : Considérez augmentez votre apport calorique pour éviter un potentiel problème hormonal
GENERAL	Niveau d'Activité
GENERAL	Sédentaire (Peu ou pas d'exercice + travail de bureau)
GENERAL	Légèrement actif (Un peu d'activité & et un peu d'exercices 1 à 3 fois par semaine)
GENERAL	Moderément actif(Actif en journée & exercice modéré 3 à 5 fois par semaine)
GENERAL	Très actif (Vie active & beaucoup d'activité physique de 6 à 7 fois par semaine)
GENERAL	Extrêmement actif (Travail physique et forte activité sportive)
GENERAL	Facteur Gain de poids/ Perte de poids (0,45 kg = 1 livre = 3500 calories)
GENERAL	Perte de poids saine par semaine (en kg) : Le poids que vous devriez gagner ou perdre par semaine
GENERAL	Votre indice d'évolution du poids par semaine (en kg) : (Régime lent mais sain : 0.45)
GENERAL	Trop compliqué ?
GENERAL	Des questions ?
GENERAL	<a href="mailto:contact@fitforlife.fr">contact@fitforlife.fr</a>
GENERAL	Posez vos questions sur notre plateforme dédiée
GENERAL	<a href="http://fitforlife.fr">http://fitforlife.fr</a>
GENERAL	<a href="http://ask.fitforlife.fr/">http://ask.fitforlife.fr/</a>
PROJECTIONS	SEMAINE
PROJECTIONS	PROJECTION EVOLUTION POIDS (Fomule M-Stj)
PROJECTIONS	PROJECTION EVOLUTION POIDS (Formule K-McA formula)
PROJECTIONS	HOMMES
PROJECTIONS	FEMMES
PROJECTIONS	POIDS (en kilos)
PROJECTIONS	POIDS (en livres)

Cat	String
MY WEIGHT EVOLUTION	EVOLUTION DE MON POIDS
MY WEIGHT EVOLUTION	Mon poids
MY WEIGHT EVOLUTION	Evolution (en grammes)
MFP	Configuration MyFitnessPal
MFP	Macronutriments
MFP	En grammes
MFP	En calories
MFP	Objectifs MFP (en %)
MFP	Répartition Idéale
MFP	Ma répartition
MFP	PROTEINES
MFP	LIPIDES
MFP	GLUCIDES
IF	PROGRAMME JEUNE INTERMITTENT - NE PAS EDITER LES CHAMPS
IF	Mise à jour de la répartition des macronutriments
IF	Apport calorique actuel
IF	Déficit durant les jours de repos
IF	Protéines (en gramme/ kilo)
IF	Apport en lipides
IF	Jours d'entraînement : 100 % des apports caloriques
IF	Jour de repos #1 : Protocole LeanGains officiel (Basé sur la formule de With Mifflin St Jeor) • Utiliser le camp "Déficit durant les jours de repos" pour calculer votre déficit
IF	Jour de repos # 2 : Alternative simplifiée (basé sur la formule de With Mifflin St Jeor) • Use "OFF Day Deficit" to set your deficit
IF	12:30 PM Fin du jeûne @ 20 %
IF	6:00 PM Pre-training @ 20 %
IF	8:30 PM Post-training @ 60 %
IF	06:00 PM Collation @ 25 %
IF	12:30 PM Fin du jeûne @ 50 %
IF	8:30 PM Dinner @ 25 %
IF	12:30 PM Fin du jeûne @ 10 %
IF	06:00 PM Collation @ 10 %
IF	08:30 PM Dîner de famille @ 80 %
IF	En pourcents
GENERAL	Circonférence du poignet (en centimètres) (femmes uniquement)
GENERAL	Tour des hanches (en centimètre) (femmes uniquement)
GENERAL	Circonférence de l'avant-bras (en centimètres) (femmes uniquement)
GENERAL	HOMMES
GENERAL	FEMMES
GENERAL	Mesure son tour de taille
GENERAL	<a href="http://goo.gl/aL7gRQ">http://goo.gl/aL7gRQ</a>
GENERAL	Mesurer son tour de hanches
GENERAL	<a href="http://goo.gl/4SFBLf">http://goo.gl/4SFBLf</a>