

Week 1									
	Target	Jun-11	Jun-12	Jun-13	Jun-14	Jun-15	Jun-16	Jun-17	Average
Protein	200	191	191	191	234	223	199	146	171
Carbs	250	165	245	250	177	309	374	282	237
Fat	75	114	115	82	85	110	135	117	111
Calories	2475	2090	2619	2296	2499	2178	2807	2765	2735
Weight		169	167.4	168		168.4	169	167.6	168.2

Week 2									
	Target	Jun-18	Jun-19	Jun-20	Jun-21	Jun-22	Jun-23	Jun-24	Average
Protein	200	146	171	181	233	168	206	232	191
Carbs	250	292	231	158	144	309	291	244	236
Fat	75	117	74	63	53	71	77	89	78
Calories	2475	2765	2274	2113	1625	2615	2641	2795	2404
Weight		168.8	168		167	169	168	168.8	168.3

Week 3									
	Target	Jun-25	Jun-26	Jun-27	Jun-28	Jun-29	Jun-30	Jul-1	Average
Protein	185	196	198	218	211	135	158	131	180
Carbs	220	217	346	268	288	222	240	147	244
Fat	75	78	103	53	62	69	58	81	73
Calories	2295	2364	3163	2913	2290	2147	2006	2127	2339
Weight		170	170		173	172	171	169	170.8

Week 4									
	Target	Jul-2	Jul-3	Jul-4	Jul-5	Jul-6	Jul-7	Jul-8	Average
Protein	185	174	211	179	188	166	196	164	186
Carbs	220	238	218	218	190	203	223	237	218
Fat	65	66	65	70	77	76	74	79	72
Calories	2205	2262	2214	2245	2140	2242	2315	2268	2268
Weight		167.9	168	169	169	169	168	168	168.4

Week 5									
	Target	Jul-9	Jul-10	Jul-11	Jul-12	Jul-13	Jul-14	Jul-15	Average
Protein	185	183	178	197	174	133	195	231	184
Carbs	210	213	205	217	214	236	376	100	223
Fat	65	64	60	68	68	78	38	58	63
Calories	2185	2180	2182	2376	2056	2140	2608	1855	2197
Weight		168.3	167.8	167.8	167.4	166.9	168.8	167	167.4

Week 6									
	Target	Jul-16	Jul-17	Jul-18	Jul-19	Jul-20	Jul-21	Jul-22	Average
Protein	185	205	175	182	172	183	232	178	190
Carbs	210	190	209	208	240	284	231	378	230
Fat	65	65	66	69	69	93	69	100	74
Calories	2165	2165	2130	2175	2179	2625	2033	3124	2347
Weight		168.6	168.6	168.6	168.6	168.6	168.6	168.6	168.2

Week 7									
	Target	Jul-23	Jul-24	Jul-25	Jul-26	Jul-27	Jul-28	Jul-29	Average
Protein	185	187	188	187	187	180	158		176
Carbs	210	205	228	253	207	190			217
Fat	65	70	54	62	56	57			64
Calories	2165	2188	2050	2238	2052	2065	0	0	2141
Weight		168.6	168.8	168.6	168.4				168.6

Week 8									
	Target	Jul-30	Jul-31	Aug-1	Aug-2	Aug-3	Aug-4	Aug-5	Average
Protein	185	158	206	185	197	147	192		182
Carbs	200	210	213	253	268	224	379		316
Fat	60	67	62	65	64	100	164		87
Calories	2000	2075	1984	2027	2028	2384	5700	0	2896
Weight		169	168.5	167.5	168				168.3

Week 9									
	Target	Aug-6	Aug-7	Aug-8	Aug-9	Aug-10	Aug-11	Aug-12	Average
Protein	165	163	248	134	200	291			225
Carbs	160	221	133	237	400	560			288
Fat	60	74	60	70	125	177			101
Calories	1840	2402	2064	2114	3885	5117	0	0	3116
Weight		174.3	173						173.5

Week 10									
	Target	Aug-13	Aug-14	Aug-15	Aug-16	Aug-17	Aug-18	Aug-19	Average
Protein	165	191	65	132	168	158	212	148	144
Carbs	160	126	170	153	69	258	284	137	172
Fat	60	67	74	88	67	67	57	56	71
Calories	1840	1947	1554	1522	1633	2479	2464	1644	1922
Weight		173	168.3	168.8	166	163	166.5	166	167.2

Week 11									
	Target	Aug-20	Aug-21	Aug-22	Aug-23	Aug-24	Aug-25	Aug-26	Average
Protein	185	193	186	195	208	175	199	199	189
Carbs	185	175	241	157	296	108	159	182	188
Fat	60	62	68	67	67	67	69	69	69
Calories	2020	2028	2356	2030	2709	1727	1995	2105	2134
Weight		166	164	167	167	168	167	167	166.6

Week 12									
	Target	Aug-27	Aug-28	Aug-29	Aug-30	Aug-31	Sep-1	Sep-2	Average
Protein	185	185	189	200	177	194	111	187	178
Carbs	185	178	185	178	130	223	245	188	184
Fat	60	68	69	61	62	66	73	69	65
Calories	2020	2064	1947	2053	1806	2262	2081	2041	2038
Weight		168	168.6	168.4	168.4	168.4	167	166	168.3

Week 13									
	Target [1]	Sep-3	Sep-4	Sep-5	Sep-6	Sep-7	Sep-8	Sep-9	Average
Protein	185	160	191	178	208	185	185	178	186
Carbs	185	206	177	173	268	183	179	166	189
Fat	55	58	52	54	52	52	52	56	54
Calories	1975	2062	1940	1890	2440	1940	1924	1876	2010
Weight		167	168.8	168.8	168.8	168	168.4	168.2	168.7

Week 14									
	Target	Sep-10	Sep-11	Sep-12	Sep-13	Sep-14	Sep-15	Sep-16	Average
Protein	165	165	159	179	161	165	177	194	180
Carbs	165	181	281	184	194	173	188	123	188
Fat	45	44	40	46	38	52	46	71	48
Calories	1885	1860	2116	1868	1842	1836	1874	1607	1900
Weight		164.4	164.2	163.2	163.8	162.6	162.6	163.4	163.5

Week 15									
	Target	Sep-17	Sep-18	Sep-19	Sep-20	Sep-21	Sep-22	Sep-23	Average
Protein	165	185	190	187	146	200	201	187	181
Carbs	185	186	281	178	163	322	467	188	254
Fat	45	49	49	47	54	108	236	57	84
Calories	1885	1835	2259	1830	1722	3042	4796	2005	2489
Weight		163	163.8	163.4	165.6	164.3	162.6	166	164.1

Week 16									
	Target [13]	Sep-24	Sep-25	Sep-26	Sep-27	Sep-28	Sep-29	Sep-30	Average
Protein	160	179	185	179	177	179	179	175	179
Carbs	190	191	194	173	157	196	182	179	186
Fat	45	41	44	43	44	42	46	38	43
Calories	1885	1820	1920	1754	1862	1834	1807	1748	1843
Weight		165	165	165.2	165	164.6	165	163.6	164.8

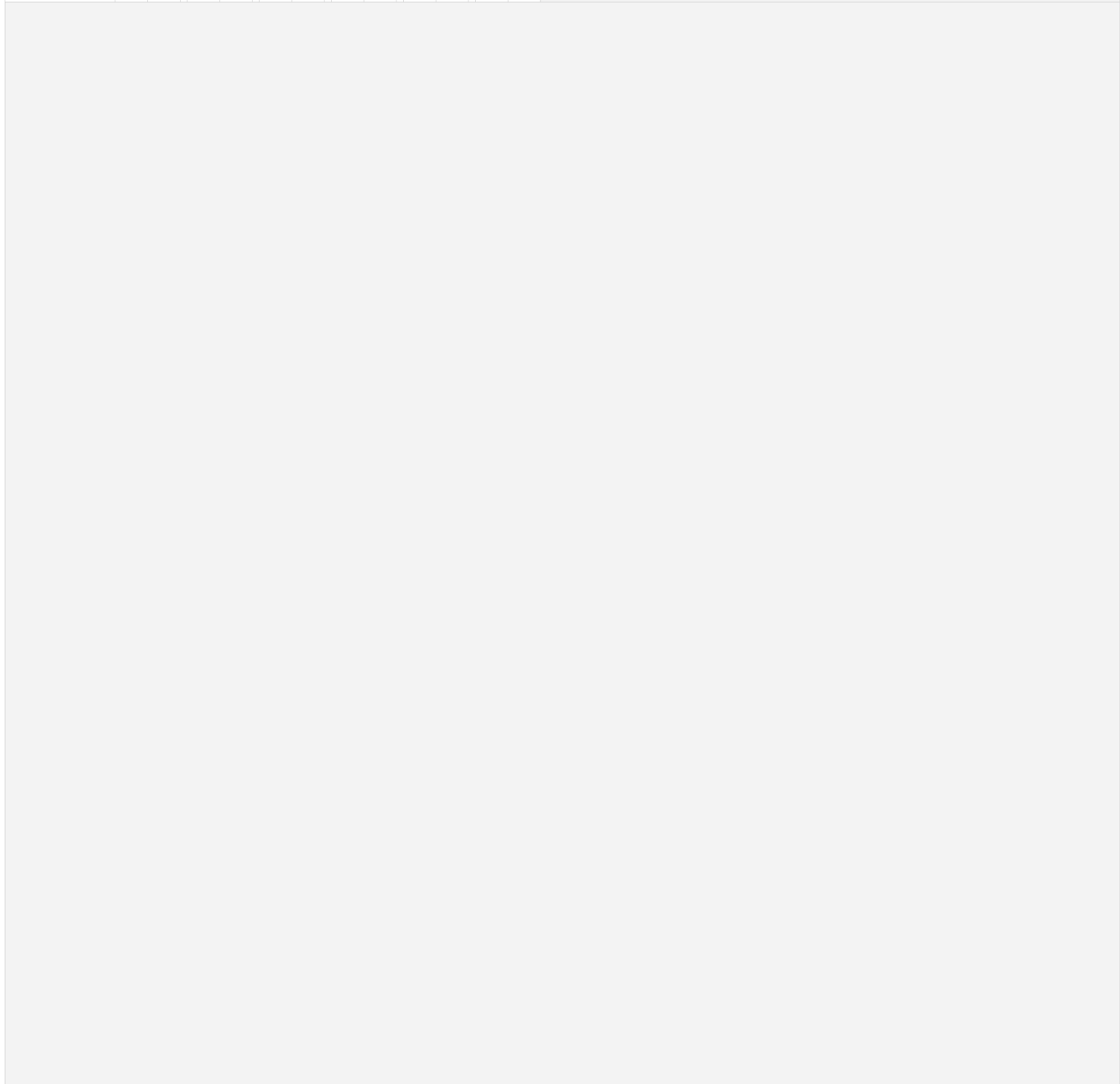
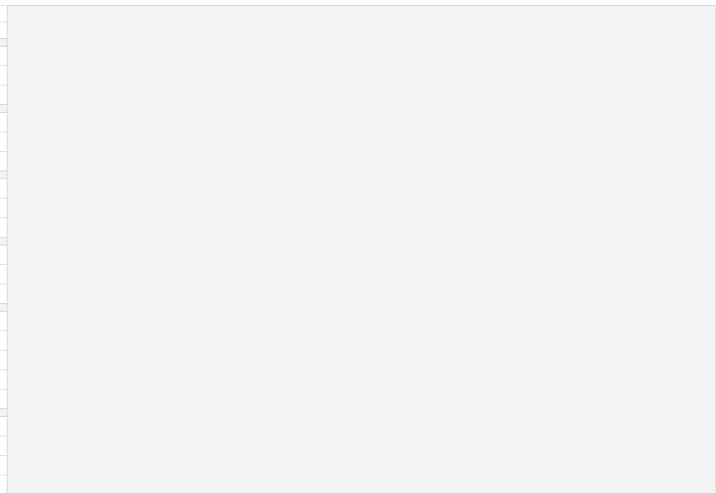
Week 17 [10]									
	Target [17]	10/1/18	10/2/18	10/3/18	10/4/18	10/5/18	10/6/18	10/7/18	Average
Protein	160	169	164	164	161	164	149	156	148
Carbs	170	206	203	195	202	138	294	169	201
Fat	40	45	40	40	35	76	80	54	70
Calories	1780	1850	2018	1724	2211	1812	2462	1708	2016
Weight		163.6	164	164	164	164.2	164.2	164.4	164.1

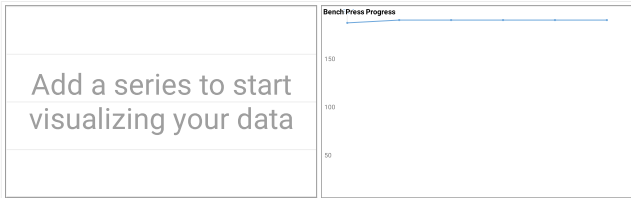
Week 18									
	Target	10/8/18	10/9/18	10/10/18	10/11/18	10/12/18	10/13/18	10/14/18	Average
Protein	165	160	175	188	197	122	160	216	186
Carbs	165	175	158	183	148	177	171	248	180
Fat	50	51	45	49	48	51	47	66	44
Calories	1930	1879	1819	1925	1884	2375	1782	2448	2016
Weight		164.6	164	164.6	164.4	163.6	164.2	165	164.3

Week 19									
	Target	10/15/18	10/16/18	10/17/18	10/18/18	10/19/18	10/20/18	10/21/18	Average
Protein	160	157	51	162	212	178	168	190	159
Carbs	160	158	114	181	238	244	356	188	174
Fat	50	47	27	77	77	29	32	26	45
Calories	1890	1803	953	2065	2498	1735	1731	1681	1739
Weight		167.2	165.2	162.6	161	162.6	161	163	163.1

Week 20									
	Target	10/22/18	10/23/18	10/24/18	10/25/18	10/26/18	10/27/18	10/28/18	Average
Protein	160	162	168	167	167	164	160	161	158
Carbs	160	166	188	180	184	184	207	180	184
Fat	50	46	48	47	47	75	47	48	50
Calories	1890	1714	1942	1823	1871	1			

Exercise	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
5 Squat												
8-12 Romanian Deadlift												
8-12 Leg Press												
8-12 Leg Curls												
8-12 Calf Raises												





Add a series to start visualizing your data	Add a series to start visualizing your data

[1] 1 Re-feed with 275 Carbs
Average Macros
185p
195c
55f

[2] Cardio: 500 Calories on Stairmaster

[3] Refeed day

Cardio: 500 Calories on Stairmaster

[4] HIIT: 5 Rounds of 20 second sprints

[5] HIIT: 40/20 Sprints using the bike. I actually like the bike a lot more than running.

[6] LISS: 500 Calories running

[7] Went clubbing. Will do cardio Friday Morning

HIIT with the bike 5 rounds

[8] LISS Cardio: 500 Calories on the treadmill

[9] LISS: 500 Calories running

[10] HIIT with the bike 5 rounds

ate two hot dogs today

[11] LISS: 1000 calories

[12] LISS: 350 Calories

[13] Rest days:

180p
175c
40f
1780 cals

[14] Active rest: 500 cals

[15] 500cals

[16] Started to do IF and skipping breakfast

This was a deload week

[17] Refeed 250c

[18] Active rest 400 cal

[19] 400cals

[20] Active rest: 400 cal

[21] 400cals

[22] Sprints 5 round

[23] Active rest: 400 cal

[24] Sprint 5 Rounds

[25] LISS: 400 cal

[26] Sprint 5 Rounds