WEEK 5 : Track Your Macros

**WEEKLY CHALLENGE**: Track your Macros for at least 2 meals per day.

* Tracking your MacroNutrients (Protein, Carbohydrates, Fats) can really help clarify areas of your regular diet that may be holding you back from real progress.
* Pick an APP (we recommend MyFitnessPal) and measure your food.
* Ideally you would use a scale to weigh and measure, but if you don’t have a scale you can use measuring spoons/cups to approximate as close as possible.
* There are also many online resources you can GOOGLE to find strategies to help.
* Most restaurants / fastfood / common foods are already created and tracked in MyFitnessPal and you can simply search on the APP for the foods you are eating.

**BONUS CHALLENGE**: BURPEES - increase Daily

* Complete 10 Burpees on Monday, and add 10 reps each day to get the bonus point.
* If you do them all, you will go 10-20-30-40-50-60 in the respective days of the week.
* If you miss a day, you continue at the number you have yet to complete (eg: I do 10 Monday, then miss Tuesday and Wednesday, I then do 20 on Thursday and 30 Friday)

DAILY CHECKLIST (Sunday is a day “off” of the challenge but we still recommend you stick to the plan to get the best results on your follow up scan!)

|  | MON | TUES | WED | THURS | FRI | SAT | TOTAL |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Meal 1  Meal 2  (1pt / ✔) | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | \_\_\_\_\_  \_\_\_\_\_ | /6 |
| 10-60 Burpees  (.5 pt / ✔) |  |  |  |  |  |  | /3 |
| AB  (3 ✔ = 3 pts)  (5 ✔ = 4 pts) |  |  |  |  |  |  | /4 |
| Mobility  (2 ✔ = 1 pts)  (4 ✔ = 2 pts) |  |  |  |  |  |  | /2 |
| TOTAL  WEEKLY  SCORE |  |  |  |  |  |  | /15 |