# Your Macro Calculations Page

**1. Choose your total daily calorie range based on your TDEE and goals.** A range gives you a lower target when you aren't as hungry and a higher target when your appetite is on fire. Your body does not have the same calorie needs every day.

**2. Choose your macro percentages.** Make sure they add up to 100%.

**3. Multiply your low calorie target and your high calorie target by the percentage you choose for each macro**. This gives you the number of calories for each macro.

**4. If you want to turn calories into grams,** divide your protein and carbohydrate calories by 4, and divide your fat calories by 9.

**My Total Daily Calories**  range:  _____ (low) to _____ (high).

**Protein** Percentage:  \_\_\_\_**%** = calories _____ (low) to _____ (high).

in grams this is (divide calories by 4): _____ (low) to _____ (high).

**Carbohydrate** Percentage: \_\_\_\_**%** = calories _____ (low) to _____ (high).

in grams this is (divide calories by 4): _____ (low) to _____ (high).

**Fat** Percentage:  \_\_\_\_**%** = calories _____ (low) to _____ (high).

in grams this is (divide calories by 9): _____ (low) to _____ (high).