# **General System Overview**

For



a Microsoft Excel™ based Fitness Programming System

## v2019

Program Design | Predictive Modeling | Progress Tracking

System Requirements:

Windows™ x64 PC

installed with

Office 365™ or Excel™ 2013 or greater



#### Fitbook Ribbon Panel:

Save Program File (.nfit) **Program Outline View** Meal Planner View Workout Calculator View **Update Support File Data** Easy Open/Edit External Fitbook Files Fitbook Status via Excel Statusbar







### **Incoming Worksheet:**

Program Type, lbs. OR kg, BMI, FFMI and FFMI(a) adjusted TDEE/BDEE Calculation Method: BDEE includes RMR/BMR, NEPA, NEAT, Stress, Safety, and AT Calculated with up to 6 different equations: LBM multiplier, Revised Harris-Benedict Mifflin-St. Jeor, Katch-Mcardle, Muller and Cunningham. Include only the formulas you want in the final averaged value TDEE is comprised of BDEE, TEE (cho, fat, EPOC), and TEF Weight Loss/Gain, BF% and Fat Mass Prediction Modeling Perfect tool for managing Carb Cycling/Loading Protocols such as Lyle McDonalds's Ultimate Diet 2.0 New Program Setup and Batch Value Editing Program Clear, Import, and Export Options Create Athlete Specific Templates for each Program Type

		Total I	Daily Energy Expe	enditure (TDEE) (	Calculation Met	nod			
		Base Daily Energy E	xpenditure (BDEE)			Thermic	Effect of Exerc		TEE
RMR / BMR	NEPA	NEAT	Stress	Safety	AT	TEE (cho)	TEE (fat)	EPOC	1.2.
	o / Gram Values				E 10			M Multiplier &	
✓ Meal Rati ✓ All Weeks	o / Gram Values  Program Type	✓ All Data ✓ Athlete Templates	New Program Set	tup   Batch Val		₩ NEAT	Stress	M Multiplier &	
							✓ Suess	Salety	₩ AT
✓ Week 1	Maintenance	Reset All Values	Baseline Balance	70.00%	Sedentary	+12.00%			
✓ Week 2	Maintenance	Reset All Values	Baseline Balance	70.00%	Sedentary	+12.00%			
✓ Week3	Maintenance	Reset All Values	Baseline Balance	70.00%	Sedentary	+12.00%			
✓ Week 4	Maintenance	Reset All Values	Baseline Balance	70.00%	Sedentary	+12.00%			
✓ Week5	Maintenance	Reset All Values	Baseline Balance	60.00%	Sedentary	+12.00%			
✓ Week 6	Maintenance	Reset All Values	Baseline Balance	60.00%	Sedentary	+12.00%			
✓ Week 7	Maintenance	Reset All Values	Baseline Balance	60.00%	Sedentary	+12.00%			
✓ Week8	Maintenance	Reset All Values	Baseline Balance	60.00%	Sedentary	+12.00%			
₩eek9	Maintenance	Reset All Values	Baseline Balance	50.00%	Sedentary	+12.00%			
✓ Week 10	Maintenance	Reset All Values	Baseline Balance	50.00%	Sedentary	+12.00%			
Week 11	Maintenance	Reset All Values	Baseline Balance	50.00%	Sedentary	+12.00%			
₩eek 12	Maintenance	Reset All Values	Baseline Balance	50.00%	Sedentary	+12.00%			
Dogulato	with New Values!!!	☐ Clear Body Comp	Measurements	Clear ALL Data and Create a Blank	Export Program Outline to an	Select and Link a		Export Pro	gram Outline Planner to a
Populate	mai ivem valdesiii	Clear Tape Measu	irements	Program Outlinell	External FileIII	File to Import P	Program Data		Planner to a Jernal FileIII
				Keep Athlete Data				Auto-Export	Data on File Save

Daily Body Comp Measures and Calculation of BDEE / TEE / TEF Daily Macro Tracking and Display to assist in Meal Preparation Workout Integration with EPOC%, Cho% and Workout Efficiency% multipliers. Thermic Effect of Exercise (TEE) Calculator with Base Caloric Burn Rate and SOV modifiers Daily tracking of Resting Heart Rate, Blood Pressure and Sleep (quantity) PLUS the collection of "perception" data such as Sleep (quality) and Training (motivation, quality, volume and intensity [RPE])

Week S	Start Day	Curren	t Week	Start Date	Birth Day			
Mor	nday	We	ek 7	10/28/19	8/30/19	LBM	Nut	rier
Athlete	Statistics		BDEE C	alculator		170.16 lbs	Carb	s (N
Ke	vin	Activity =	Sede	entary	+16.00%	Ratio	<b>✓</b> Grams	(
Age	47	Stress -		☐ TEF -	+10.00%	0.59 g/lb	100g	4
Sex	Male	Safety =		AT =		0.67 g/lb	114g	4
Weight	199.20 lbs	11.0 cals	1872	x 1.2	2546	0.67 g/lb	114g	4
weight	lbs	✓ Include	1872	+ Factors	2546	0.67 g/lb	114g	4
Height	72.00 in	EQ1	1910	x 1.2	2597	0.67 g/lb	114g	4
neight	in	✓ Include	1510	+ Factors	2001	2.42 g/lb	411g	-16
FEMI	23.08	EQ2	1819	x 1.2	2474	2.00 g/lb	341g	13
FFMI	Superior	✓ Include	1013	+ Factors	2414	0.67 g/lb	114g	4
Impedance	✓ 16.58%	EQ3	2037	x 1.2	2771			
-2.25%	14.33%	☐ Include	2031	+ Factors	2111			No
Myography	☑ 18.17%	EQ4	2198	x 1.2	2989	170.16 lbs	Carb	s (N
-3.00%	15.17%	☐ Include	2100	+ Factors	2909	Greater than	or equal to	Goa
Skin Folds	☑ 10.23%	EQ5	2198	x 1.2	2989	170.16 lbs	Pro	teir
4.00%	14.23%	☐ Include	2190	+ Factors	2909	Greater than	or equal to	Goa
Avera	age %		1867	x 1.2	2539	170.16 lbs	F	at
14.	58%		1007	+ Factors	2559	Less than	or equal to G	ioal
	Ski	n Fold Caliper	s - Measurem	ents				
Jackson 3	11.60 mm	4.53 mm				Save	Prog	ram
27.76 mm			11.63 mm			Select	Athl	ete
			Athle	te Management	Tools	Select		Tem
	Fitbook Transfer		Add			Select	Su	ppo
File to Import F	Program Data		Activate			Select		Foo

`		11.63 mm			Selec
		Athle	te Management	Tools	Selec
a Fitbook Transfer		Add	te Management Tools		Selec
Program Data		Activate			Selec
n Week 1 Values		Deactivate			Selec
1 Week 1 Values	· '		Delete ALL Arth	one Files and Folders	Selec
					Selec

			Auto-Set Macros			
LBM	Nuti	rient	LBM	Nut	rient	Program Type
170.16 lbs	Carbs	(Net)	170.16 lbs	Pro	tein	Fat Loss
Ratio	✓ Grams	Calories	Ratio	✓ Grams	Calories	(Fat Loss)
0.59 g/lb	100g	400 cals	1.18 g/lb	200g	800 cals	- Goal Values
0.67 g/lb	114g	456 cals	1.26 g/lb	215g	860 cals	- Monday Values
0.67 g/lb	114g	456 cals	1.26 g/lb	215g	860 cals	- Tuesday Values
0.67 g/lb	114g	456 cals	1.26 g/lb	215g	860 cals	= Wednesday Values
0.67 g/lb	114g	456 cals	1.26 g/lb	215g	860 cals	- Thursday Values
2.42 g/lb	411g	1644 cals	1.09 g/lb	185g	740 cals	= Friday Values
2.00 g/lb	341g	1364 cals	1.34 g/lb	228g	912 cals	- Saturday Values
0.67 g/lb	114g	456 cals	1.26 g/lb	215g	860 cals	= Sunday Values
		No Carb L	oad Days			Use Groundhog Day
170.16 lbs	Carbs	(Net)	0.80 g/lb	136g	544 cals	= Goal Values
				_		

170.16 lbs	Protein	1.15 g/lb	196g	784 cals	= Goal Values	
Greater than	n or equal to Goal Values		,			
170.16 lbs	Fat	0.40 g/lb	68g	612 cals	= Goal Values	
Less than	or equal to Goal Values					
Save	Program Name :	2019 Fa	ll and Holi	day Mini-	Cut	
Select	Athlete Folder:					□ All
Select	Templates:	F:\Athletes				<b>▼</b> Lir
Select	Support Data :	F:\Athletes		non\Support E	katal.	Lir
Select	Food Data:	F:\Athletes	Active/Comm	non/Food)		Lir
Select	Export Files:	F:\Athletes				<b>₩</b> Lir

	Open File:	Templates	Support	Food Database	Food Reference	Workouts
	Select		Workouts:	F:\Athletes\		
f Folders	Select		HRM Data:			
	Select	Ε	xport Files:	F:\Athletes\		
	Select		Food Data:	F:\Athletes\Active\Comm		
	Select	Su	pport Data :			

Use Athlete Specific or Common Support Files and Folders Use Auto-Export for creating a back-up of Program Data

#### 12 Weekly Worksheets:

Weekly Program Types (customizable up to 10) Weekly Reset or Cumulation of results Weekly Goal Selection (Fat Loss/Maintenance/Muscle Growth) with Weekly Goal Calculator to Determine Caloric Balance Requirement **Daily Supplement Selection and Planning** 



	1	Thermic Ef	fect of I	Exercise	e (TEE) C	alculato	r	
	MHR		Avg HR - SOY	1 MHR	2 V02 Max		Carbs	
	176 bpm							
Ma	z Heart Ra	te Calculation	IR = 208 - (A	ge z 0.7)				
■ Norma	lize SOV (E	qual RPE) =	135 bpm		☐ Base Ca	alorie Burn	/ Minute =	1.7 cpm

Fa	t Loss	
Percent Bodyveight	197.40 lbs	0.1250%
Rate of Fat Loss	0.247 lb/vk	71.30%
Energy Balance	-266 cals/dag	71.50%
☐ Show "True" Protein	and Fat Values	\$0.00%

	Me.	In Case of David	Manda			0.	B	Considera	D'att David	0/20/2010			2040 E-II U	alidau Mini Cut	I. Washaus Calas	lula I Cumulam	anta I Maali C			
-	Wee	k Start Day :					irrent Day : aining	Vorkout#1	Birth Day : Workout #2	Workout #3	Morning		2019 Fall and H	oliday Mini-Cut	Workout Sched	dule   Supplem	ents   Week 6			Night
Date	_	Uay	RHR	BP	Sleep		aning	Volkou: #1	workout #2	workout #3										Night
12/2/19	20	Monday	63 bpm	118 mmHg	9.0 hrs	Good	On Target	7:30 AM			Cardio- Stack <sup>1cs</sup>							Blue Ox 4ct	Collagea 100	ZMA 3ei
10.010	36	(Lo Curb)	03 bpiii	78 mmHg	Good	Good	6.0	1:20min			Animal 200 Packs	Hydroxycut 2cs					Hawthorn 300mg	DIM 300mg	Omego EFA 100	Glutamine 2g
12/3/19	27	Tuesdag	55 bom	115 mmHg	9.0 hrs	Good	On Target	7:30 AM	12:30 PM		Cardio- Stack lea							Blue Ox 4ca	UCII Collagea No	ZMA 0es
1275715	31	(Lo Carb)	55 bpiii	77 mmHg	Good	Good	6.0	1:15min	Legs		Asimal Packs 200	Hydroxycut 2co					Hawthorn Extract 300mg	DIM 300mg	Omega EFA 100	Gletamine 2g
12/4/19	20	Vednesday	01 ham	111 mmHg	9.0 hrs	Good	On Target	7:30 AM	12:00 PM		Cardio- Stack les	Cellecor C4 los						Blue Ox 4cs	UCII Collagea 100	ZMA 3cs
12/11/0	36	(Lo Carb)	o i upini	70 mmHg	Good	Good	8.0	1:15min	Upper Body		Asimal 200 Packs	Arces lo					Hawthorn 300mg	DIM 300mg	Omega EFA 100	Glutamine 2g
12/5/19	20	Thursday	64 bpm	109 mmHg	9.0 hrs	Good	On Target	7:30 AM			Cardio- Stack 1th							Blue Ox 4ca	UCII Collagea No	ZMA 0ea
12.315	35	(Lo Carb)	оч Брііі	76 mmHg	Good	Good	6.0	1:15min			Animal Packs 2co						Hawthorn Extract 300mg	DIM 300mg	Omega EFA 100	Gletamine 2g
12/6/19	40	Friday	86 bpm	111 mmHg	8.5 hrs	Good	On Target		1:30 PM		Morning Iss Stack			Cellecor C4 los				Blue Ox 4cs	UCII Collagen 100	ZMA 3cs
12/01/0	40	(Tem & Load)	оо врш	70 mmHg	Good	Good	7.0		Full Bodg		Asimal Packs 200			Arsea les			Hawthorn Extract 300mg	DIM 300ng	Omego EPA 100	Glutamine 2g
1277719		Saturday	62 bpm	118 mmHg	9.0 hrs	Good	On Target	7:30 AM			Cardio- Stack <sup>1ca</sup>							Blue Ox 4ct	Collagea 100	ZMA Sea
101113	41	(Curb Load)	oz opin	73 mmHg	Good	Good	6.0	1:20min			Animal Packs 2co						Hawthern Extract 300mg	DIM 300mg	Omego EFA 100	Gletomine 2g
12/8/19	42	Sundag	75 bpm	113 mmHg	8.0 hrs	Good	On Target		11:00 AM		Morning Iss Stuck	Cellecor C4 lo						Blue Ox 4cs	UCII Collagea los	ZMA 343
naror15	72	(Lo Carb)	. o apin	69 mmHg	Good	Good	8.0		Upper Body	Asimal	Asimal Packe 200	Arsen lo					Hawthorn Extract 300mg	DIM 300mg	Omega EFA 100	Glutamine 2g

				63 mmrig	G000	Good	8.0					Packe	200			Arse	■ 169									Extract 300	9	DIM 3	DUNG	Umega EFA	100	Glatamine	89
☐ Highli	ght Cu	urrent Day			2019 Fal	ll and He	oliday M	ini-Cut	Intal	ke   E	xpenditure	Week	6		Wgt	LBM	■ Myo	graphy	∞ Impe	iance			■ Skin	Fold Cali	pers			Statist	ics   As	ssumptio	ns   BD	EE Calcu	ulator
Date		Day	BCEE	TEE (cho)	Target	Baseline	Intake	Vorkout #	H 1	vforkout#2	Workout #3	TEE (Fat)	TEF	End of Day	Weight	LBM	Fat	Fat%	Fat	Fat %	Method		Skin	Fold Measurem	ients		at%	Kevin's	Stats	Activity =	Seder	ntary	+6.00%
12/2/19	20	Monday	2322	-282	2867	-37.22%	1800	988 40	.00%			-114 cals	14.63%	-1208 eals	191.53 lbs	171.08 lbs	19.19 lbc	10.02%	2190 lbs	11.43%	Jackson 3	7.47 mm	4.13 mm			,	.59×	Age	47	Stress =		☐ TEF =	+11.499
1272715	36	(Lo Carb)	2322	100.002	2007	-1067	1000	Steady 71	24%			-28 eals	-263 eals	-1200 0415	☐ Calcult	ate BDEE Value	15.15 162	10.02%	21,50 (6)	11.432	21.07 mm			3.47 nm		2	28 lbs	Sex	Male	Safety =		AT =	
12/3/19	27	Tuesdag	2316	-347	2956	-32.34%	2000	912 40	.00% 35	92 40.00		-174 cals	14.63%	-1171 cals	130.27 lb:	170.81 lbs	15.82 lbs	10.42%	18.65 lbc	9.80%	Jackson 3	121 nm	4.03 mm			1	46%	Veight	188.17 lbs	11.0 cals	1964	x 1.2	2349
123113	31	(Lo Carb)	2.510	100.00%	2.550	-956	2000	Steady 60	403 Re	sist 62.04		-41 cals	-293 eals	-IIII Cans	☐ Calcul	ate BDEE Yales	13.02.105	10.42.2	10.00 85	3.00%	20.67 nm			9.07 nm		15	90 lbs	Telgin	lbs	<b>₩</b> Include	1004	• Factors	2.545
12/4/19	20	Vednesday	2309	-548	3120	-42.31%	1800	934 40	.00% 10	40.00		-226 oals	14.63%	-1613 cals	189.47 lbs	170.11 lbc	13.10 Bc	10.08%	13.26 lbs	10.17%	Jackson 3	7.30 mm	3.93 nm			1	40%	Height	72.00 in	EQ1	1843	x 1.2	2322
ILI WILD	30	(Lo Curb)	2303	100.00%	3120	-1320	1000	Stoody 72	.00% Re	sist 60.60		-66 cals	-263 cals	-iois cais	☐ Calcul	ete BDEE Yelee	10.10.05	10.00%	10.20105	10.11%	20.47 mm			3.23 nn		15	70 lbs	rieigiit	in	✓ Include	1043	• Factors	LUCE
1275/19	30	Thursday	2293	-261	2846	-29.73%	2000	918 40	.000			-106 oals	14.63%	-979 cals	187.87 lb:	168.21 lbs	19.51 Bes	10,38×	20,20 lbs	10.80%	Jackson 3	7.17 mm	3.83 nn			1	.21%	FFMI	22.99	EQ2	1769	x 1.2	2229
IZFORTO	35	(Lo Curb)	2233	100.00%	2070	-846	2000	Stoody 71	00%			-26 cals	-293 cals	-ara cais	☐ Calcul	etc BDEE Yelec	10.31105	10.30%	20.23 (0)	10.00%	19.90 mm			8.30 mm		1	19 lbs	77.00	Excellent	<b>☑</b> Include	1763	* Factors	2220
12/6/19	40	Friday	2291	-326	2902	+6.82%	3100		- 11	40.00		-116 cals	9.21%	37 cals	107.43 lb:	s 168.17 lbs	19.71 Bes	10.52×	10.01 lbs	10,03%	Jackson 3	7.00 mm	3.67 mm			,	.28%	EPCC Assu	imptions	EQ3	2031	x 1.2	2559
ILI GITO	40	(Tern & Losd)	LEGI	100.00%	LOOL	198	0100		Re	raiet 73,717		-44 cals	-286 cals	01 0415	☐ Colosin	sto BDEE Value	N.TTEO	10.023	10.01.00	10.00%	20.10 mm			3.20 nm		11	26 lbs	Interval	13%	☐ Include	2001	+ Factors	
12/7/19	44	Saturday	2280	-288	2890	-3.11%	2800	983 40	.00%			-105 cals	11.49%	-222 oals	106.03 lb:	s 167.05 lbs	19,22 (6)	10.33%	18.98 lbs	10.20%	Jackson 3	6.60 mm	3.83 mm			,	.08%	SFP	1154	EQ4	2149	x 1.2	2707
121110	71	(Carb Load)	LLOG	100.00%	2000	-90	2000	Stoody 13	.35%			-28 oals	-322 oals	-EEE OUIS	Colosi	ske BDEE Value	TO ELL TO	10.557	10.00100	10.20%	19.50 mm			8.81 nm		11	76 lbs	Steady	7%	☐ Include	2110	+ Factors	2101
12/8/19	42	Sundag	2300	-344	2891	-37.74%	1800		- 11	78 40.00		-127 cals	13.71%	-1265 cals	188.17 lbs	169.50 lbs	18.50 lbz	9.83%	18.75 lbs	9.97%	Jackson 3	6.83 mm	3.73 mm				96%	Resist	10%	EQ5	2191	x 1.2	2761
Listin	42	(Lo Carb)	2500	100.00%	1001	-1091	1000		Re	rolet 73.05		-47 cals	-247 eals	-1205 0413	☐ Colosis	sky BDEE Value	10.50 25		10.17.00	0.0174	15.15 mm			8.57 mm		11	75 lbs	WO ERX	40.00%	☐ Include	2101	+ Factors	2101
Mode = 1	Fat Lo	ss	16111	-2396	20472	-25.26%	15300	1894		1471		-969 cals	-1966 cals	-642	2 cals	-2.3	89 lbs	Cumulative Progress	-14.0	7 lbs	Jackson 3	Abdominal	Pectoral				92%	Averag	e%	Update BDEE	1826	x 1.2	2300
Bate = 1	I.694 II	bs/week			-5173 cals				- 4	1249 cals		-280 eals	-1500 Call	(-917 c	:als/day)	-1.703 lbs	-0.686 lbs	Progress	-9.994 lbs	-4.023 lbs				Thigh		**	83%	9.97%	9.96%	BDEE	1020	+ Factors	2300
Mode	Rate o	of Change		Basel	ne Caloric B	alance				TEE (fat)	Calories		TEF	Veekly/E	Daily Balance	Fat Mass	LBM		Fat Mass	LBM					-			2.50%	2.50%		RMR/BMR	Factors	BDEE
																										M	igraphy in	mpedance	Skin Fold	1			



#### Weekly Calculator Setup and New Program Simulation:

Simulate a 12-Week Program and predict potential outcome

Link Simulation values to Weekly Goal Calculators to greatly simplify New Program setup

Fat Loss, Maintenance and Muscle Growth modes with settings for Training Maturity, Growth Multiplier, % Body Weight and P-Ratio

Independent Fat Loss and Muscle Growth P-Ratios that can vary as metabolic conditions change over time

Calculate predictions for Body Weight, Body Fat %, Fat Mass, Total Weight, Tissue Weight and Energy Balance.

Auto-Calculate Daily Caloric Intake in two ways: Average Calories across the week for a similar daily intake OR Vary Calories daily so that caloric intake rises and falls in consonance with training and exercise

Apply energy balance calculations in two ways: End-of-Day – All calories expended are recovered Baseline – All calories minus TEE (fat) are recovered

Weekly Calc	ulator Setup an	d New Program	Simulation	Body Weight	Body Fat %	Fat Mass	Show "True"	Tissue Values	71.30%	50.00%	Enable Weekly Control
Weekly Goal	Training Maturity	Growth Multiplier	% Body Weight	185.00 lbs	19.25%	35.613 lbs	Tissue Diff	Weight Diff	P-Ratio	Balance	Enable Weekly Control
Fat Loss			1.0000%	182.41 lbs	18.51%	33.763 lbs	-1.8500 lbs	-2.5947 lbs	71.30%	-997 cals/day	Use Average Intake
Fat Loss			1.0000%			31.938 lbs	-1.8241 lbs	-2.5583 lbs	71.30%	-983 cals/day	Use Average Intake
Fat Loss			1.0000%			30.140 lbs	-1.7985 lbs	-2.5224 lbs	71.30%	-969 cals/day	Use Average Intake
Fat Loss			1.0000%			28.367 lbs	-1.7732 lbs	-2.4870 lbs	71.30%	-955 cals/day	Use Average Intake
Fat Loss			1.0000%			26.618 lbs	s -1.7484 lbs -2.4521 lbs		71.30%	-942 cals/day	Use Average Intake
Fat Loss			1.0000%			24.894 lbs	-1.7239 lbs	-2.4177 lbs	71.30%	-929 cals/day	Use Average Intake
Maintenance						24.894 lbs					Use Average Intake
Maintenance						24.894 lbs					Use Average Intake
Muscle Growth	Advanced	+100.0%	0.1250%			25.107 lbs	0.2125 lbs	0.4249 lbs	50.00%	124 cals/day	Use Average Intake
Muscle Growth	Advanced	+100.0%	0.1250%			25.320 lbs	0.2130 lbs	0.4260 lbs	50.00%	125 cals/day	Use Average Intake
Muscle Growth	Advanced	+100.0%	0.1250%			25.533 lbs	0.2135 lbs	0.4270 lbs	50.00%	125 cals/day	Use Average Intake
Muscle Growth	Advanced	+100.0%	0.1250%			25.748 lbs	0.2141 lbs	0.4281 lbs	50.00%	125 cals/day	Use Average Intake

## **Body Composition Measurements:**

Log Daily Body Composition Data

Track Body Weight and Body Fat (Impedance, Myography, Skin Folds)

3 Measurements of each metric (averaged for greater reliability)

Multiple Skin Fold Formulas built-in (Durnin-4, JP-3, JP-4, JP-7, Yuhasz-6 and Parillo-9)

Skin Fold Error Adjustment Value (-3.50% to +5.00%)

Print Body Composition Data for a specific week or generate a blank Body Composition worksheet for easy logging

-	•											-	-	•									
Today:				Week 7																			
12/11/19	12/9/19 43 Mon	12/10/19 44 Tue	12/11/19 45 Wed	12/12/19 46	Thr	12/13/19 47	Fri	12/14/19	48	Sat	12/15/19	49 Sur	n										
Body Weight	186.50 lbs   186.30 lbs   186.50 lbs	187.20 lbs   187.20 lbs   187.20 lbs	186.50 lbs 186.50 lbs 186.50 lbs																				
BIA Device / Time	InBody Dial H20-N 7:30 AM	InBody Dial H20-N 7:30 AM	InBody Dial H20-N 7:30 AM	InBody Dial H20-N	7:30 AM	InBody Dial H20-N	7:30 AM	InBody Di	al H20-N 7:	30 AM	InBody Dial H	120-N 7:30 A	M										
Impedance Fat %	6.90% 6.80% 7.10%	7.00% 7.20% 7.30%	6.60% 6.30% 6.30%																				
	9.43% 2.50% 6.93%	9.67% 2.50% 7.17%	8.90% 2.50% 6.40%	2.50%		2.50%			2.50%		2	.50%											
Myography Fat %	= 10.40% 10.90% 10.80%	9.50% 10.00% 10.00%	10.40% 9.70% 9.40%																				
	10.70% 0.00% 10.70%	9.83% 0.00% 9.83%	9.83% 0.00% 9.83%	0.00%		0.00%			0.00%		0	.00%											
Jackson 3	Jackson 3	Jackson 3	Jackson 3	Print Range:									Composi	ition Values   Week	ly Log								
	Skyndex - System 1	Skyndex - System 1	Skyndex - System 1	Blank Sheet		1 Mon		2	Tue		3	Wed		4 Thr		5	Fri		6	Sat		7	Sun
Caliper Fat %	9.76% 2.25% 7.51%	9.80% 2.25% 7.55%	9.73% 2.25% 7.48%	Weight	-																		
Abdominal	£ 90 mm	6.80 mm 6.80 mm 6.60 mm	6.60 mm 6.50 mm 6.70 mm	BIA Device / Time	InBorty	Dial H20-N 7:30 AM	InBo	dy Dial H20-N	7:30 AM	InBo	dy Dial H20-N	7:30 AM	InBody	/ Dial H20-N 7:30 AM	InBod	y Dial H20-N	7:30 AM	InBody (	Dial H20-N	7:30 AM	InBody D	lial H20-N	7:30 AM
Pectoral	3.80 mm 3.80 mm 3.70 mm	3.70 mm   3.70 mm   3.80 mm	3.80 mm 3.80 mm 3.70 mm	Impedance Fat %	moody	7.50 768	-	oy olur rice ii	7.30 A.M		oy one nee n	7.50 Am	moody	13070		, olumber	7.30 AM	moody c		7.30 AM	midday b		7.50 Am
Tricep				Impodulico i di ii		4.00%	-	4.00%			4.00%		_	4.00%		4.00%			4.00%			4.00%	
Bicep				Myography Fat %			ī	_		=						1			=				=
				myography Fat %		0.00%	-	0.00%			0.00%			0.00%	-	0.00%			0.00%			0.00%	
Lower Back						Jackson 3		Jackson 3			Jackson 3			Jackson 3		Jackson	2		Jackson 3			Jackson 3	
Subscapular				Jackson 3	Sky	ndex - System 1	s	kyndex - Sys		-	Skyndex - Syste	m 1	Sky	yndex - System 1	SI	yndex - S			ndex - Syste	em 1		dex - Syste	
Suprailiac	=			Caliper Fat %	-	3.00%		3.00%			3.00%			3.00%		3.00%			3.00%			3.00%	
Thigh	8.80 mm 8.70 mm 8.70 mm	8.90 mm 8.90 mm 9.00 mm	8.70 mm 8.70 mm 9.00 mm	Abdominal	-																		
Calf :				Pectoral			i																
Axila				Tricep																			
				ттевр			!=	_							-	4							
				Bicep	-																		
				Lower Back																			
				Subscapular																			
				Suprailiac																			
				Supramac				4							-								
				Thigh	-																		
Topo M	000111010000	to.		Calf	-																		
rape ivi	<u>easuremen</u>	<u>ts:</u>		Axila																			

Weekly Tape Measurement Data

See Comparison of Values relative to the "Weider Ideal" for your Height to Weight Ratio

						Kevin's	Body Meas	urements						
	Male Ideal	5/13/2019	5/20/2019	5/27/2019	6/3/2019	6/10/2019	6/17/2019	6/24/2019	7/1/2019	7/8/2019	7/15/2019	7/22/2019	7/29/2019	
Height = Weight = Ratio =														= Height = Weight = Ratio
Neck =														= Neck
Chest =														= Chest
L. Bicep = L. Forearm =														= L. Bicep = L. Forearm
R. Bicep = R. Forearm =														= R. Bicep = R. Forearm
Waist =														= Waist
Hips =														= Hips
L. Thigh = L. Calf =														= L. Thigh = L. Calf
R. Thigh = R. Calf =														= R. Thigh = R. Calf



#### Program / Body Composition Analysis:

See results of current Program protocols in a 12 week format

Analysis of measured Body Composition Data with Predictive Modeling

Two Projection Types for Body Weight, Body Fat%, and Fat Mass:

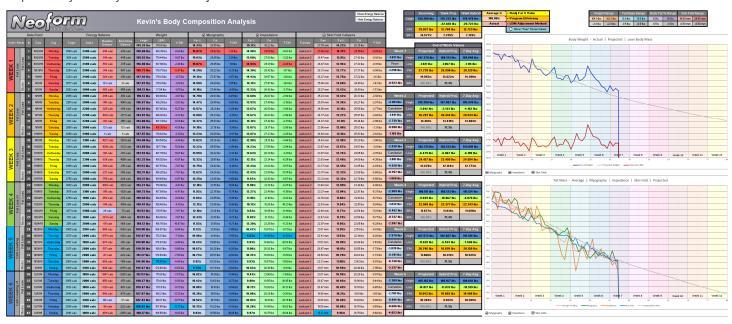
Pure Projection: Pure projection forward (from start to finish) using ONLY assumed program values

Hybrid Projection: Pure Projection forward that is based on real data as it accumulates

7-Day Average: 7-Day Average of measured data for each week

Weekly Fat mass and Muscle mass changes are tracked independently using adjustable P-ratio values

Graphical Analysis Overlay of Real Data vs. Projection



#### **Outline Transfer:**

Make use of existing Program Designs via Outline Transfer Easily create and save Base Programs for later use Auto-Export feature to save a backup copy of the current program

Extern	al File:	Fit	book - 2019 Summ	er_Fall - Kevin	Select File	Clear File	Display Values	or: Week	1 🔻	Age	46	Mono	day		Activity =	Sede	ntary	+12.00%	(These	Values Inc	luded with TDEE)
Re-	establish Ex	ternal File Links								Weight	198.5 lbs	8/25/19	8/30/19		Stress =		TEF =	+10.00%	Fat	.oss	Advanced
Workboo	k Folder:		E:\Neoform Fitbook	n	Transfer I	File Folder:	E:\Neoform Fitbook\Exp	ort\Program Outli	nes\	Height	72 in	Averag	ge %		Safety -		AT -		0.250 %	71.3%	+200.0%
							0-1 1 141	orkouts	0		M = = 1 - 4				11.00	TRUE	TRUE	TRUE	FALSE	FALSE	FALSE 70.00%
BDEE	Intake	W0 #1	WO #2	W0 #3	Morning		Calories   W	orkouts	Supplem	ients - v	week 1									Nigh	
DUCE	litake	₩0#1	170 #2	170 #3	0			_				Savage ,					_			_	
2510	2200			5:00 PM Legs + Core	Stack lea							Roar	lea					Omega		ZMA	
				_	Packs 200							Arson 1						Omega EFA	lea	Glutamine	
2510	2200			5:00 PM Push	Stack lea Animal 200							Savage Roar						Omega		ZMA	
					Cardio							Arson 1						Omega EFA	lea	Glutamine	
2510	2200			5:00 PM Pull	Stack lea							noai						0		ZMA	
					Animal 20a Packs Cardio-							Arson 1	lea					Omega EFA	1ea	Glutamine	
2510	2200	7:00 AM 30min		5:00 PM 30min	Stack 10-8													0		ZMA	
		3011111		3011111	Packs 200				Caus	ge lea								Omega EFA	1ea	Glutamine	
2510	3600	7:00 AM 30min	1:30 PM Full Body		Stack 188				no	raii								0		ZMA	
		3011111	T un Doug		Animal 200 Packs				Ars	on lea								Omega EFA	1ea	Glutamine	
2510	3600			5:00 PM Activity	Stack 1000ea													0		∠MA	
					Packs 200		Savage Poss tea											Omega EFA	lea	Glutamine	
2510	2400		11:00 AM Upper Body		Stack 104		noai											Omnas		ZMA	
			Opper Bong		Packs 200		Arson lea											Omega EFA	1ea	Glutamine	la .
Body	Compo	sition Values	1																		
Omroni	HBF-5HC	7:30 AM	Omron HBF-514C	7:30 AM	Omron HBF-5HC	7:30 AM	Omron HBF-5HC	7:30 AM	Omro	on HBF-5MC	7:30 AM	Omron HE	BF-5MC	7:30 AM		Omron H	BF-5HC	7:30 AM		Omron H	BF-814C 7:30 AN
	Jackson 3		Jackson 3		Jackson 3	_	Jaoks	on 3		Jackson 3			Jackson 3		- 1		Jackson 3				Jackson 3
SI	yndes - Syste	m 1	Skyndex - Syste	em 1	Skyndex - Syste	om 1	Skyndex - 1	System 1		Skyndex - Syster	n1	Sky	yndex - System	1		Sk.	yndex - Systen	n1		Sk	index - System 1
															- 1						$\overline{}$
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#### Workout Calculator (HRM Analysis):

Perform post processing and analysis of Workout HRM Data

Four built-in MHR Calculation formulas to choose from

Standard and Karvonen range types available

Heart Rate Data Analysis shown in both 1 minute and 1 second resolutions

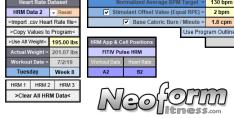
Displays Heart Rate zone times for the entire workout (up to 2 hours in length)

Adjust for Base Caloric Burn Rate (calories burned regardless of the workout)

Adjust for stimulant usage with a Stimulant Offset Value derived using an empirically

known heart rate (in a well-trained state) for a specific RPE

HRM Data 1, HRM Data 2, and HRM Data 3 sync with workouts in the Program Outline for the date stamp in the imported .CSV file allowing final results to be pasted directly into the appropriate workout slot in the Program Outline





Perso	nal Stats	Range Type							Worko	ut Summ	ary				
Age	46	Standard	BPM	Range	%MHR	Range	П	Zome	Times	Total Cals	Carbs	Carbs %	Fat	Fat%	Fat (lbs)
Weight	201.07 lbs		0	87	0%	49%	П	0:00:00	0.00%	0.0	0.0	0.00%	0.0	0.00%	0.0000 lbs
Sex	Male	Fat Calories	88	105	50%	59%	П	0:02:29	3.82%	17.1	7.8	45.74%	9.3	54.26%	0.0026 lbs
RHR	65	3500 cals/lbs	106	122	60%	69%	П	0:14:16	21.94%	125.8	64.4	51.18%	61.4	48.82%	0.0176 lbs
MHR	176		123	140	70%	79%	П	0:33:37	51.69%	421.9	281.3	66.68%	140.6	33.32%	0.0402 lbs
HRR	111		141	157	80%	89%	П	0:14:40	22.55%	230.7	187.7	81.37%	43.0	18.63%	0.0123 lbs
MHR Calc	C: MHR = 2	208 - (Age x 0.7)	158	176	90%	100%		0:00:00	0.00%	0.0	0.0	0.00%	0.0	0.00%	0.0000 lbs
Units	Ibs		130	= Avg	154	= Max	Ī	1:05:02	= Total	795.5	541.3	68.04%	254.3	31.96%	0.0726 lbs

				Hea	rt Rate	Analysis	- 1 Seco	ond Res	olution									Hear	t Rate	Analysi	s - 1 Mi	nute Res	olution (	(Averag	ed)				
Reading	Time	Cumulative	MHR	Rate	Rate	%V02	Energy	/ Expenditu	ure (%)	Energ	y Expenditur	e (cals)	Fat	Utilization	Reading	Time	Cumulative	MHR	Rate	Rate	%V02	Energ	y Expenditu	re (%)	Energy	Expenditu	re (cals)	Fat	Utilization
seconds	h:mm:ss	Calories	bpm	bpm	% mhr	max	cals/sec	carbs	fat	total	carbs	fat	cals/lbs	lbs	minutes	h:mm	Calories	bpm	bpm	% mhr	max	cals/min	carbs	fat	total	carbs	fat	cals/lbs	lbs
- 1	0:00:01	0.14	176	110	62.5%	39.2%	0.1373	49.6%	50.4%	0.1373	0.0681	0.0692	3500	0.000020	1	0:01	8.49	176	112	63.5%	40.7%	8.49	50.4%	49.6%	8.49	4.28	4.22	3500	0.001204
2	0:00:02	0.27	176	110	62.5%	39.2%	0.1373	49.6%	50.4%	0.1373	0.0681	0.0692	3500	0.000020	2	0:02	16.51	176	109	61.7%	38.0%	8.02	49.0%	51.0%	8.02	3.93	4.09	3500	0.001169
3	0:00:03	0.41	176	109	62.0%	38.4%	0.1348	49.2%	50.8%	0.1348	0.0663	0.0685	3500	0.000020	3	0:03	24.13	176	106	60.2%	35.7%	7.62	47.8%	52.2%	7.62	3.65	3.98	3500	0.001136
4	0:00:04	0.54	176	108	61.4%	37.5%	0.1323	48.7%	51.3%	0.1323	0.0645	0.0678	3500	0.000019	4	0:04	33.82	176	120	68.0%	47.7%	9.69	52.9%	47.1%	9.69	5.12	4.57	3500	0.001305
5	0:00:05	0.67	176	106	60.3%	35.7%	0.1272	47.9%	52.1%	0.1272	0.0609	0.0663	3500	0.000019	5	0:05	44.65	176	125	70.8%	52.0%	10.83	58.0%	42.0%	10.83	6.28	4.55	3500	0.001300
6	0:00:06	0.79	176	105	59.7%	34.8%	0.1247	47.4%	52.6%	0.1247	0.0592	0.0656	3500	0.000019	6	0:06	53.27	176	115	65.4%	43.7%	8.61	50.1%	49.9%	8.61	4.32	4.30	3500	0.001228
7	0:00:07	0.92	176	105	59.7%	34.8%	0.1247	47.4%	52.6%	0.1247	0.0592	0.0656	3500	0.000019	7	0:07	63.62	176	123	69.6%	50.2%	10.35	55.7%	44.3%	10.35	5.77	4.58	3500	0.001310
8	0:00:08	1.05	176	107	60.8%	36.6%	0.1298	48.3%	51.7%	0.1298	0.0627	0.0671	3500	0.000019	8	0:08	74.29	176	124	70.4%	51.4%	10.68	57.2%	42.8%	10.68	6.11	4.56	3500	0.001304
9	0:00:09	1.18	176	108	61.4%	37.5%	0.1323	48.7%	51.3%	0.1323	0.0645	0.0678	3500	0.000019	9	0:09	86.42	176	130	73.9%	56.8%	12.13	64.1%	35.9%	12.13	7.77	4.35	3500	0.001243
10	0:00:10	1.32	176	110	62.5%	39.2%	0.1373	49.6%	50.4%	0.1373	0.0681	0.0692	3500	0.000020	10	0:10	99.12	176	132	75.3%	58.9%	12.70	66.9%	33.1%	12.70	8.49	4.21	3500	0.001203
11	0:00:11	1.45	176	112	63.7%	41.0%	0.1314	49.1%	50.9%	0.1314	0.0646	0.0669	3500	0.000019	11	0:11	111.69	176	132	74.9%	58.4%	12.56	66.2%	33.8%	12.56	8.32	4.25	3500	0.001214
12	0:00:12	1.58	176	113	64.3%	41.9%	0.1354	49.4%	50.6%	0.1354	0.0668	0.0685	3500	0.000020	12	0:12	125.25	176	136	77.3%	62.1%	13.56	70.9%	29.1%	13.56	9.62	3.94	3500	0.001127
13	0:00:13	1.72	176	113	64.3%	41.9%	0.1354	49.4%	50.6%	0.1354	0.0668	0.0685	3500	0.000020	13	0:13	136.84	176	128	72.6%	54.8%	11.60	61.6%	38.4%	11.60	7.15	4.45	3500	0.001272
14	0:00:14	1.86	176	114	64.8%	42.8%	0.1393	49.7%	50.3%	0.1393	0.0692	0.0701	3500	0.000020	14	0:14	150.76	176	138	78.2%	63.4%	13.92	72.6%	27.4%	13.92	10.11	3.81	3500	0.001089
15	0:00:15	2.00	176	114	64.8%	42.8%	0.1393	49.7%	50.3%	0.1393	0.0692	0.0701	3500	0.000020	15	0:15	164.21	176	136	77.0%	61.7%	13.45	70.4%	29.6%	13.45	9.46	3.98	3500	0.001138
16	0:00:16	2.14	176	115	65.4%	43.6%	0.1432	50.1%	49.9%	0.1432	0.0717	0.0715	3500	0.000020	16	0:16	177.54	176	135	76.8%	61.3%	13.33	69.9%	30.1%	13.33	9.31	4.02	3500	0.001149
17	0:00:17	2.28	176	115	65.4%	43.6%	0.1432	50.1%	49.9%	0.1432	0.0717	0.0715	3500	0.000020	17	0:17	188.15	176	124	70.2%	51.1%	10.60	56.9%	43.1%	10.60	6.03	4.57	3500	0.001306
18	0:00:18	2.43	176	115	65.4%	43.6%	0.1432	50.1%	49.9%	0.1432	0.0717	0.0715	3500	0.000020	18	0:18	201.20	176	134	76.1%	60.2%	13.05	68.5%	31.5%	13.05	8.94	4.11	3500	0.001174
19	0:00:19	2.57	176	115	65.4%	43.6%	0.1432	50.1%	49.9%	0.1432	0.0717	0.0715	3500	0.000020	19	0:19	211.35	176	122	69.1%	49.4%	10.15	54.8%	45.2%	10.15	5.56	4.59	3500	0.001312

#### Workout Planner (Stand-alone workbook):

Master Exercise List: Create entries for your favorite lifts and exercises.

Designate the way in which the lift is performed and assign weights for specific set/rep schemes

Master Exercise List					Exercise Deta	ils & Setup	Weight	t for Spe	cific Set	ts & Rep	s				
Master Exercise List			Exercise	Details &	Setup				W	eights for	Specific	Sets & Re	ps		
Warm Up	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Rotator Cuff Warm-up	Resist Bands	-	-	-	Band (20#)	Dynamic	-	-	-	-	-	-	-	-	-
Progressive Row Followed by Sprint	Rower														
Chest	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Incline Press	Smith Machine	15	1	4	-	False Grip	50	55	65	65	75	85	95	105	60
Decline Press	Smith Machine	9	Decline	4	-	False Grip	120	120	130	140	160	180	200	200	120
Flat Press	Smith Machine	8	Flat	-	-	False Grip	70	75	80	85	95	105	115	125	70
Cable Pullover	Cable Machine	-	4	2	Straight Bar	Pronated	30	35	40	45	45	50	55	60	30
Dumbbell Pullover	Dumbbell	-	Flat	-	-	Neutral	65	75	80	85	90	90	90	90	65
Cable Flye	Cable Machine	18	1	4	Pull Strap	Neutral	60	65	70	75	80	85	90	95	60
Shoulders	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Shoulder Press	Cable Machine	15	4	2	Pull Strap	Pronated	40	45	50	55	60	65	70	75	40
Military Flye	Cable Machine	15	3	2	Pull Strap	Pronated	50	55	60	65	70	75	80	85	50
Arnold Press	Dumbbell	-	-	-	-	Dynamic	15	20	25	30	30	35	40	45	15
Lateral Raise	Dumbbell	-	-	-	-	Neutral	20	20	20	25	25	25	30	30	20
Front Raise	Dumbbell	-	-	-	-	Dynamic	15	20	20	25	25	30	30	35	15
Rear Delt Flye	Dumbbell	-	-	-	-	Neutral	20	25	25	30	30	35	35	40	20
Back and Traps	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Shoulder Shrug	Cable Machine	1	-	-	Pull Handle	Neutral	120	130	140	150	160	170	180	190	120
Lat Pulldown	Weight Machine	7	Flat	1	Lat Bar (Pro)	Neutral	120	135	140	145	150	155	160	165	120
Lat Pulldown - One Arm	Cable Machine	31	-	-	Pull Strap	Dynamic	100	110	115	120	125	130	135	140	100
Seated Row	Cable Machine	-	Decline	2	Pull Handle	Neutral	130	145	155	165	175	185	195	205	130
Dumbbell Row - One Arm	Dumbbell	-	Flat	-	-	Neutral	45	50	55	60	60	65	70	75	45
T-Bar Row	Barbell	-	-	-	Row Handle	Neutral	80	90	105	115	125	125	135	150	80
Triceps and Biceps	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Tricep Extension (Overhead)	Cable Machine	31	-	-	Double Rope	Neutral	105	110	115	120	125	130	135	140	105
Tricen Pressdown	Cable Machine	31			Double Rope	Neutral	100	120	125	130	135	140	145	155	100



Up to 8 workouts can be designed in the Workout tab Each exercise appears in a drop-down list in the "Exercise" column Once the exercise is selected the assigned weight is filled-in automatically for each of the sets based on the number of designated reps Volume is calculated based on Weight x Sets x Reps Equipment specific setup values can be customized in the "Data Lists" tab Equipment values appear in drop-down lists in the "Master Exercise List" tab

				P	ower - Legs ar	nd Core										
										Se	ets & Re	ps				
Exercise	Method	Height	Bench	Seat	Attachment	Hand Grip		1	2	10	)	8				VOL
Dead Lift	Smith Machine	4	-	-	-	Pronated		200		220		240			T	6520
Leverage Squat	Squat Machine	-	-		-	-		270		320		360				9320
Leg Press	Weight Sled	-	-		-	-		360		400		140				11840
Leg Curl	Cable Machine	-	Decline	2	Leg Bench	-		70		75		80				2230
Leg Extension	Cable Machine		3	2	Leg Bench			90		95		100				2830
Hyper Extension	Extension Stand	-		-				15		20		25				580
Abdominal Crunch	Cable Machine	-	3	3	Ab Crunch	_		140		145		150				4330
Hanging Leg Raises	-				-	-	-	-		-		-		-		
Oblique Bend	Cable Machine	- 1			Pull Handle	Neutral		145		155		165				4610
Ab Vacuum	-	-	-	-	-	-		5		10		10				240
											_					
		l .	l													
													Tota	al Volu	me =	42500
													Tota	al Volu	me =	42500
					Power - Upper	Body							Tota	al Volu	me =	42500
Exercise	Method	Height	Bench	Seat	Power - Upper	Body Hand Grip					ets & Re		Tota	al Volu	me =	
		_	Bench	Seat	Attachment	Hand Grip			12	10		8	Tota		me =	42500 VOL
Rotator Cuff Warm-up	Resist Bands	-	-	Seat	Attachment Band (20#)	Hand Grip  Dynamic		-	12	- 10	)	- 8	Tota	al Volu	me =	VOL
Rotator Cuff Warm-up Decline Press	Resist Bands Smith Machine	- 9	- Decline	Seat - 4	Attachment	Hand Grip  Dynamic  False Grip	-	160	12	- 180		- 200	Tota		me =	VOL 5320
Rotator Cuff Warm-up Decline Press Dumbbell Pullover	Resist Bands Smith Machine Dumbbell	9	Decline Flat	Seat - 4	Attachment Band (20#)	Hand Grip  Dynamic  False Grip  Neutral	-	160 90	2	180 90	:	- 200 90	Tota		me =	VOL 5320 2700
Rotator Cuff Warm-up Decline Press Dumbbell Pullover Cable Flye	Resist Bands Smith Machine Dumbbell Cable Machine	- 9 - 18	- Decline Flat	- 4 - 4	Attachment  Band (20#)	Hand Grip  Dynamic  False Grip  Neutral  Neutral		- 160 90 80	12	180 90 85	:	8 - 200 90 90	Tota		me =	VOL 5320 2700 2530
Rotator Cuff Warm-up Decline Press Dumbbell Pullover Cable Flye Lat Pulldown	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine	- 9 - 18 7	- Decline Flat 1 Flat	- 4 - 4 1	Attachment  Band (20#)  Pull Strap Lat Bar (Pro)	Hand Grip  Dynamic  False Grip  Neutral  Neutral  Neutral		160 90 80 150	12	180 90 85 155	:	8 - 200 90 90 160	Tota		me =	VOL 5320 2700 2530 4630
Rotator Cuff Warm-up Decline Press Dumbbell Pullover Cable Flye Lat Pulldown Seated Row	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine Cable Machine	- 9 - 18 7	- Decline Flat	- 4 - 4 1 2	Attachment  Band (20#)  Pull Strap Lat Bar (Pro) Pull Handle	Hand Grip  Dynamic  False Grip  Neutral  Neutral  Neutral  Neutral	-	160 90 80 150 175	2	10 - 180 90 85 155 185		8 200 90 90 160	Tota		me =	VOL 5320 2700 2530 4630 5510
Rotator Cuff Warm-up Decline Press Dumbbell Pullover Cable Flye Lat Pulldown Seated Row T-Bar Row	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine Cable Machine Barbell	- 9 - 18 7 -	- Decline Flat 1 Flat Decline	- 4 - 4 1 2 -	Attachment  Band (20#)  Pull Strap Lat Bar (Pro) Pull Handle Row Handle	Hand Grip  Dynamic  False Grip  Neutral  Neutral  Neutral  Neutral  Neutral  Neutral	-	160 90 80 150 175 125	2	10 - 180 90 85 155 185 125	:	8 200 90 90 90 160 195	Tota		me =	VOL 5320 2700 2530 4630 5510 3830
Rotator Cuff Warm-up Decline Press Dumbbell Pullover Cable Flye Lat Pulldown Seated Row T-Bar Row Military Flye	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine Cable Machine Barbell Cable Machine	- 9 - 18 7 - -	- Decline Flat 1 Flat Decline - 3	- 4 - 4 1 2 - 2	Attachment  Band (20#)  Pull Strap Lat Bar (Pro) Pull Handle	Hand Grip  Dynamic False Grip Neutral Neutral Neutral Neutral Neutral Neutral Pronated	-	160 90 80 150 175 125 70	12	10 - 180 90 85 155 185 125 75		8 	Tota		me =	VOL 5320 2700 2530 4630 5510 3830 2230
Rotator Cuff Warm-up Decline Press Dumbbell Pullover Cable Flye Lat Pulldown Seated Row T-Bar Row Military Flye Rear Delit Flye	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine Cable Machine Barbell Cable Machine	- 9 - 18 7 - - - 15	- Decline Flat 1 Flat Decline - 3	- 4 1 2 - 2 - 2	Attachment  Band (20#)  Pull Strap Lat Bar (Pro) Pull Handle Row Handle	Dynamic False Grip Neutral Neutral Neutral Neutral Neutral Neutral Neutral Neutral Pronated Neutral		160 90 80 150 175 125 70 30	2	180 90 85 155 185 125 75 35		8 	Tota		me =	VOL 5320 2700 2530 4630 5510 3830 2230 990
Rotator Cuff Warm-up Decline Press Dumbbell Pullover Cable Flye Lat Pulldown Seated Kow Far Row Military Flye Rear Delt Flye Lateral Raise	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine Cable Machine Barbell Cable Machine Dumbbell Dumbbell	- 9 - 18 7 - - 15	- Decline Flat 1 Flat Decline - 3		Attachment  Band (20#)  -  Pull Strap  Lat Bar (Pro)  Pull Handle  Row Handle  Pull Strap  -  -	Hand Grip  Dynamic False Grip Neutral		160 90 80 150 175 125 70 30 25	2	180 90 85 155 185 125 75 35 25		8 	Tota		me =	VOL 5320 2700 2530 4630 5510 3830 2230 990 790
Rotator Cuff Warm-up Decline Press Dumbbell Pullover Cable Flye Lat Pullown Sealed RowBar Row Military Flye Rear Delt Flye Lateral Raise Tricep Pressdown	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine Barbell Cable Machine Dumbbell Dumbbell Cable Machine	- 9 - 18 7 - - 15 - - 31	Decline Flat 1 Flat Decline - 3	- 4 1 2 - 2	Attachment  Band (20#)  Pull Strap Lat Bar (Pro) Pull Handle Row Handle	Hand Grip  Dynamic False Grip Neutral Neutral Neutral Neutral Neutral Neutral Neutral Pronated Neutral Neutral Neutral		160 90 80 150 175 125 70 30 25 135	12	180 90 85 155 185 125 75 35 25 140		8 	Tota		me =	5320 2700 2530 4630 5510 3830 2230 990 790 4180
Rotator Cuff Warm-up Decline Press Dumbbell Pullower Cable Five Lat Pulldown Seated Row F-Bar Row William Five Rear Delt Fiye Lateral Raise Tricep Pressdown - One Arm	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine Barbell Cable Machine Bumbbell Dumbbell Cable Machine	- 9 - 18 7 15 31	- Decline Flat 1 Flat Decline - 3	- 4 - 4 1 2 - 2	Attachment  Band (20#)	Hand Grip  Dynamic False Grip Neutral Neutral Neutral Neutral Neutral Neutral Pronated Neutral Neutral Neutral Neutral Neutral Neutral	-	160 90 80 150 175 125 70 30 25 135	2	180 90 85 155 185 125 75 35 25 140 45		8 	Tota		me =	5320 2700 2530 4630 5510 3830 2230 990 790 4180 1330
Rotator Cuff Warm-up Decline Press Dumbbelli Pullower Cable Fiye Lat Pullown Seated Row F-Bar Row Military Fiye Rear Dell Fiye Lateral Raise Tricep Pressdown - One Arm Combination Curl	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine Cable Machine Barbell Cable Machine Dumbbell Dumbbell Cable Machine Dubell Cable Machine Dumbbell	- 9 - 18 7 15 31 31	Pecline Flat 1 Flat Decline - 3	- 4 1 2 - 2	Attachment  Band (20#)	Hand Grip  Dynamic False Grip Neutral Neutral Neutral Neutral Neutral Neutral Pronated Neutral Neutral Neutral Poputral Neutral Neutral Neutral Neutral Neutral	-	- 160 90 80 150 175 125 70 30 25 135 40	2	180 90 85 155 185 125 75 35 25 140 45		8 2000 900 900 195 135 80 35 30 145 50	Tota		me =	VOL 5320 2700 2530 4630 5510 3830 2230 990 790 4180 1330
Rotator Cuff Warm-up Decline Press Dumbbell Pullower Cable Five Lat Pulldown Seated Row F-Bar Row William Five Rear Delt Fiye Lateral Raise Tricep Pressdown - One Arm	Resist Bands Smith Machine Dumbbell Cable Machine Weight Machine Barbell Cable Machine Bumbbell Dumbbell Cable Machine	- 9 - 18 7 15 31	- Decline Flat 1 Flat Decline - 3	- 4 - 4 1 2 - 2	Attachment  Band (20#)	Hand Grip  Dynamic False Grip Neutral Neutral Neutral Neutral Neutral Neutral Pronated Neutral Neutral Neutral Neutral Neutral Neutral		160 90 80 150 175 125 70 30 25 135	22	180 90 85 155 185 125 75 35 25 140 45		8 	Tota		me =	5320 2700 2530 4630 5510 3830 2230 990 790 4180 1330

Handle	Height	Bench	Seat	Method	Grip
Pull Strap	- 1	Decline	1	Weight Machine	False Grip
Pull Hande	2	Flat	2	Smith Machine	Pronated
Y Handle	3	1	3	Cable Machine	Neutral
Row Handle	4	2	4	Squat Machine	Supplinated
Single Rope	5	3		Veight Sled	Dynamio
Double Rope	6	4		Extension Stand	
Nunchuck.	7			Bench	
EZ Out Bar	8			Floor	
Straight Bar	9			Barbell	
Lat Bar (Std)	10			Dumbbell	
Lat Bar (Pro)	11			Loose Plate	
Leg Bench	12			Body Weight	
Preacher	10			Rover	
Ab Crunch	и			Biogole	
Ankle Strap	15			Eliptical	
Foot Strap	16			Strider	
Leg Sling	17			Treadmill	
Red	18			Stair Stepper	
Blue	19			TRX Trainer	
Black	20			BDSU Trainer	
Grey	21			Resist Bands	
Green	22				
Red(H)	23				
Black (H)	24				
	25				
	26				

## Support Data and Program Templates (Stand-alone workbooks):

Athlete Templates, Program Names, Workout Names, Supplements, Caliper Devices, BIA (Impedance) Devices, Activity Level Multipliers, EPOC % Values, and Heart Rate APP / cell positions are stored here and can be customized.

Mart							Norkouts & Su	pplements for	Carb Loading														
	Intake	Voltost41	Morkout #2	Vortout K5				.,								Night	Workout≢	1 Workout#2 Worko	ut#3				
		7:00 AM		5:01 PM	Street to					Samuje Rose	taa .					2MX 015	400	300					
Part	2000	20min		Puch	Asimal Packer										Owego DEA to	Obstanies 24	SEP 50.00	Oz Franci	66.63%				
Mart	4000			5.01 PM	Curdio- Stark bro					Sarage Roam	tra .					2MA 3rs	400	DEC					
1	2000	38min		Pell	Panks Sea										Onego EFA Ico	Cintentes Sy	297 500	OK Projet	60.035				
Martin   M	2000				Stark NO											ZMA 3cs	400	300					
10	1000	Sterin		Strain	Packs (CS)										Onego EPA Ich	Gletemist 2)	Study 50.00	Society Society	60.00%				
1	2400	7:00 AM	1:30 PM		Stack ""			Bear his								ZMA 5cs							
		30min	Full Body		Packs and										Geogra EFA (in	-	Printly 50:00	06 Rode 83.006					
Mark	2400																						
Marrie   M							farmer				_		_		Owego CFA to								
	2108		11.00 AM				Rear																
10   10   10   10   10   10   10   10			opperoon		Penks 200 Meraina					1aran	_		_		Berga IFA In								
Work   Value	2000				Asimal .					House						2MA 30	400						
March   Marc					Packs (1)						KAKA JE	alicized E	Entries can be	e edited a	nd expanded ****								
18						w	orkouts & Sup	plements for Ca	arb Loading v1								_						
Mark	lstate	Vetos4I	Vorkout #2	Voltou IO	Morning						Supplen	nents			Workout Name	Caliper		Impedance		Activity Level			Program Name
Mark	2000			5:01 PM	Stella- Stella-					Sarage Rose	Name	Units	Unit List		Pash	Skyndez - Syster	1	Omron MEF-300	Leth	argic	1.000		UD2 - Traditional
10   10   10   10   10   10   10   10	2000	38min		Legs - Core	Parks						Astronal	70	03		Pull	Sequoia TrimCal	48:	Omron HBF-514C	Sede	entary	1.200		UD2 - Modified v1
19   19   19   19   19   19   19   19	2000				Mark					Sarage House		-						Tanita BF-879W					
Mark		Strain		Push	Parks (1)							-			Downe								Leur. Carbohustrara
Part	2000				Stuck NO					Bose	Animal	$\overline{}$											
18		20mm		Pall	Packs (C)							_											
Table   Tabl	2000			5:01 PM	Fried to						Care								Extreme	ely Active	1.900		
184				2000	Packs 612			faran				40	lu										
	3600		1/30 PM Full Bods		Asimal .			Rear			BCAA	ø			Upper Body	-		•	EPOC	Categories / 1	Values		Injury Recovery
Market   M					Packs ***						Caffeire	mg			Full Body				Inte	erval	13.00%		FatLoss
1	3800			Activity	Asimal							mg			Bands				98	FP	11.00%		Muscle Gain
Combine   Company   Comp					Maraiau	Sarage Ico					Carolio- Stack	**			TFOX Straps				Ste	eady	7.00%		
Columnian   Colu	2600				Asimal	mou.					Cotstyst	60			EMS				Re	sist	10.00%		
Counties					7100						Cellacer C4	ea			Yoga								
Constitute										- 1	Circulations	тоу			HUI.				He	art Rate APP	Cell Position	ns	
Contribution of Property of Contribution of Co										- 1	Creatine	-			Running				Applie	cation	Workout Date	Heart Rate	
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## Meal Planner:

Provides a Daily Menu Overview used for overall planning

Meal Setup: Times, Calories, Macro Percentage, Carb Load Flags, Batch Value Editing, and Sync with Daily Meals

"Ghost" values for currently configured Daily Meals appear in tandem to offer guidance while planning

Macro Target Values driven by current Lean Body Mass taken from the Program Outline

Receive Visual feedback for Daily Menu adherence relative to Macro Target values

Define Daily Menu Categories for each Program Type that drive how Macro target values are applied

Wednesday         Day 3         Sync         Ratio (x)         Ratio (cals)         Ratio (g)           Muscle Gain         Carbs         Protein         Fat         Carbs         Protein         Fat	Friday Day 5 Sync Ratio (2) Ratio (cals) Ratio (g)  Musele Gain Curbs   Protein   Fat   Carbs   Protein   Prot	Sunday Day 7 Sync Ratio (x) Ratio (cals) Ratio (g)  Muscle Gain Curbs Protein Fat Curbs Protein Fat Curbs Protein Fat
1 9:30 AM 340 3.0% 47.9% 49.1½ 10 163 167 3 41 19 3.0% 47.5% 49.1½ 10 163 167 3 41 19	1 9:30 AM 340 3.0% 47.9% 49.1% 10 163 167 3 41 19 3.0% 47.5% 49.5% 10 163 167 3 41 19	1 9:00 AM 340 3.0% 47.9% 49.1% 10 163 167 3 41 19 3.0% 47.9% 49.5% 10 163 167 3 41 19
2 1:00 PM 320 16.5% 65.0% 18.5% 53 208 59 13 52 7 17.1% 63.1% 19.6% 55 204 61 14 51 7	2 12:30 PM 160 160 160 160 160 27.7% 12.2% 96 44 20 24 11 2 2 160 Land 160 160 160 27.7% 12.2% 96 44 20 24 11 2	2 1:00 PM 150 35.8% 64.2% 54 96 13 24 13 24 13 24 14 150 150 150 150 150 150 150 150 150 150
3 4:30 PM 140 7.4% 78.1% 14.5% 10 109 20 3 27 2 10.1% 78.5% 78.5% 14.5% 10 109 20 3 27 2	3 3:00 PM 700 71.2% 24.1% 4.7% 498 169 33 125 42 4 11.2% 24.1% 4.1% 498 169 33	3 2:00 PM 230 40.7% 34.8% 24.5% 94 80 56 23 20 6 40.7% 34.8% 24.5% 94 60 56 23 20 6
4 6:00 PM 320 16.5% 65.0% 18.5% 53 208 59 13 52 7 16.5% 65.0% 18.5% 53 208 59 13 52 7 15.5% 65.0% 18.5% 53 208 59 15 52 7	4:30 PM 650 83.5% 11.6% 4.9% 543 75 32 136 19 4 (5) (5) (5) (1) (1) (1) (1) (1) (1) (1) (1) (1) (1	4:00 PM 300 17.6% 64.2% 18.2% 53 193 55 13 48 6 17.6% 64.2% 18.2% 52 193 55 17 49 6
5 8:15 PM 300 200 75.3% 13.4% 11.3% 226 40 34 56 10 4 15.5% 13.4% 11.3% 226 40 34 56 10 4	5 6:00 PM 650 72.4% 20.6% 7.0% 471 134 46 118 33 5 116 24 5	5 6:00 PM 390 31.6% 53.4% 15.0% 123 208 59 31 52 7 200 50 50 50 50 50 50 50 50 50 50 50 50 5
6 10:30 PM 180 100 20.6% 44.4% 35.0% 37 80 63 9 20 7 20.4% 44.6% 35.0% 37 60 63 9 20 7	6 7:30 PM	8:30 PM 300 75.3% 13.4% 11.3% 226 40 34 56 10 4 56 10 4 56 10 4
7 Cab Load	7 9:00 PM 520 83.7% 14.2% 2.1% 435 74 11 109 18 1 109 19 19 10 109 19 1 1	7 10:30 PM 190 29.0% 32.1% 38.9% 55 61 74 14 15 8 24.0% 32.1% 38.9% 55 61 74 14 15 8
8 Carb Load	8 10:30 PM 380 81.5% 13.3% 5.2% 310 51 20 77 13 2 0.00 1.5% 10.3% 5.6% 310 51 20 77 13 2 0.00 1.5% 10.3% 5.6% 310 51 20 77 13 2 0.00 10.0	8 Carb Load
Total	Total 4000 69.8% 20.9% 9.3% 2793 837 370 698 209 41 69.6% 59.6% 59.6% 59.2% 69.8% 20.9% 59.2% 69.8% 20.9% 698 209 41 69.8% 698 209 41 69.8% 698 209 698 200 69	Total 1900 32.4% 44.3% 23.4% 615 841 444 154 210 49 1900 22.4% 44.3% 23.4% 615 841 444 154 210 49 190 249 190
Thursday Dag 4 Synd Ratio (X) Ratio (cals) Ratio (g)  Muscle Gain Carbs Protein Fat Carbs Protein Fat Carbs Protein Fat	Saturday Day 6 Sync Ratio (2) Ratio (cals) Ratio (g)  Muscle Gain Carbs Protein Fat Carbs Protein Fat Carbs Protein Fat	Use Program Outline Veek 8 - Start Day Veek 8 - Active Day  Muscle Gain Veek 8 - Monday Tuesday
9:30 AM 340 3.0x 47.9x 49.1x 10 163 167 3 41 19 Chib Load 340 2.0x 47.9x 49.1z 10 163 167 3 41 19	1 9:00 AM 520 84.0% 14.0% 2.0% 437 73 10 109 18 1	(Muscle Gain)  No Lo Carb Days    Note Sattlement   Float   LBM   Nutrient   Ratio   Grame   Calorice
2 1:00 PM 320 16.5% 65.0% 18.5% 53 208 59 13 52 7 17.1% 63.1% 19.1	2 11:30 AM 480 44.0	Manual Refresh:   178.25 lbs   Carbs   0.56 g/lb   100g   400 cals
3 4:30 PM 140 7.4% 78.1% 14.5% 10 109 20 3 27 2 10 109 109 20 3 27 2	3 2:00 PM 430 89.0% 24.0% 7.0% 297 103 30 74 26 3 Carb Load 430 430 40.7% 24.3% 6.9% 295 105 30 74 26 3	Value Editing Tools  No Carb Load Days
4	4:30 PM 380 67.0% 27.0% 6.0% 255 103 23 64 26 3 (6.5% 26.6% 26.6% 4.7% 253 102 25 63 25 3	Edit Mode:   ALL Valver   Carbs (Net)   Gross   Calories
5 8:15 PM 300 75.3% 13.4% 11.3% 226 40 34 56 10 4 13.4% 11.3% 226 40 34	5 6:30 PM 500 53.0x 40.0x 7.0x 265 200 35 66 50 4 67 50 4	Clear Swap Copy Planned = Actual =
6 10:30 PM 180 20.6% 44.4% 35.0% 37 80 63 9 20 7 20.4% 44.4% 35.6% 37 60 63 9 20 7	6 8:00 PM 600 35.0x 51.0x 14.0x 210 306 84 53 77 9 (40 35.1x 51.1x 10.7x 211 307 42 53 77 9	Clear All Meal Planner and Daily Menus!!  Please Select and Import a Fitbook Transfer File  Goal = 1.25 q/lb 224q 896 cals
7 Coblad	7 3:30 PM 400 63.0% 26.0% 11.0% 252 104 44 63 26 5 (20 10 10 10 10 10 10 10 10 10 10 10 10 10	Export Meal Planner and Daily Planned = Menus to an External File!!! Actual =
8 Carbicad	8 10:30 PM 190 29.0% 32.0% 39.0% 55 61 74 14 15 8 14 15 8	Goal = 0.50 g/lb 90g 810 cals
Total 1600 24.3% 50.5% 25.2% 389 808 403 97 202 45 100 100 100 100 100 100 100 100 100 10	Total 3500 56.6% 31.8% 11.6% 1981 1113 406 495 278 45 1981 1113 406 495 278 45 1981 1113 406 495 279 45 1981 495 279 45 1981 495 279 45 1981 495 279 45 1981 495 288 4	Planned = Actual =
UD2 - Modified v2   Transition to Cut	Maintenance	Descripated Descripated
Vednesday         Day 3         Lo Carb         Vednesday         Day 3         Transition           Thursday         Day 4         Turn & Load         Thursday         Day 4         Transition	Vednesday         Day 3         Maintenance         Vednesday         Day 3         Fat Loss           Thursday         Day 4         Maintenance         Thursday         Day 4         Fat Loss	Descripated Descripated
Friday Day 5 Carb Load Friday Day 5 Transition Saturday Day 6 Transition Sunday Day 7 Lo Carb Sunday Day 7 Transition	Friday Day 5 Maintenance Friday Day 5 Fat Loss Saturday Day 6 Maintenance Saturday Day 6 Fat Loss Sunday Day 7 Maintenance Sunday Day 7 Fat Loss	Clri+V = Pada Values Crity
Low - Carbohydrate Transition to Bulk	Injurg Recoverg Muscle Gain	Enter Password to Activate Buttons  Disable Drag and Drop Emble Padick for Export
Monday Day 1 Lo Carb Monday Day 1 Transition Tuesday Day 2 Lo Carb Tuesday Day 2 Transition Vertically Day 2 Transition	Monday Day 1 Maintenance Monday Day 1 Muscle Gain Tuesday Day 2 Maintenance Tuesday Day 2 Muscle Gain	
Vednesdag Dag 3 Lo Carb Vednesdag Dag 3 Transition Thursdag Dag 4 Lo Carb Thursdag Dag 4 Transition	Vednesday Day 3 Maintenance Vednesday Day 3 Muscle Gain	
Friday Day 5 Lo Carb Friday Day 5 Transition	Thursday Day 4 Maintenance Thursday Day 4 Muscle Gain Friday Day 5 Maintenance Friday Day 5 Muscle Gain	

## Daily Menus (7 days plus Groundhog Day):

Provides a Detailed interface for constructing a full daily meal plan. Up to 8 meals per day Daily Meal Worksheets interface with the *Neoform Fitbook – Food Database* (a stand-alone food manager)

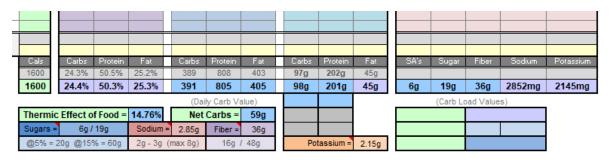
$\Box\Box$	BOY	د د د د د د د د د د د د د د د د د د د																					
1 (20		רטטט	- 0	ay 1	- Mus	scle G	ain	Monday - 1600				Carbo	hydrate	s   P	rotein	Fat			Suga	rs   Fib	er   So	dium   Po	tassium
	litme	≥\$\$.com									Macro (%	)	M	acro (cal	s)	Ma	cro (grar	ns)		Ite	em Value	e (g/mg)	
Item Category	Quantity	Cals	4	CIG	100c	Serving	Qty	Item Description	Cals	Carbs	Protein	Fat	Carbs	Protein	Fat	Carbs	Protein	Fat	SA's	Sugar	Fiber	Sodium	Potassium
Protein	4 ea			1.20	83g	50g	4ea	Eggs - HEB Omega Plus (Egg Whites & Yolk)	240		40.0%	60.0%		96	144		24g	16g				280mg	276mg
Protein				1.20		25g		Eggs - HEB Omega Plus (Egg Whites Only)			70.0%	30.0%											
Carbs (Complex	5 ea		2	1.00	100g	20g	5ea	Canadian Bacon - Land O' Frost	100	10.2%	67.0%	22.8%	10	67	23	3g	17g	3g		2g		1235mg	370mg
Carbs (Complex			⋖	1.75		57g		English Muffin - Thomas Multi-Grain		70.9%	20.0%	9.0%											
Fruits			0																				
Supplements			6.5																				
CopyFrom/Swap:			6	Bl	ood Glu	cose Le	vel	Carb Load	340	3.0%	47.9%	49.1%	10	163	167	3g	41g	19g					
Clear Values	Swap	Сору						Carb Load	340	3.0%	47.9%	49.1%	10	163	167	3g	41g	19g		2g		1515mg	646mg
					400										_								
Item Category	Quantity	Cals	2	105	10Uc	Serving	Qty	Item Description	Cals	Carbs	Protein	rat	Carbs	Protein	hat	Carbs	Protein	Fat	SA's	Sugar	Fiber	Sodium	Potassium
Protein		180 cals	_	1.65	61g	85g		Chicken Breast	180	2.9%	77.4%	22.6%		139	41	_	35g	5g				81mg	280mg
Protein		65 cals	_	1.25	80g	112g		Pork Chop - HEB	65			25.7%	2	46	17	0g	12g	2g		0g		181mg	190mg
Vegetables		50 cals	=	0.35	286g	100g		Normandy Blend - HEB Organics	50	69.2%	23.1%	7.8%	35	12	4	9g	3g	0g		4g	3g	57mg	286mg
Vegetables		15 cals	814	0.24	415g	83g	62g	Asparagus Spears - HEB Premier	15	60.0%	40.0%		9	6		2g	2g			2g	1g	2mg	38mg
Dressings		10 cals	0	0.47	213g	32g	21g	Kraft - Zesty Italian (Fat Free)	10	91.9%	8.1%		9	1		2g	0g			1g		227mg	
			9.																				
			~	Ble	ood Glu	cose Le	vel	Carb Load	320	16.5%	65.0%	18.5%	53	208	59	13g	52g	7g					
Clear Values	Swap	Сору							320	17.1%	63.8%	19.1%	55	204	61	14g	51g	7g		8g	3g	548mg	794mg
Item Category	Quantity	Cals		CIG	1000	Servina	Qty	Item Description	Cals	Carbs	Protein	Far	Carbs	Protein	Far	Carbs	Protein	Fat	SA's	Sugar	Fiber	Sodium	Potassium
Supplements	- condition	140 cals	3	3.94	25g	33g	36g	Bodybuilding - Signature Whey Vanilla	140	7.4%		14.5%	10	109	20	3q	27g	2q	- ON 3	2q	11001	172mg	- Orazziolii
Protein		140 Cais		2.14	Log	28g	oog	Wicked Cutz - Beef Jerky - BBQ Mesquite		16.8%		22.7%	-10	.55		Jg	279	~9		-9		Traing	
FIOLOIII			5	2.14		Log		HICKOG COLZ - DOO! SO'RY - DDQ MESQUILE		10.070	00.076												
			_	_																			



Select Item Category to narrow item list to a specific food category
Select Item from the Item Description drop down list to set as the active item
Set food quantity as each, g/mg/ml, or use a set calorie amount to calculate line item values
Clear meals, Copy or Swap complete meals within the same day or Copy complete meals from different days
Copy entire Menus from one day to another or from an external file referenced in the Meal Transfer worksheet
Set Protein/Carb/Fat thresholds to ensure you never go above or below a specified amount
Check and record post-meal blood glucose levels

Off-menu values calculated are Total calories, Macro% of total calories or Macro total grams, Thermic Effect of Food (TEF), Net Carbs, Fiber, Sugar, Sugar Alcohols, Sodium, Potassium and Carb load Values (if applicable)

Carb load flags are shown (per meal) and can be set locally to be reflected in both the Carb Load window (Meal Planner worksheet) and corresponding weekly Carb Load window in the Program Outline. Know ahead of time if you need to adjust meals and macros for current LBM



#### Food Database and Food Reference (Stand-alone workbooks):

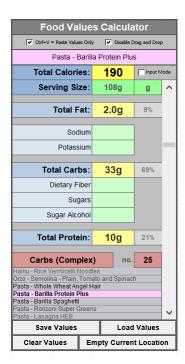
Provides a detailed interface for inputting and referencing food items. This is your virtual Pantry

Food Groups: Protein, Dairy, Carbs (Simple), Carbs (Complex), Fruits, Vegetables, Legumes, Nuts, Oils, Dressings, Condiments, and Supplements. Up to 100 items in each group

Utilize the included *Food Reference* workbook (contains over 6000 food items) or reference any online database for values of common foods and well-known brands.

Recipe Builder interface coming soon! Build an entire meal using any number of items and distill it all down into a set of numbers to be used as a single line item in a daily meal.

						Prote	in										
Description	Unit	Serving	Carbs	Protein	Fat	SA's	Sugar	Fiber	Sodium	Potassium	Serving Cal	Cals/G	Carbs	Protein	Fat	G/100	G/Sn
Chicken Breast	q	85q	0.0a	27.0q	3.5q				63ma	218ma	140 cal	1.647	0.0%	77.4%	22.6%	60.714	85.00
Chicken Breast - HEB Canned	q	33q	0.5q	9.5q	0.5q				270mg	80mg	45 cal	1.364	4.5%	85.4%	10.1%	73.333	33.0
Chicken Tender - Zaxby's	q	44g	2.0g	18.5g	2.0g						100 cal	2.273	8.0%	74.0%	18.0%	44.000	44.0
Beef Fajitas - Hill Country Fare	q	70g	1.0g	18,4g	9.1g				930mg		160 cal	2.286	2.5%	46,1%	51.3%	43.750	70.0
Ground Beef - 96% Lean	q	65g	0.0g	13.7g	2.8g						80 cal	1.231	0.0%	68.2%	31.8%	81.250	65.0
Slider Patty - Ground Beef - 96% Lean	a	50a	0.0a	12.0g	2.4a						70 cal	1,400	0.0%	68.5%	31.5%	71,429	50.0
Better'n Eggs	a	46a	0.0a	6.3a	0.0a						25 cal	0.543	0.0%	100.0%	0.0%	184,000	46.0
Shrimp - Great Catch Peeled	a	84a	0.0a	17.8a	1.0a						80 cal	0.952	0.0%	88.8%	11.3%	105.000	84.0
Tuna Fish - Solid White Albacore (Kevin)	a	56a	0.0a	16.40	0.5a					110ma	70 cal	1.250	0.0%	93.6%	6.4%	80.000	56.0
Tuna Fish - Solid White Albacore (Shannon)	g	250g	0.0g	81.8g	2.6g						350 cal	1.400	0.0%	93.4%	6.6%	71.429	250.
Tuna Fish - Starkist Albacore (Kevin)	g	42g	0.0g	13.9g	0.5g						60 cal	1.429	0.0%	92.4%	7.6%	70.000	42.0
Tuna Fish - Starkist Albacore (Shannon)	g	55g	0.0g	13.9g	0.5g						60 cal	1.091	0.0%	92.4%	7.6%	91.667	55.0
Tuna Salad - Solid White Albacore	q	157g	7.40	40.5g	1.5g						205 cal	1.306	14.5%	79.0%	6.5%	76.585	157.
Tuna Salad - Starkist Albacore	q	312g	15.0g	63.0g	2.0g						330 cal	1.058	18.2%	76.4%	5.5%	94.545	312.
Turkey - Hormel Smoked Deli	q	56q	1.0g	11.5g	1.1g						60 cal	1.071	6.7%	76.6%	16.6%	93.333	56.0
Turkey Chili w/ Beans - Wolf	q	254q	33.4q	17.0g	5.4q						250 cal	0.984	53.4%	27.2%	19.4%	101.600	254.
Pork - Center Loin	q	85q	0.0g	25.9g	5.2q						150 cal	1.765	0.0%	69.0%	31.0%	56.667	85.0
Filet Mignon - Omaha Steaks	q	226g	0.0g	52.8g	15.1g						347 cal	1.535	0.0%	60.9%	39.1%	65.130	226.
Flat Iron Steak - Tastemakers	q	82g	3.4q	25.2g	1.7g						130 cal	1.585	10.6%	77.5%	11.9%	63.077	82.0
Pork Chop - HEB	q	112g	1.0g	25.0g	4.0g		1.0g		390mg	410mg	140 cal	1.250	2.9%	71.4%	25.7%	80.000	112.
Real Egg Whites - HEB	g	50g	0.8g	5.4g	0.0g						25 cal	0.500	12.9%	87.1%	0.0%	200.000	50.0
Egg Whites - Abbotsford Farms	g	46g	1.0g	5.2g	0.0g						25 cal	0.543	16.7%	83.3%	0.0%	184.000	46.0
Eggs - HEB Omega Plus (Egg Whites & Yolk)	g	50g	0.0g	6.0g	4.0g				70mg	69mg	60 cal	1.200	0.0%	40.0%	60.0%	83.333	50.0
Eggs - HEB Omega Plus (Egg Whites Only)	g	25g	0.0g	5.3g	1.0g				55mg	54mg	30 cal	1.200	0.0%	70.0%	30.0%	83.333	25.0
Sardines - Crown Prince in Tomato Sauce	a	55g	1.10	8.5a	2.40						60 cal	1 091	7 4%	56 4%	36.2%	91 667	55.0



## Meal Transfer:

Make use of existing Meal Plans and recipes via Meal Transfer Easily create and save Base Meal Plans for later use Auto-Export feature to save a backup copy of the current meal plan