



## **INSTRUCTIONS ON HOW TO FILL OUT CONNECTIONG TO WELLNESS ADULT MEAL TRACKING SHEET**

1. FIND OUT YOUR IDEAL WEIGHT. GO TO [WWW.FREEDIETING.COM](http://WWW.FREEDIETING.COM)  
[http://www.freedieting.com/tools/ideal\\_body\\_weight.htm](http://www.freedieting.com/tools/ideal_body_weight.htm)  
Put in your Gender, Frame and Height. Press calculate.
2. BELOW WILL BE THE IDEAL WEIGHT RANGE. PICK A WEIGHT IN THE IDEAL WEIGHT RANGE.
3. NEXT CHOOSE THE CALORIE CALCULATOR-DAILY CALORIE NEEDS.  
[http://www.freedieting.com/tools/calorie\\_calculator.htm](http://www.freedieting.com/tools/calorie_calculator.htm)  
Put in your Age, Gender, Ideal Weight from Above, Height and Exercise Level.  
BELOW WILL BE THE RESULTS GUIDLINE DISPLAYING HOW MANY CALORIES PER DAY FOR MAINTENANCE OR FAT LOSS. CHOOSE ONE FOR YOUR HEALTH GOAL.
4. BELOW CLICK ON: GET MACRO NUTRIENT RATIOS.  
[http://www.freedieting.com/tools/nutrient\\_calculator.htm](http://www.freedieting.com/tools/nutrient_calculator.htm)  
It will automatically put in your calories for Maintenance so adjust accordingly to goals.
5. YOU WILL BE IN THE: CALORIE CALCULATOR– MACRO NUTRIENTS. CARB, PROTEIN, FAT CALCULATOR.
  - Adjust calories accordingly to goals.
  - Choose a meal ratio % from different diets or Manually adjust to fit your goals. (Moderate II and Zone Diet are great place to start).
  - Choose Meals Per Day (5 is great place to start remembering two are metabolic drinks with correct meal ratios. If you are not ready for that then choose 3 or 4).
6. PRESS CALCULATE. BELOW ARE THE RESULTS OF YOUR GRAMS FOR CARBOHYDRATES, PROTEIN, AND FATS PER MEAL. PRINT OUT TO TRACK YOUR MEALS. TRANSFER RESULTS TO: CONNECTING TO WELLNES ADULT MEAL TRACKING SHEET. USE THE MEAL RATIO TRACKING SHEET (EXCEL) TO TRACK YOUR RESULTS ON A DAILY BASIS.