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How To: Calorie and Macro Goal Setting

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a few seconds ago · Updated

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With **CoachMePlus,** you can now set calorie ad Macro goals with our new **Nutrition Goals** add-on package. This will allow you to either manually input a calorie target or use our calculators to generate a calorie target within the system, then using our sliders, you can customize their macro split.
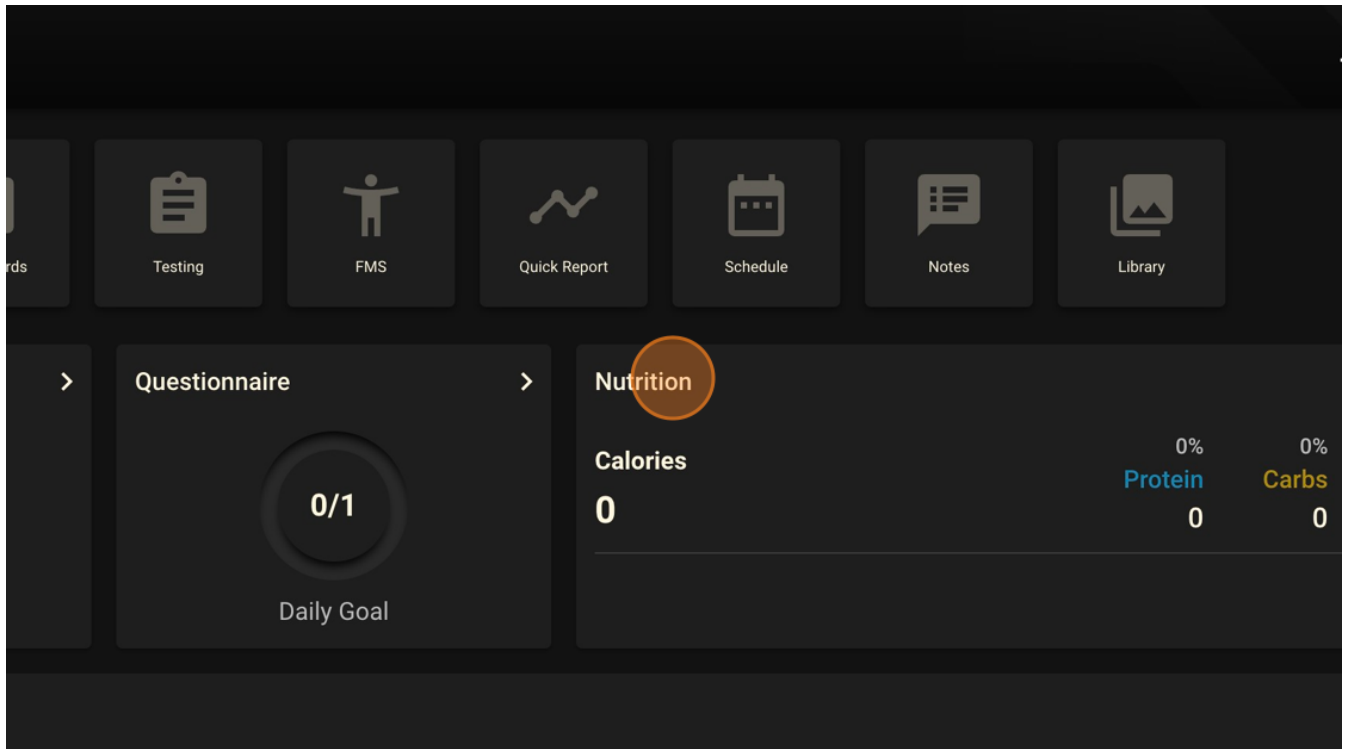
Video Walkthrough:

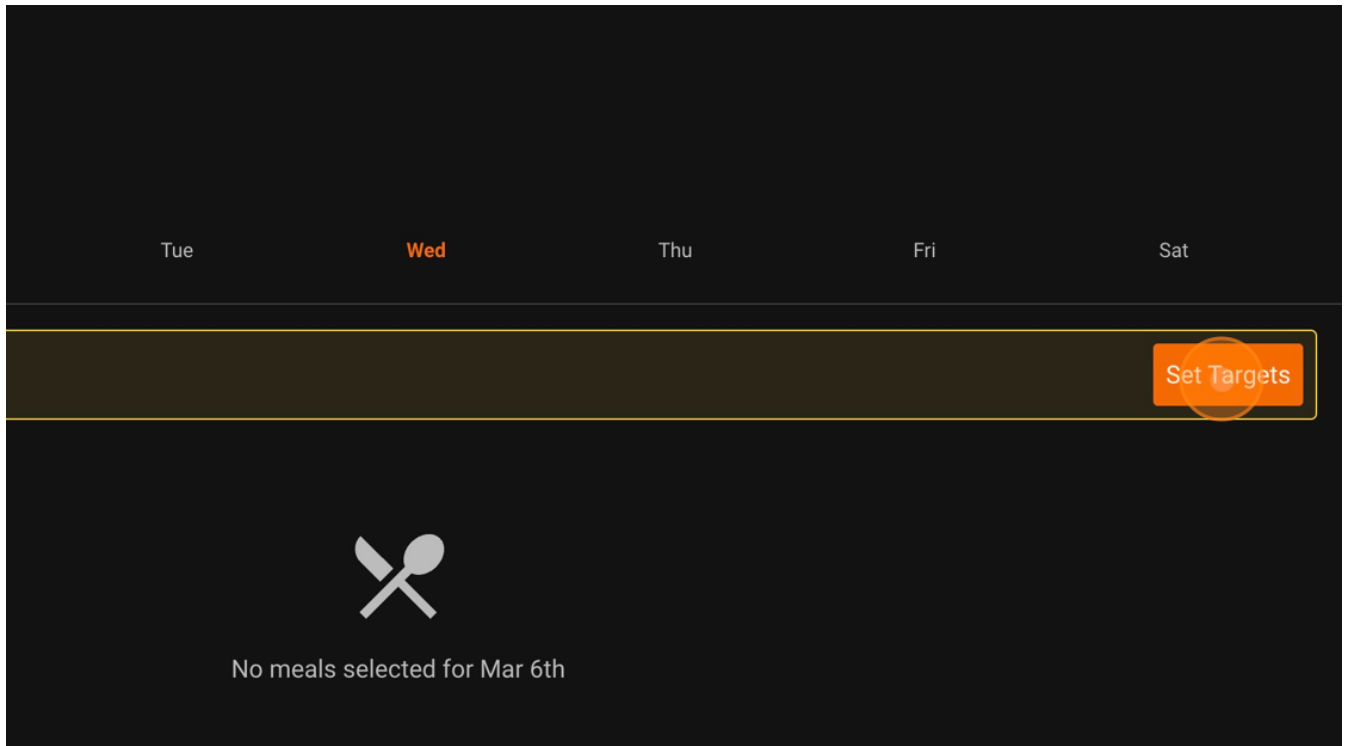? **Help**
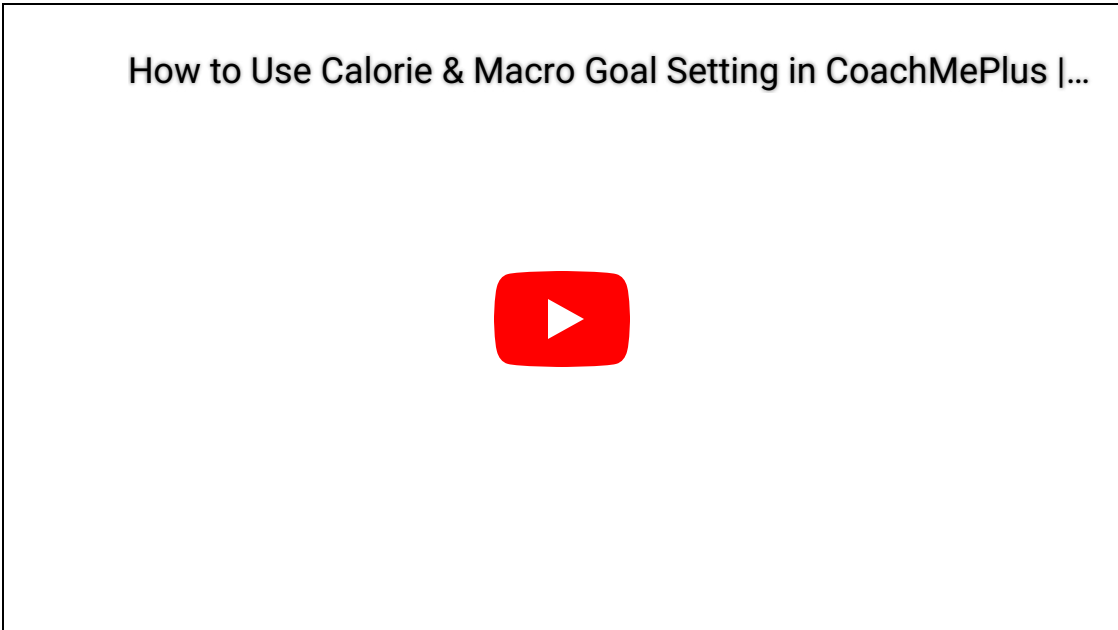
Step-by-step Instructions:

Step One: Open the athlete's profile you wish to see
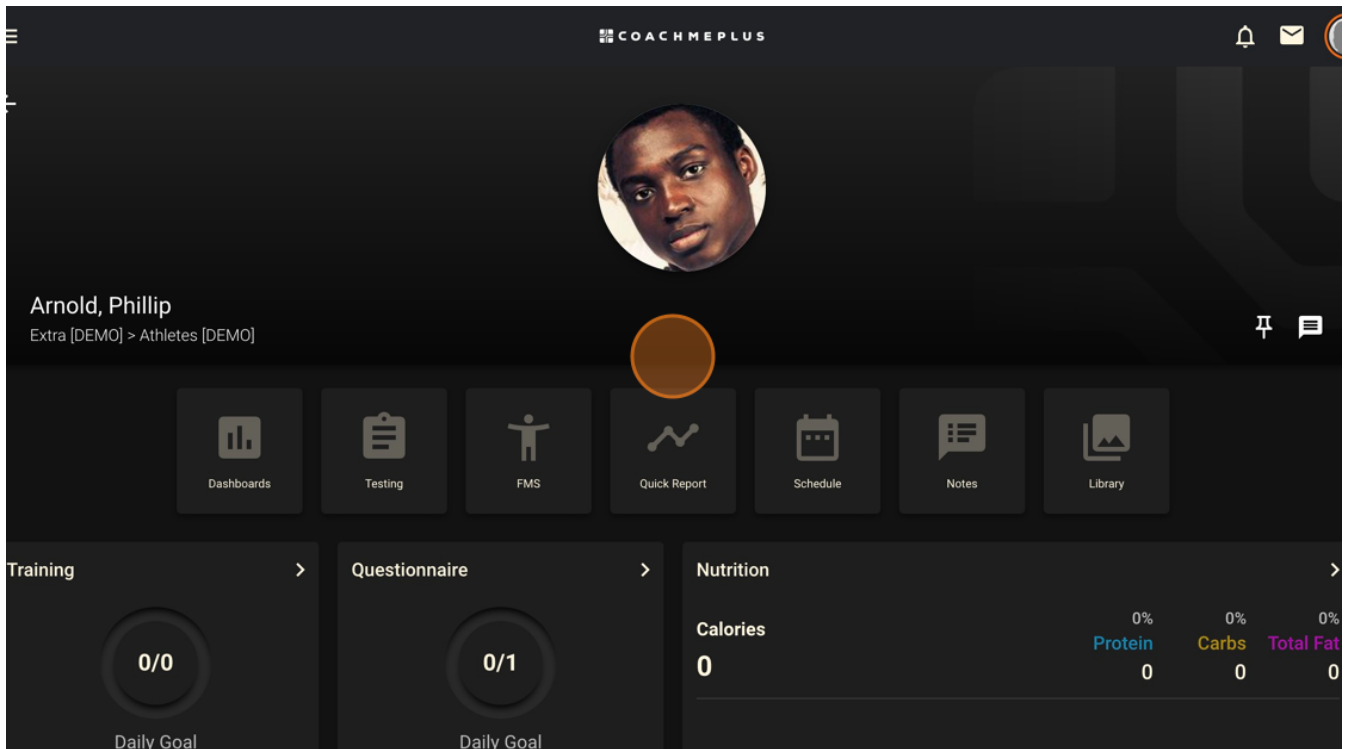
Step Two: On this page, select their **Nutrition** tab.

Step Three: To set Calorie and Macro Targets, begin by clicking on **Set Targets.**

Step Four: On this page, you can either manually set a target of calories for the user, or you can choose to use our formulas. We have **Mifflin St. Jeor** for Basal metabolic rate calculations, and we also have **Mifflin St. Jeor with TDEE** to add an activity level multiplier that is described under the selection box to ensure you have made the right choice for your athlete.

You will enter the users **Height, Weight, Age, Sex,** and (optionally) choose their **Activity Level.**

Calorie Target Method

Method
Mifflin St. Jeor: Activity Level TDEE ▾

Height		Weight		Age		Sex
180	cm	85	kg	28		◉ Male ○ Female

Activity Level
Moderately Active ▾
Moderate exercise 3-5 days/week

Calculate Calories

Daily Calorie Target

Calories
3286

Step Five: Once you have the calorie target, you can choose to enter **Macro** goals by using either the sliders or manually typing in the percentage of the total daily calories for each macronutrient.

Daily Calorie Target

Calories
3286

Protein

35 %   287g

Carbohydrates

35 %   287g

Total Fat

30 %   109g

Step Six: Once you are happy with your input, click **Save.**

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Weight   Age   Sex
85   kg   28   ⦿ Male   ○ Female

Calculate Calories

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04 Create User Profiles

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