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# How To: Calorie and Macro Goal Setting



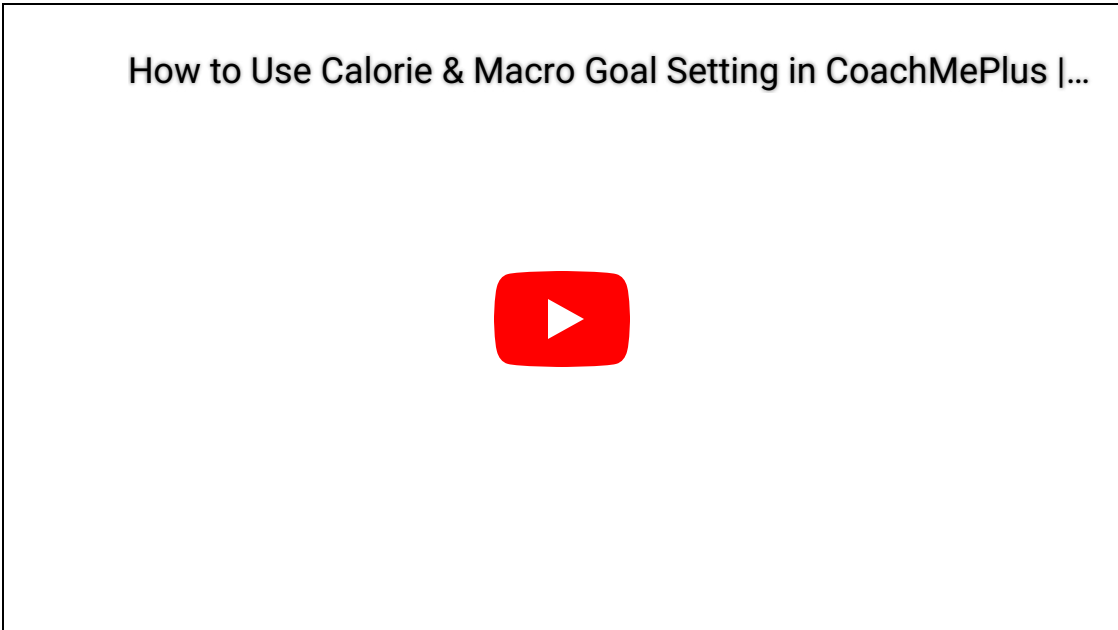
[Michael Gallivan](#)

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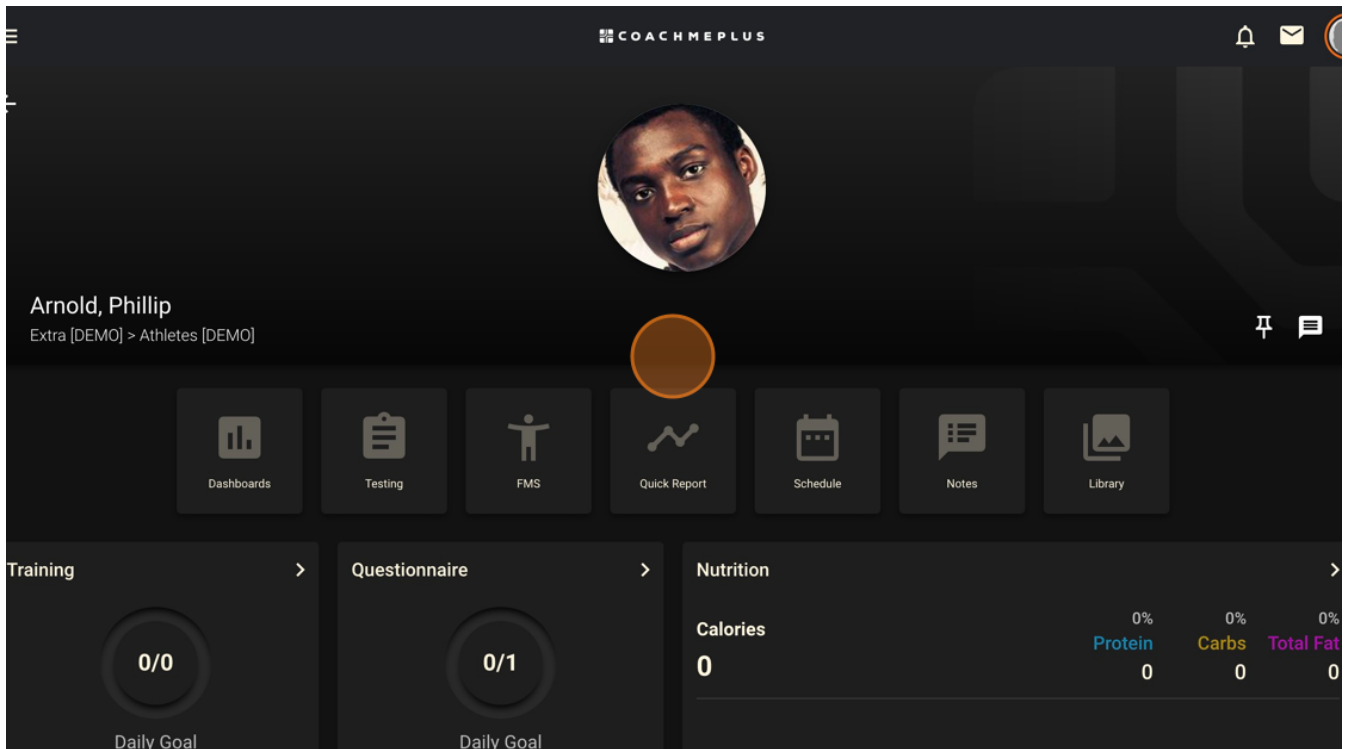
With **CoachMePlus**, you can now set calorie and Macro goals with our new **Nutrition Goals** add-on package. This will allow you to either manually input a calorie target or use our calculators to generate a calorie target within the system, then using our sliders, you can customize their macro split.

## Video Walkthrough:

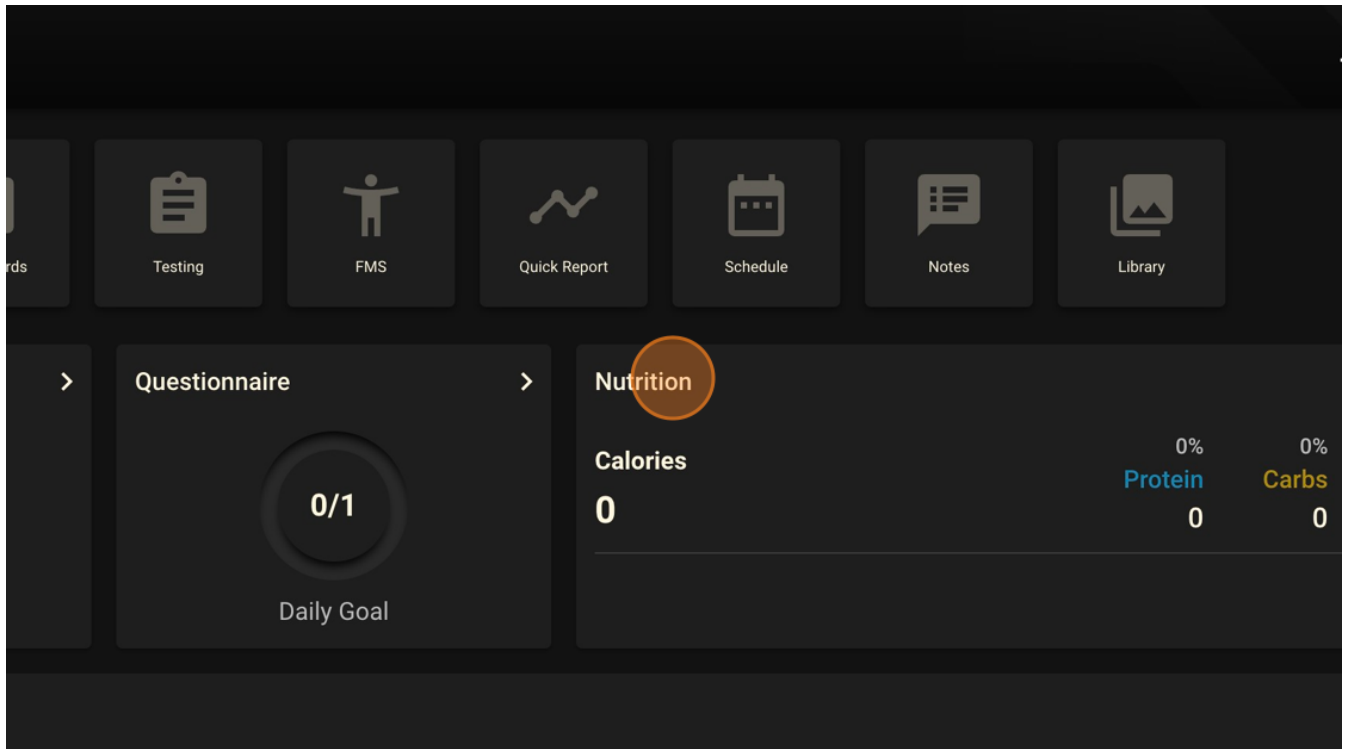


**Step-by-step Instructions:**

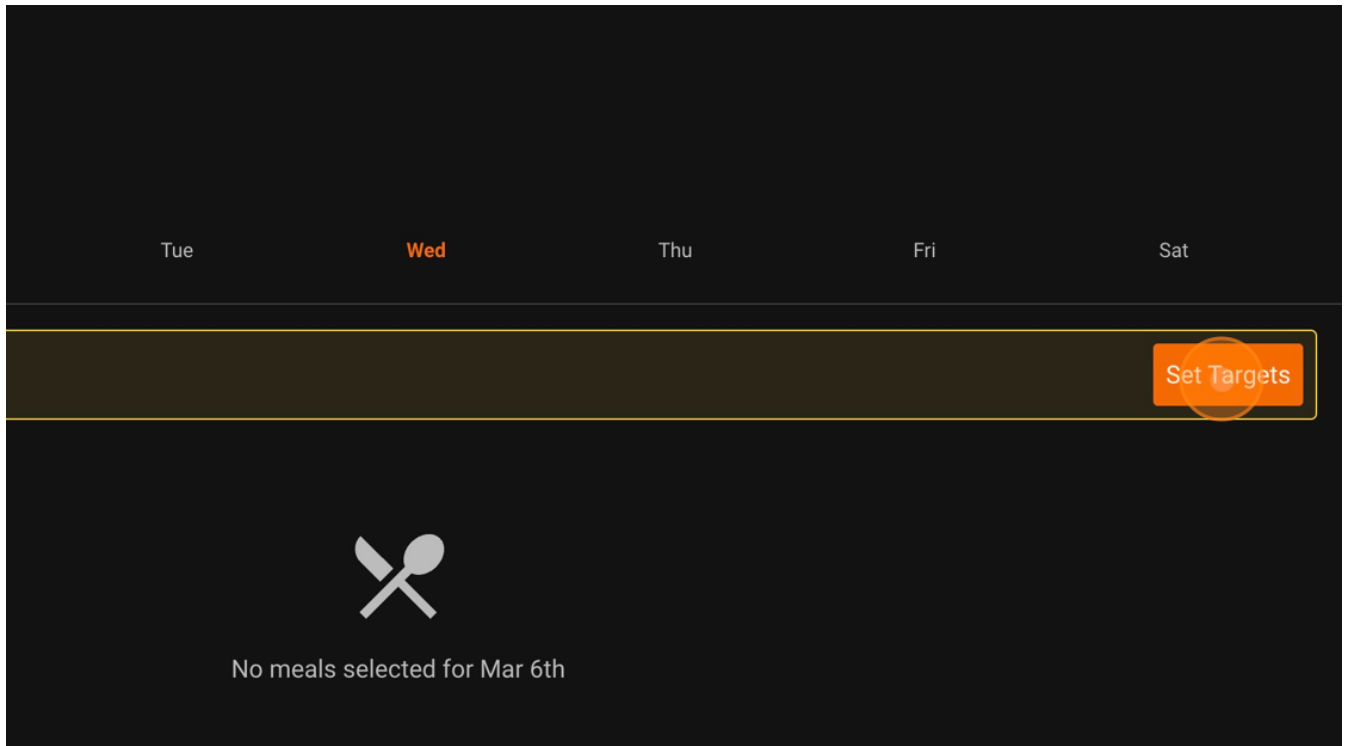
**Step One:** Open the athlete's profile you wish to see



**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**.

The screenshot shows a dark-themed form titled "Calorie Target Method". At the top, the "Method" is set to "Mifflin St. Jeor: Activity Level TDEE". Below this, there are input fields for "Height" (180 cm), "Weight" (85 kg), and "Age" (28). To the right, there are radio buttons for "Sex", with "Male" selected. Below the input fields, there is a dropdown for "Activity Level" set to "Moderately Active", with a subtext "Moderate exercise 3-5 days/week". A "Calculate Calories" button is located at the bottom right of the form. Below the form, the "Daily Calorie Target" is displayed as 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

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#### Protein

35 % 287g

#### Carbohydrates

35 % 287g

#### Total Fat

30 % 109g

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

The screenshot shows the CoachMePlus user profile form. At the top, the CoachMePlus logo is on the left, and notification, email, and profile icons are on the right. Below the header, there is a 'Save' button. The form fields are: Weight (85 kg), Age (28), and Sex (Male selected, Female unselected). A 'Calculate Calories' button is located at the bottom right of the form.




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