

*What diet &  
supplement  
companies  
don't want  
you to read*

By Mybodycalc



# Important!! Read First

Although this book is geared towards fat loss, the same principals work for building muscle and following a healthy eating plan, all you do is alter your goal figures.

If you are new to dieting or still believe there is a magic pill waiting to be swallowed that will melt away your fat, or you have tried a few **shakes** that didn't work but are waiting to find "**the one true shake**" that will transform your body, maybe you haven't tried packaging your foods into "**Syn Values**" or "**Points**" and think this may be a magic way of turning food into a fat melting machine then I urge you to go try these first, it will only play on your mind otherwise.

If however you have tried and tried all these gimmicks and fads and are ready to learn how to get rid of the fat you have been accumulating for the past years then read on. We have no gimmicks, no shakes, no magic pills or celebrity dvd's that promise you too can look like this by drinking this or working out like that. What we do have is pure scientific research and mathematics. You won't get the perfect cake by randomly adding ingredients, you get it by measuring out perfect amounts of each and baking at a specific temperature for a specific amount of time. The same goes for getting you the body you desire.

***Also works on obese children, will reverse type II diabetes and keep your heart and other internal organs free from unhealthy fat.***

Still reading? Congratulations you are finally ready to learn how to rid yourself of all that unhealthy fat and rid yourself of all the complications and ailments linked to a poor western diet.



THE EUREKA MOMENT

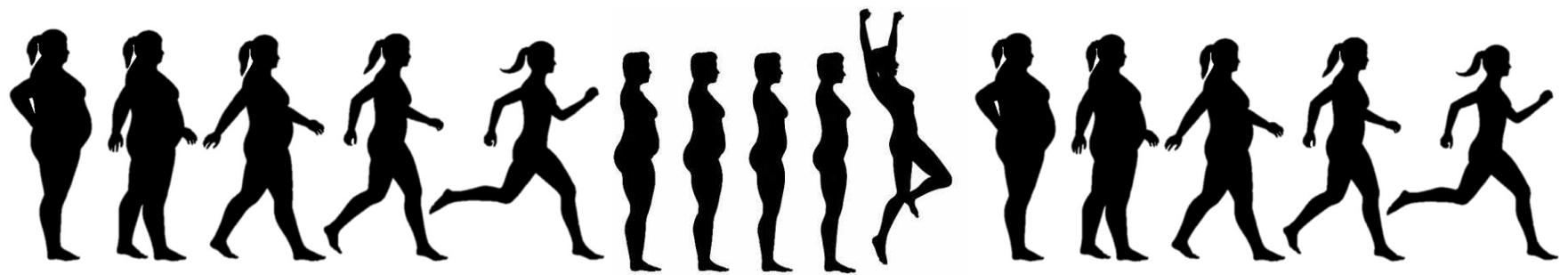
# 4 Ways To Lose Weight

**Don't Eat:** Sounds simple but you won't lose fat, your body will first use its glycogen stores, after these are depleted your brain will switch to breaking down muscle tissue, if you carry on not eating, your body will continue to catabolise your muscle leaving the fat behind.

**Do at 1200 Calorie Diet:** Like Weight Watchers or Slimming World, these diets are designed to overly restrict calories, you **will** be losing weight but mostly water and muscle but **not** fat. Your body will soon get wise and your progress will slow right down and eventually stop, this is where people give up, pile on more than they started with and end up either going back to the same or endlessly searching for something better.

**Liposuction:** This is where you undergo surgery to suck out excess fat, this also sucks out the fat cells so fat cannot be stored there anymore.

**The Mybodycalc Way:** Read this short book to learn how to rid yourself of the unhealthy fat that is not only unhealthy and unsightly on the outside but unhealthy on the inside when it's on your heart, liver and other essential organs. I guarantee you, this is **the** only way you will not only lose your fat but keep on losing it month after month right up until your **100% happy** with your results.



# About This Book

Losing fat to uncover the fitter, healthier you is easier than you ever thought possible. Diet books, fitness DVDs, websites like Slimming World and Weight Watchers will all try have you believe you need them in order to succeed.

Don't get me wrong I am also ultimately trying to sell subscriptions to my service [www.mybodycalc.com](http://www.mybodycalc.com), the difference being that I am telling you from the start that this is not something you need, you can do all this with pen and paper just as I used to before I created mybodycalc.

Like all weight loss plans, it all starts with you and your will to succeed, nobody will tell you it is easy but once you start to see and feel the results then there will be no stopping you.

The reason most people give up is because they plateau, this is where your body has become accustomed to your patterns and halts any further progress, it's your bodies defence mechanism to the changes your body is going through, it doesn't like them so we need to trick it into submission and keep it guessing right up until you reach your goal.

This book is split into 3 sections ***Eat***, ***Beat*** and ***Cheat***. Each section will be explained in the coming pages, follow these 3 simple steps and watch as the fat disappears leaving a new happier, healthier you.

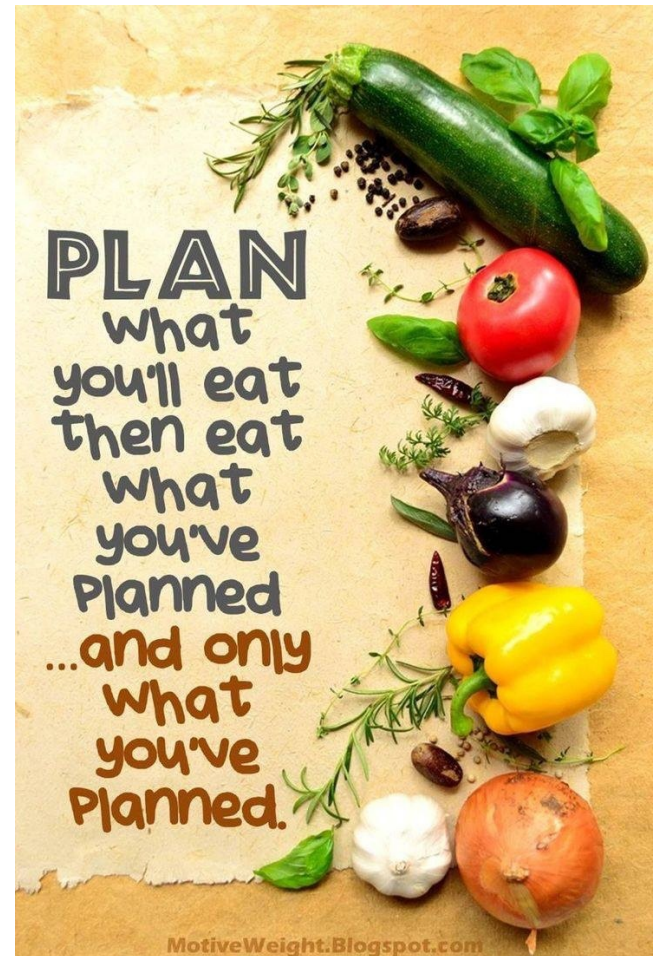
# About-Continued

The powers that be would have us believe that a fried bacon sandwich, or full fat butter is going to make us fat, cost the nhs billions and then kill us, what decades of science tells us is that everyone of us have a daily requirement of each nutrient and macro nutrient. It doesn't matter how we get it just as long as we do.

So long as we get somewhere around 100% of all the individual macro nutrients that science tells us we need then you can sleep well knowing your fuelling your body the best you can.

The mybodycalc app will take care of everything for you but if you would like to do this manually yourself then I will give you all the information you need.

The next page lists a few essential items to ensure your journey is kept as simple as possible.



# Essentials

To make sure your journey remains the easiest and most rewarding possible I have made a list of essential items.

**1: Digital food weigh scales.** It is important you get as close as possible to your calorie requirements each day. You can pick a set up from eBay for around £10.

**2: Body Fat Bathroom Scales.** It is important we know your weight *and* body fat percentage so we can make sure it is only fat you are losing and not lean muscle tissue. These are available from most stores for around £20.

**3: Tape Measure.** Recording all your measurements is a fantastic way of not only seeing where your losing the weight from, but also looking back over time at your journey and seeing the progress you have made.

**4: Heart Rate Monitor.** You need to know your chosen exercise is pumping your heart to between 55 and 65 percent of its maximum, ***only*** when your in this zone has your brain switched from using glycogen as its primary source of energy to fat.

# Essentials Continued

**5: Full Length Mirror.** Not essential but what better way to see your progress than standing in front of the mirror.

**6: Gym Membership.** Although there are many free ways of getting your heart pumping to the magic 55-65 percent mark, at a gym there are many pieces of equipment that will automatically keep you there, also having regular weight training sessions will not only tone your muscles but help keep your metabolism racing.

Now we have that out of the way we can start on how we manipulate the body into getting rid of that unsightly and unhealthy fat.

The first chapter is the Eat section, everything has been kept as simple as possible, the hardest part is organising yourself. Read on and begin your new lifestyle.

*It's never too late to make lifestyle changes*



# Eat - BMR

Firstly you need to know how much you need to eat each day in order to maintain your weight, this is possible using the following formula.



don't be upset by the results  
you didn't get  
with the work you didn't do

ringaroundtherollies.net

1. Calculate your BMR (basal metabolic rate):

**Women:** BMR =

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years}).$$

**Men:** BMR =

$$66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

2. Multiply your BMR by the appropriate activity factor, as follows:

**Sedentary** (Couch Potato): BMR x 1.2

**Lightly active** (Desk Job, Driver Etc): BMR x 1.375

**Active** (Builder, Postman Etc): BMR x 1.55

3. Your final number is the approximate number of calories you need each day to maintain your weight. Now we have this figure we next need to know your goal, if your goal is to lose fat, we deduct 20% from this figure, if your goal is to build muscle or put on weight we simply add 20% to this figure or if you have reached your goal and wish to maintain your current weight then stick to the figure at step 2.

***Too complicated? Try [mybodycalc](#) free for the first 7 days.***

# Eat - Ratios

Now we know just how many calories you require, we need to further split these down into **Carbohydrates**, **Protein** and **Fats**. For fat loss I would recommend starting off with **40% Carbs**, and **30%** each of **Protein** and **Fats**, we will further break fats down and limit your **saturated fats** to no more than **10%** of total calorie intake.

Since we are all individual, these figures may not work too well for you so we encourage you to play around with them to find out which work best for you.

Finally we need to know the amount of each vitamin and mineral we require for optimal health. Here is a handy reference chart highlighting the required amounts of each vitamin and mineral for gender and age group [Vitamin Chart](#)

Now armed with this information you can set about sorting your daily meals, at the very least you should be eating Breakfast, Lunch and Dinner or Breakfast, Dinner and Tea depending on where you are from. A bit of googling will give you all the information you require on every food item you can imagine. You can find a list of all the vitamins and minerals with an explanation of each here [Vitamins Explained](#)  
Try the mybodycalc app free for 7 days to do all the hard work for you.

Spend some time finding the foods you like to eat that satisfy your daily requirements, failing to do this is one of the main reasons you will give up on your new regime.

That's it for the EAT section of your fat loss journey, no need to complicate it any further but to recap, turn to next page for a summary.

# Eat - Summary

1. Work out your calorific needs. Weigh yourself every two weeks and adjust your new requirements.
2. Break this down into Carbs, Protein and Fats. 40-30-30
3. Find your RDA of all Vitamins and Minerals.
4. Research the foods you like to eat and create your perfect diet based only on the foods you love.

Sticking to these 4 points will ensure you are happy on your journey and your not being restricted in any way.

Restricting yourself is the biggest cause of failure.

If you find there are certain vitamins or minerals you can't get in your daily diet then don't be afraid to use a multi vitamin/mineral supplement, the most important part is ensuring you are giving your body exactly what it needs to function.

**WE RECOMMEND DOING MAINTENANCE CALORIES FOR 2 to 4 WEEKS**

The next chapter is the BEAT section, this is the exercise portion of your new regime.

**THIS IS THE FAMOUS  
ONE POUND OF FAT...**

**EVERYTIME YOU'RE WORKING OUT AND YOU GET  
DISCOURAGED OR FEEL LIKE GIVING UP A LITTLE EARLY,  
REMEMBER THAT YOU'RE TRYING TO  
BURN THIS THING OFF OF YOUR  
BODY, AND MORE & MORE  
COMES OFF WITH EVERY  
MINUTE  
YOU KEEP  
PUSHING!**

**DON'T  
GIVE  
UP!**



# Missing Foods

If you find a food or supplement or vitamin tablet that is not in our database please take a photo of the food label and post it on our missing food Facebook page [here](#) please also comment on the photo with the full name of the food.

We will endeavour to add it within 24 hours.



# Beat

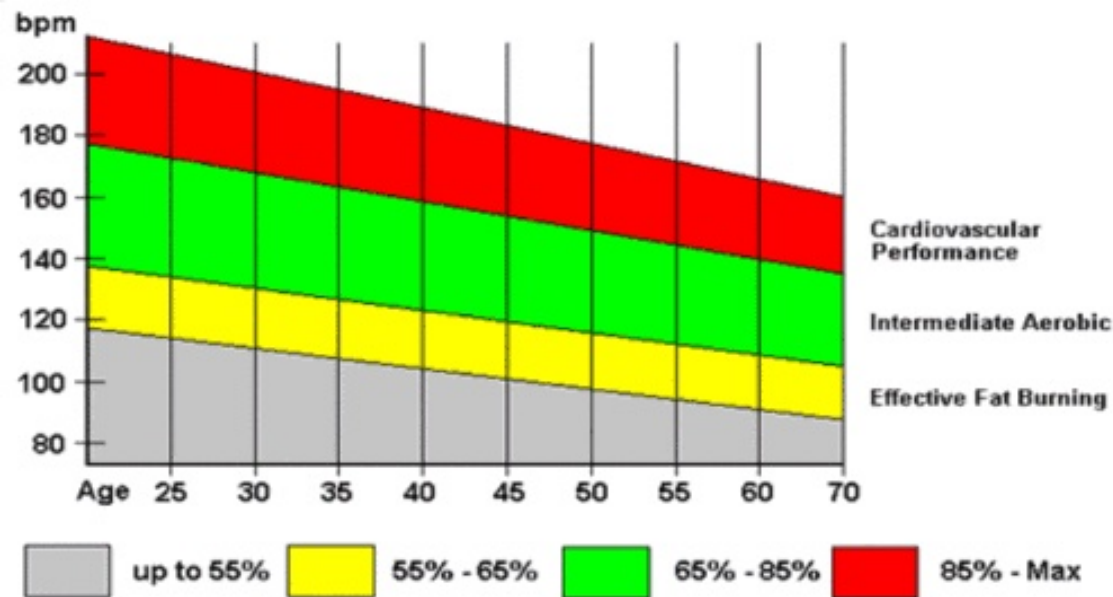
**Exercise:** We all know in order to lose weight, we need to exercise, this doesn't have to be hours spent in the gym or the latest celebrity fitness DVDs showing some fat celeb who now has nice abs. Trust me, all she is basically doing is what you are learning here.

You decide what exercise is good for you

but remember this, just walking will **only burn calories** it will not **burn fat**, doing a gruelling run as fast as you can for an hour will only burn calories and increase stamina. Doing anything that has your heart beating to 55 to 65 percent of its maximum will burn your excess fat. There are many ways of measuring this, most fitness equipment comes with heart rate monitors or you can buy heart rate monitors and do your chosen exercise for as long as you desire, the more you do the faster you will reach your goal. A free way to measure this is the talk test, if whilst doing your chosen exercise you find you can talk as normal then your not working hard enough, if you can't speak your working too hard, you need to be somewhere in between where your talking and breathing heavy, this is when your body is now burning it's fat stores and converting this into useable energy.



# Beat



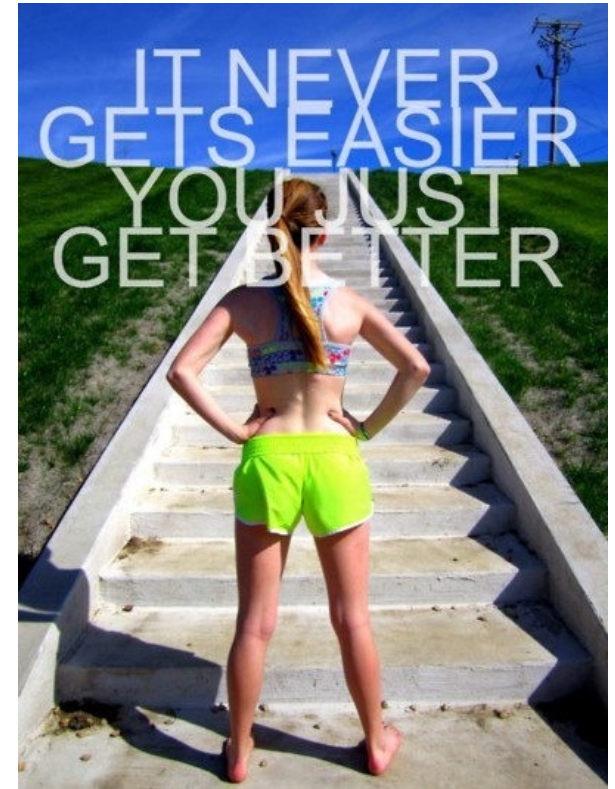
## Fat Burning Zone

If you don't believe me, try this little test, don't eat for the day and you feel your body shake, maybe get a headache, suffer lack of concentration, this is because your bodies glycogen stores have been depleted, your body starts to shut other bodily functions down and starts to break down muscle protein to convert into glycogen, alternatively eat as normal then hit the treadmill or go for a run at full pelt, as soon as your muscle glycogen has been depleted you will again feel the shakes and other ailments associated with the bodies glycogen levels dropping too low, now start your chosen exercise but this time get your heart beat pumping to 55 to 65 percent of its max and do this for as long as you want, try it on an empty stomach even and you won't feel the shakes. Why? Because your body is happily turning that unhealthy fat into glucose and using this as its main energy source.

# Beat

You can also work out roughly how many calories you are burning with any given exercise by using the MET equation, all activity is given a MET value (metabolic equivalent) which is used in the following equation to give you how many calories you are burning per hour.

A simple google search for how many mets your chosen exercise yields and you can work out how many calories you have burned.



$$\text{Calories} = \text{METS} \times \text{weight (kg)} \times \text{time (hours)}$$

For example, to estimate how many calories a 150 lb. (~70 kg) person would burn during 30 minutes of gardening (5 METS), use the calculation below:

$$\text{Calories burned} = 5 \times 68.2 \text{ kg} \times .5 \text{ hour} = 170.5$$

# Beat

You have two choices with how you would like to use these calories burned, you can either:

1. Add them to your available calories for the day meaning you can eat more.



# OR

2. Reach your goal faster, remember we are already reducing your maintenance calories by 20%. We want you to succeed and reach your goal, you won't do that if you feel you are being overly restricted.

Part 2 under the beat section is weight training, this is entirely up to you whether you choose to join a gym but I highly recommend doing so.



# Beat

Weight training is optional but highly recommended and you need to train like a bodybuilder. If you join a gym you will be given an induction and probably a training routine. Once you have familiarised yourself with the equipment and correct form, concentrate on the following points.



Toothpaste For Dinner.com

1. Train each body part at least once per week.
2. Do 2 warm up sets of around 16 reps
3. Follow this with 2 working sets to failure at around 8 to 12 reps, by this we mean pick a weight that you can do with strict form but only for 8 to 12 reps, once 12 reps has been reached add a pound or so in weight and aim for 8 to 12 again.
4. Stretch often.

You won't build muscle as such because you're not eating for this, if you want to build muscle go back to your calorie requirements and add 20%. What you will do however is tone and strengthen your muscle which in turn will aid in the fat burning process.

# Cheat

The next step is very important from the beginning to the end of your journey. If you remember I mentioned how the body wants to hold onto your fat stores since its purpose is to keep you warm and provide a last line of defence energy source for when food used to be in short supply 1000's of years ago.



Since the body wants to hold onto your fat, we have to trick it into thinking it doesn't need to, we do this by introducing the Cheat Day.

This is 1 day per week where you forget you're on a diet and eat whatever you want in whatever proportions you want, this is where you have to put your faith in what I say here and try it for a few months, googling this will bring up a lot of different views, people will say have a cheat meal once per week or don't do it at all.

Ignore all that, you most definitely need **1 FULL DAY PER WEEK (Important)**.

# Cheat

The cheat day is the single most important aspect of this plan and it is because our bodies haven't evolved from our hunter gatherer forefathers.

The western diet of processed foods, sweet, sugary foods and alcohol have all contributed to the body you are stuck unhappy in today, couple that with getting less and less active in our daily schedules and you can see how easy we got here.

Don't worry a few changes to your lifestyle a bit of activity and a sprinkling of body trickery and you will be well on your way to the body you are happy living in. That's it, that's as complicated as it gets, the next pages are about the mybodycalc app and how it can make this journey so much easier.

Good luck! 🥰



# Mybodycalc

Ok if doing all that manually is a little daunting or time consuming I created an app for iOS, Android, Windows, Blackberry and Kindle that does all the calculations and logging for you, it's not going to go to the gym for you but we don't want to take all the credit for the new you.

QR Code links for all devices are located at the back of this book, simply scan the relevant one to download, alternatively a google search for mybodycalc on your device will bring up the download link.

Once downloaded, sign up and you will be redirected to your dashboard.

## Dashboard:

The first 5 entries, the ones with the red asterix are mandatory, without these we cannot work out your calorie requirements.

All other entries are optional but we still recommend keeping a track of these so you can see where your progress is coming from.

Next set your goal from the 3 options.

We don't advise playing around with these figures for at least 8 weeks, this will give your body time to settle into its new lifestyle.

# Dashboard

Hi Paul, update your profile

Successfully saved

Weight *	<input type="text" value="200"/>	Pounds	[lb]
Gender *	<input type="text" value="Male"/>	DOB *	<input type="text" value="15"/> <input type="text" value="03"/> <input type="text" value="2010"/>
Activity *	<input type="text" value="Light Activity (Desk Job, Driver, etc)"/>	Height *	<input type="text" value="72"/> [in]
Neck	<input type="text" value="16.75"/> [in]	Chest	<input type="text" value="46"/> [in]
Arms	<input type="text" value="14.2"/> [in]	Forearms	<input type="text" value="11.75"/> [in]
Wrist	<input type="text" value="7.2"/> [in]	Waist	<input type="text" value="38"/> [in]
Hip	<input type="text" value="39"/> [in]	Thighs	<input type="text" value="23.2"/> [in]
Calf	<input type="text" value="15"/> [in]		
Bodyfat	<input type="text" value="23"/> [%]		

## Training Goal

Sugar 9.30% 

Sat Fat 0.71% 

Sodium 8.00% 

# Dashboard

Bodyfat

23

[%]

## Training Goal

Goal

Maintaining weight

▼

Calories

0

[%]

Protein

40

[%]

Carbs

40

[%]

Fat

20

[%]

SUBMIT

## Change Password

Current Password

New Password

Re-Enter Password

CHANGE PASSWORD

DELETE ACCOUNT

Show my

Excess Fat

▼

46 [lbs]

Sugar 9.30% 

Sat Fat 0.71% 

Sodium 8.00% 

# Mybodycalc

## My Meals:

Here is where you will log all your food and drink each day.

**Step 1:** Select which meal you are eating from the 4 options of Breakfast, Lunch, Dinner and Snack.

**Step 2:** Search for the food and pick the closest match, don't worry if you don't find an exact match as most of our foods have been lab tested from around 8 different brands and have been tested for all vitamins and minerals ensuring your giving your body everything it needs.

**Step 3:** Choose the portion size.

**Step 4:** Add the amount, if your portion size was gram simply enter the amount of grams here, if it is fluid the 1 gram = 1 mil.

Try where possible to use fresh ingredients rather than processed foods and ready meals, takes a little more time but well worth the effort.

# Meals

<

Sunday / March 5, 2017

>

**3423 REMAINING**

Goal	Food	Exercise	Net
3044	105	484	-379

	Calories [kcal]	Carbs [g]	Fat [g]	Protein [g]	Sodium [mg]	Sugar [g]
Consumed	105	22	1	2	152	9

Quick Links

GO

Meal

Select meal

Food Item

Portion

Select food item first

## Nutrition Values

#	Meal	Food	Portion	Grams	Servings	Actions
1.	Breakfast	Cereals ready-to-eat, GENER...	cup (1 NLEA serving)	28	1	<div>INFO</div> <div>remove</div>

Sugar 9.30% 😊

Sat Fat 0.71% 😊

Sodium 8.00% 😊

# Mybodycalc

## My Meals continued:

We have tried to make this task as easy as possible by adding the following 5 features.

**Copy from yesterday:** Use this if you have eaten today the same as you had yesterday.

**Copy to today:** Use this to send a specific days entries to today, useful if you have regular eating patterns.

**Create Recipe:** Add each individual food item, name it, give it a serving amount and save for later use. Great for when you create your own dishes or want to package a bunch of food items into 1 easier item.

**My Recipes:** Here is where you will find all your saved recipes.

**Add Custom Food:** For when no other option is available, simply copy package contents here so you never have to miss an entry.

# Mybodycalc

## My Meals continued:

After adding foods you will see a list populate with all your entries, you can click the info link on each entry to see exactly the nutrients each item has and also the percentage of your daily value for that nutrient, this is the percentage that item has given you.

You can also remove the item should you have made a mistake, or are simply adding for information purposes.

We advise plenty of experimenting here, add test meals using only the foods you like till you are reaching a near perfect diet. Then it is simply a matter altering the amounts to create your perfect diet.

## **IMPORTANT!!!**

On each picture you will notice 3 figures on the bottom, these are for Sugars, Saturated Fat and Sodium, keeping these 3 below your 100 percent daily value mark will reap major health rewards all the way throughout your life.

# Mybodycalc

## My Gym:

If you have taken our advice and will be hitting the weights, then this page is a must.

From here simply select the body part you are training from the list.

A list will populate below with all the exercises you can do for that body part, select the correct one.

Next add how many repetitions you have done.

Finally enter the amount of weight used in pounds, 1 kg = 2.2 pounds

Finally add the exercise, you can select the overview tab to check on your progress for each exercise. You can also check your progress in the My Reports page.

We use the formula of reps X weight in our graph, as long as the graph is rising consistently then you are heading in the right direction.

# My Gym

<

Sunday / March 5, 2017

>

3423 REMAINING			
Goal	Food	Exercise	Net
3044	105	484	-379

Muscle Group

Abdominals

Exercise

3/4 Sit-Up

Reps

Weight (lbs)

ADD EXERCISE SESSION

Daily		Overview			
#	Muscle	Exercise	Weight	Repetitions	Actions
1.	Chest	Pushups	0	4	✕
2.	Chest	Pushups	bodyweight	18	✕

Sugar 9.30% 😊

Sat Fat 0.71% 😊

Sodium 8.00% 😊

# Mybodycalc

## My Cardio:

This is where you will add any cardio exercise you are doing, simply start typing your exercise in the search box and choose the most appropriate.

Next select the duration in minutes and finally click add to add the exercise.

You will notice the amount of calories you have remaining will have increased, you can eat these as extra calories or use them to achieve your goal faster, remember for fat loss we have already reduced your calories by 20%.

Remember to force your body to switch from using carbs and available stored glycogen as its main energy source into using fats, we must get our heart rate working to between 55 to 65% of our maximum, to work out your maximum heart rate simply deduct your age from 220.



# My Cardio

<

Sunday / March 5, 2017

>

3740 REMAINING			
Goal	Food	Exercise	Net
3044	105	801	-696

ADD CUSTOM EXERCISE

Exercise

Search...

Duration (Mins)

0

SAVE

Exercises	Duration	Calories	Action
Running Level Heavy (outdoors)	20'	484	Remove
Wii Fit Heavy (indoors)	30'	317	Remove

Enter your today's custom notes here...

Sugar 9.30% 😊

Sat Fat 0.71% 😊

Sodium 8.00% 😊

# Reports

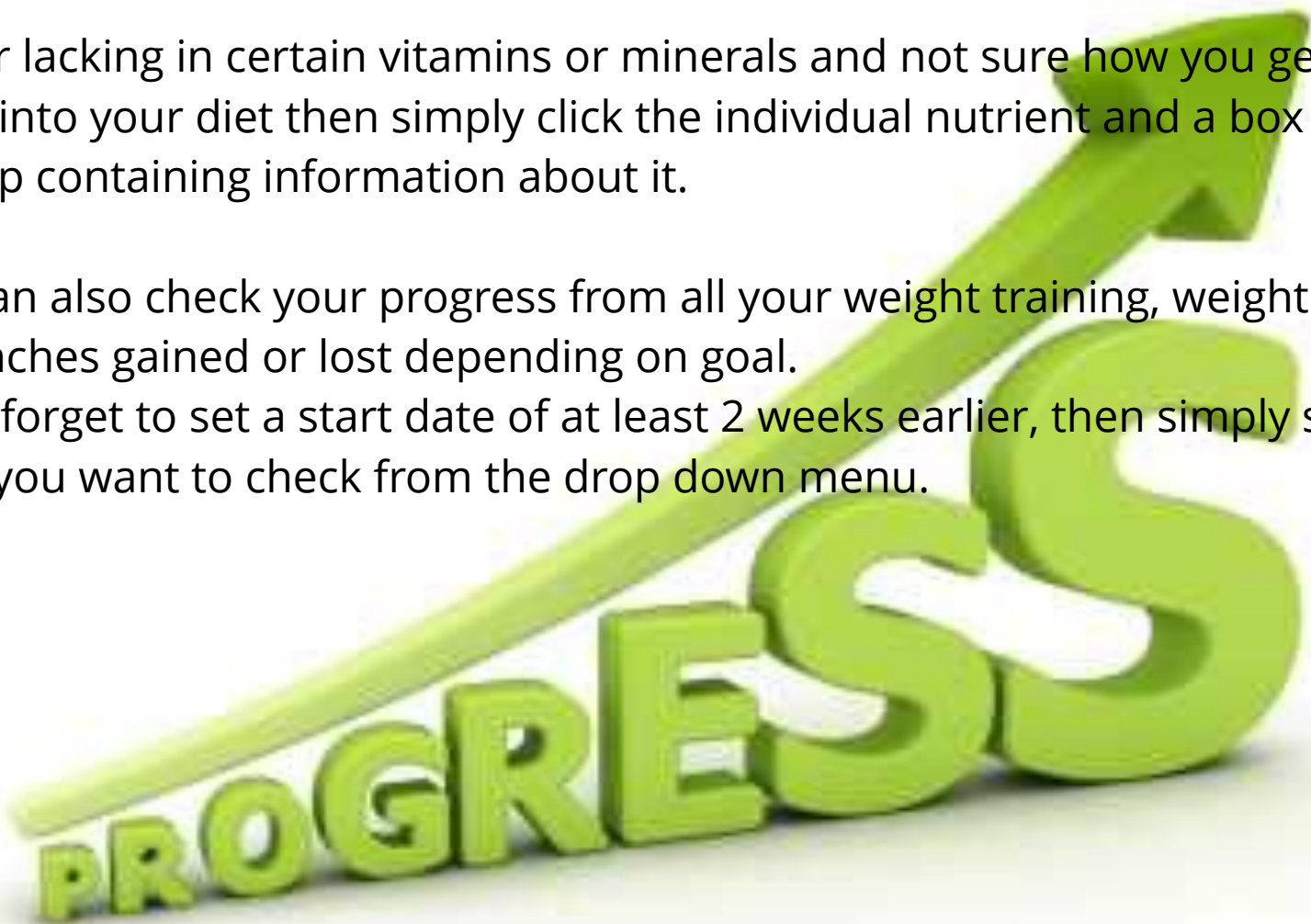
## My Reports:

From here you can check how much of each nutrient you are getting, you can see exactly how much you have had, what is required and how much of each you still need to get, to make it easier we also show you the percentage of your daily value you have had.

If your lacking in certain vitamins or minerals and not sure how you get them into your diet then simply click the individual nutrient and a box will pop up containing information about it.

You can also check your progress from all your weight training, weight loss and inches gained or lost depending on goal.

Don't forget to set a start date of at least 2 weeks earlier, then simply select what you want to check from the drop down menu.



# Reports

## Select date range

From03/05/2017

Until03/05/2017

Select

Nutrients

Nutrient	Consumed	Goal	Remaining	%DV	
Energy [Kcal]	105.28	3845	3739.72	2.74	☹️
Protein (g)	2.46	304	301.54	0.81	☹️
Carbohydrates (g)	22.37	304	281.63	7.36	☹️
Total Sugar [g]	9.3	100	90.7	9.30	😊
Fiber [g]	2.02	25	22.98	8.08	☹️
Total Fat (g)	1.26	68	66.74	1.85	☹️
FA Saturated [g]	0.28	42.72	42.44	0.66	😊
FA Mono [g]	0.48	-	-	0.78	☹️
FA Poly [g]	0.5	-	-	0.82	☹️
Cholesterol [mg]	0	200	200	0.00	☹️
Sodium [mg]	152.04	1900	1747.96	8.00	😊
Vitamin A (mg)	150.08	700	549.92	21.44	☹️
Vitamin B1 Thiamine [mg]	0.36	0.6	0.24	60.00	☹️
Vitamin B2 Riboflavin [mg]	0.42	0.6	0.18	70.00	☹️


Sugar 9.30%😊


Sat Fat 0.66%😊


Sodium 8.00%😊

# App Images


## Adding a recipe





Mybodycalc

Create your own recipe

Beef, stewing steak, raw, lean	500	REMOVE ITEM
Carrots, raw	100	REMOVE ITEM
Onions, raw	50	REMOVE ITEM
Swede, raw	100	REMOVE ITEM
Spices, pepper, black	1	REMOVE ITEM
Salt, table	1	REMOVE ITEM
Gravy, brown, dry	100	REMOVE ITEM
Search...	Specify grams	ADD ITEM
Beef Stew	4	SUBMIT RECIPE

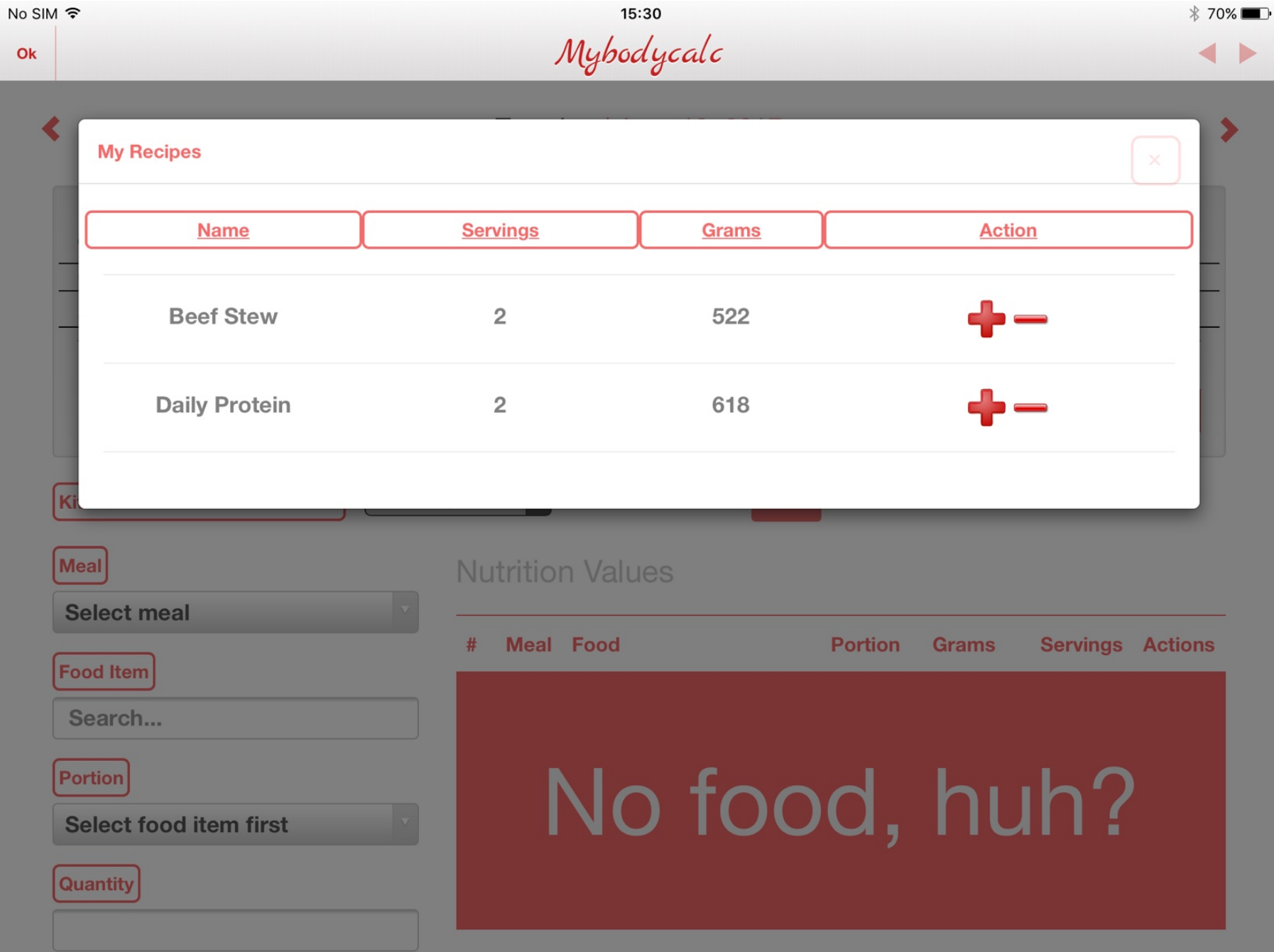
Sugar 9.30%

Sat Fat 0.66%

Sodium 8.00%


# App Images


## My Recipes



# App Images

## Different Reports



Mybodycalc

### Select date range

From03/05/2017

Until03/05/2017

SelectNutrients

Nutrient	Consumed	Goal	Ratio
Energy [Kcal]	105.28	3845	37
Protein (g)	2.46	304	30
Carbohydrates (g)	22.37	304	28
Total Sugar [g]	9.3	100	90
Fiber [g]	2.02	25	22
Total Fat (g)	1.26	68	66
FA Saturated [g]	0.28	42.72	42
FA Mono [g]	0.48	-	-
FA Poly [g]	0.5	-	-
Cholesterol [mg]	0	200	20
Sodium [mg]	152.04	1900	17
Vitamin A (mg)	150.08	700	54
Vitamin B1 Thiamine [mg]	0.36	0.6	0.6
Vitamin B2 Riboflavin [mg]	0.42	0.6	0.7

Sugar 9.30%😊

Sat Fat 0.66%😊

Sodium 8.00%😊

Nutrients✓

Gym

Weight

Neck

Chest

Arms

Forearms

Wrist

Hip

Thighs

Calf

Waist

Body Fat

# App Images

## Checking Weight Progress

### Select date range

From

10/02/2016

Until

03/05/2017

Select

Weight

Date

weight

5th Mar 2017

170

You have lost 24.007 Pounds in 5 months and 3 days.



Sugar 9.30% 😊

Sat Fat 0.73% 😊

Sodium 8.00% 😊

# App Images

## Changing your Goal

Mybodycalc

Wrist	7.2	[in]	Waist	38	[in]
Hip	39	[in]	Thighs	23.2	[in]
Calf	15	[in]			
Bodyfat					
Training Goal					
Goal	Maintaining weight		Calories	0	[%]
Protein	40	[%]	Carbs	40	[%]
Fat	20	[%]			
SUBMIT					

Change Password

Current Password	
New Password	

Sugar 9.30% 😊

Sat Fat 0.73% 😊

Sodium 8.00% 😊

# App Images

## Checking Body Fat Percentage

### Select date range

From

08/01/2016

Until

03/05/2017

Select

Body Fat

Date	bodyfat
------	---------

5th Mar 2017	23
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You have lost 0.3 % in 7 months and 1 days.

25

20

15

10

5

Sugar 9.30% 😊

Sat Fat 0.73% 😊

Sodium 8.00% 😊

# Summary

That's it, apply all the principals in this book and you **will** achieve your goal. Here's a short re-cap on a few points.

1 pound of body fat contains 3600 calories, you **will** have to burn this away via cardio exercise.

When your heart is beating between 55 - 65% of its maximum then your body's primary fuel source is your excess fat.

Weigh yourself every two weeks so we can work out your new calorie requirements.

Cook all your own foods to ensure you're getting all your required nutrients.

Weigh yourself on a pair of body fat scales to ensure you are losing fat and not muscle.

Use the mirror naked at weigh in time.

Have your full day cheat day every week.

Every 6 months have a week or two off, trust me your body will thank you for it.

# Start your free trial



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# App Download Links

