



LEVEL COACH

Nutrient Density Calculator

Step 1:

Visit www.calculator.net/calorie-calculator to determine your calorie range.

Step 2:

Find your target score:

CALORIE RANGE	TARGET SCORE
1200-1600 Calories	35-40
1600-2000 Calories	40-45
2000-2400 Calories	45-50
2400-2800 Calories	50-55
2800-3200 Calories	55-60

Step 3:

Go back to the Level.Coach app and set your goal based on your target score.

Questions?

Please message your Coach in the app for additional support.