



## Gym Blue Guide: How to Track Macros by Hand

Simple Way to Master Nutrition and Fuel Your Goals

### Why Tracking Macros Matters

Macros - short for macronutrients are the nutrients your body needs in large amounts:

- Protein: Builds and repairs muscle
- Carbohydrates: Provide energy
- Fats: Support hormones and recovery

When you understand and manage these three, you control your results — whether your goal is fat loss, muscle gain, or performance.

Tracking macros doesn't have to be complicated. You can do it easily by hand with a notebook, your phone notes, or a Gym Blue tracker sheet.

### Step 1: Know Your Targets

Before you start tracking, you need to know how many calories and macros your body needs daily. Here's how to calculate it by hand:

#### Step 1A: Find Your Maintenance Calories (TDEE)

Your TDEE (Total Daily Energy Expenditure) is how many calories you burn in a day. Use this simple formula:

$TDEE = \text{Bodyweight (lbs)} \times \text{Activity Multiplier}$

Activity Level	Multiplier	Description
Sedentary (little to no exercise)	13	Office job, minimal activity
Light Activity (2-3 workouts wk)	14	Occasional workouts
Moderately Active (4-5 workouts wk)	15	Consistent workouts
Very Active (6-7 intense workouts wk)	16-17	Athletes, trainers

Example: 150 lb woman  $\times$  15 = 2,250 calories/day (maintenance level)

- ◆ Step 1B: Adjust for Your Goal
  - Fat loss: Subtract 300–500 calories
  - Muscle gain: Add 200–400 calories
  - Maintenance: Keep it the same

Example (Fat Loss):  
 $2,250 - 400 = 1,850$  calories/day goal

- ◆ Step 1C: Set Your Macro Ratios

Now that you know your calorie goal, divide it into macros using these recommended ratios:

Goal	Protein	Carbs	Fat
Fat Loss	35-40%	30-35%	25-30%
Maintenance	30-35%	40-35%	25-30%
Muscle Gain	25-30%	45-55%	20-25%

- ◆ Step 1D: Convert Percentages into Grams

Remember:

- Protein: 1g = 4 calories
- Carbs: 1g = 4 calories
- Fat: 1g = 9 calories

Example (1,850 calories for fat loss @ 40% protein, 35% carbs, 25% fat):

- Protein:  $1,850 \times 0.40 \div 4 = 185\text{g}$  protein
- Carbs:  $1,850 \times 0.35 \div 4 = 162\text{g}$  carbs
- Fat:  $1,850 \times 0.25 \div 9 = 51\text{g}$  fat

✔ Your daily targets:

Protein: 185g | Carbs: 162g | Fat: 51g

Quick Shortcut Version

If you want an easy starting point:

- Protein: 1g per pound of ideal bodyweight
- Carbs: 1–2g per pound (based on activity level)
- Fat: 0.3–0.4g per pound

Then fine-tune from there using your weekly progress.

## Step 2: Learn Portion Sizes

You don't need a food scale, but it is highly suggested. Use your hand as your guide:

Food Type	Portion Size	Approx. Macros
Protein (chicken, beef, fish)	Palm-sized	~25g protein
Carbs (rice, potatoes, pasta)	Cupped handful	~25g carbs
Fats (nuts, oil, cheese)	Thumb-sized portion	~10-12g fat
Veggies	Fist-sized portion	Low calorie, high fiber


Rule of Thumb:

3–4 meals a day =

- 1 palm of protein per meal
- 1 handful of carbs per meal
- 1–2 thumbs of fats per day
- Unlimited veggies

## Step 3: Track in a Notebook (Old School but Effective)

Create a simple page layout like this:

Meal	Protein (g)	Carbs (g)	Fats (g)	Notes
Breakfast	30	40	10	Eggs + oats
Lunch	40	50	15	Chicken + rice + avocado
Dinner	50	60	20	Salmon + potatoes
Snack	30	30	10	Protein shake + almonds
Total	150	180	55	 Hit Target

Tracking by hand helps you stay present with what you eat it builds awareness and control.

## Step 4: Estimate When You Eat Out

You don't need to avoid restaurants — just estimate:

- Grilled meat portion = ~25–30g protein
- Side of rice/potatoes = ~30–40g carbs
- Drizzle of oil/sauce = ~10–15g fat

If you're unsure, overestimate slightly it's better to assume extra calories than to underestimate.

### Step 5: Adjust Based on Results

After 2–3 weeks of consistent tracking:

- If you're losing 0.5–1 lb per week, you're on track for fat loss.
- If you're maintaining weight but getting stronger, you're building muscle.
- If progress stalls, talk with a Gym Blue coach we'll fine-tune your macros and routine.

### Bonus: How to Simplify Nutrition

- Protein first. Every meal should include a lean protein source.
- Plan your day ahead. Know what you're eating before you get hungry.
- Level-1: Meal replacement for busy days

### Key Takeaways

- ✓ You don't need an app or food scale (but apps and food scales help tremendously) just awareness and consistency.
- ✓ Use your hand to estimate portion sizes.
- ✓ Track meals in a notebook or Gym Blue sheet.
- ✓ Adjust weekly based on progress.
- ✓ Ask a Gym Blue Coach for personalized guidance.

We enjoy using the 1st phorm app to help track macros, with a paid subscription you will be paired with a coach inside of Gym Blue. Please get with any of the staff for more information Other free apps are my fitness pal.

# MACRO TRACKER

Track your protein, carbs, and fats to ensure you're fueling your body for your goals.

	<b>PROTEIN</b>	<b>CARBS</b>	<b>FATS</b>
<b>BREAKFAST</b>			
<b>LUNCH</b>			
<b>DINNER</b>			
<b>SNACK</b>			
<b>TOTAL</b>			