

80/20

WEEKLY PLANNER

gmc

GAY MAN'S COACHING

PREPARATION IS THE KEY TO SUCCESS.

Having a plan and knowing how to get there are 2 different things. You can use the weekly planner to plan and schedule your meals/snacks to help monitor and stay on track with calories.

You can allow yourself 20% of your daily calories to come from “junk food” so that things aren’t too restrictive. It is important that it’s only 20% though!

This tool provides you with a visible plan which will take the stress out of your week AND keep you on track towards your goals.

THE MATH

Input your daily calories.

Multiply that by 7 to give you your weekly calorie total. Multiply your daily calories and weekly calories by 0.2 to give you your daily and weekly 20% “junk food” calories respectively.

You can now break that down and assign different amounts of calories to either make the weekends easier to manage or to work around socials.

You can also input the days you’re going to be training to give you an overall plan for the week ahead.



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WEEKLY PLANNER

MY CALORIE TARGETS

DAILY: _____ CALS WEEKLY: _____ CALS

20% "JUNK FOOD": _____ CALS 20% "JUNK FOOD": _____ CALS

	MONDAY	TUESDAY	WEDNESDAY
MEAL/SNACK O1	TOTAL: CALS	TOTAL: CALS	TOTAL: CALS
MEAL/SNACK O2	TOTAL: CALS	TOTAL: CALS	TOTAL: CALS
MEAL/SNACK O3	TOTAL: CALS	TOTAL: CALS	TOTAL: CALS
MEAL/SNACK O4	TOTAL: CALS	TOTAL: CALS	TOTAL: CALS
MEAL/SNACK O5	TOTAL: CALS	TOTAL: CALS	TOTAL: CALS
MEAL/SNACK O6	TOTAL: CALS	TOTAL: CALS	TOTAL: CALS
MEAL/SNACK O7	TOTAL: CALS	TOTAL: CALS	TOTAL: CALS
	DAILY TOTAL: CALS	DAILY TOTAL: CALS	DAILY TOTAL: CALS
TRAINING			

