

# Macro Tracking Guide

Macronutrient tracking is a powerful tool for managing your nutrition and supporting your health and fitness goals. This guide will help you understand how to track your macros effectively.

Step

1

## Determine Your Caloric Needs

Use a TDEE calculator: <https://tdeecalculator.net>

Step

2

## Set Your Macro Ratios

**Common macro ratios for weight loss:**

- 40% Protein
- 30% Carbohydrates
- 30% Fats

Step

3

## Convert Macros to Grams

**Use your daily calorie target and multiply by each percentage:**

- Protein and Carbs = 4 calories per gram
- Fat = 9 calories per gram

**Example for 1800 calories/day:**

- 40% Protein =  $720 \text{ calories} \div 4 = 180\text{g}$
- 30% Carbs =  $540 \text{ calories} \div 4 = 135\text{g}$
- 30% Fat =  $540 \text{ calories} \div 9 = 60\text{g}$

Step

4

## Track Your Food

**Common macro ratios for weight loss:**

- 40% Protein
- 30% Carbohydrates
- 30% Fats

### Tips for Success

- Pre-log meals for the day.
- Weigh food for accuracy.
- Stay consistent and be patient with results.