

Empower Transformation Blueprint Guidelines

1. Find out your PROTEIN SCORE. Your protein score is the number of grams of protein necessary to maintain a positive level of amino acids in your body. By far one of the most important numbers for weight loss, getting in shape, and causing and maintaining results. *And no one knows about it!* Protein is the foundation for your muscle, for key hormones affecting metabolism, your immune systems, and just about every function and structure in your body. Insufficient protein consumption creates a state of breakdown and muscle loss which will have an immense impact on fat loss and performance.

Eat 1.4 - 2 grams of high quality low fat protein per kilogram of bodyweight spread out throughout 4-6 meals per day (1-2 palm sized servings of protein per meal).

Doing the math:

- a. Your weight / 2.2 lbs = your weight in kilograms
- b. Your weight in kilograms x 1.4 – 2.0 (depending on your level of activity) = protein grams per day

Ex. If you're a 150 lb. female who exercises intensely 5 days a week it would look like this:

150 lbs / 2.2 lbs = 68 kilograms

68 kilograms x 2.0 = 136 grams of protein per day

MY PROTEIN SCORE

_____ lbs / 2.2 = _____ kg → _____ kg x 1.4 – 2.0 = _____ grams per day

2. ARE YOU IN THE OH!-ZONE or THE NO-ZONE?

Have you ever seen what happens to an apple after it's been left sitting out for a few hours. Now consider the same thing is happening in your body when your cells are being over exposed to oxygen. This is known as oxidative stress. When we do not eat enough anti-oxidant rich foods we become overexposed to high levels of free radicals. This has been linked to everything from obesity and diabetes to heart disease and cancer. Stay out of the NO-ZONE by practicing eating fruits and vegetables with each meal.

OH!-ZONE: Shoot for 6 – 10 servings per day. (That's 1-2 fist sized portions per meal).

If you aren't naturally inclined to eat fruits and veggies my recommendation is that you start small. Maybe one to two servings per day until you start to develop a taste for them. Experiment with different preparation styles (soups, blended into other foods, mixed in with your favorite protein or carb) and try different kinds. You can't say you don't like fruits and vegetables when you haven't tried them all. Lastly start using a fruit and veggie supplement like juice+ or super greens to help you close the gap and to adapt the body to getting good nutrition.

3. Before we start let's make something clear. Your body is not made up of 80% water. The average healthy female and male adult has body composition of 50 – 60% liquid. That being said water is still the most important nutrient for not only your survival but also for your ability to shed those unwanted pounds. This one is simple.

Drink half your body weight in ounces of water to speed your metabolism, improve focus, energy, and avoid fatigue, excessive cravings, overeating, and foginess. I weigh 200 lbs. That means I should be having 100 oz. of water per day to stay adequately hydrated. Get yourself a BPA free water bottle practice carrying it around with you everywhere you go to help you hit those numbers. Or drink before and after every meal.

Weight in pounds / .5 = Ounces of water per day

4. If you exercise, good for you! If you don't, seriously what are you waiting for? Your level of activity directly correlates with your weight/body fat composition, level of energy, performance, your biomarkers for good health, even your mood and the quality of your relationships. The great thing about exercise is that your body will always try to adapt to the level of activity you impose on it. Meaning the more you move the better you'll look and feel and the easier exercise will get. Below you'll find a simple guideline for the different levels of activity and how they correlate with body fat composition and health. Use the chart below to distinguish how much exercise you need and start creating opportunities to get active and cause those positive adaptations that will have you feeling great!

Female BF%	Male BF%	Level of Health & Fitness	Level of Activity
>30%	>20%	Unhealthy	No exercise
25-30%	15-20%	Healthy but not super lean	Exercise 3 – 5 times per week any activity you enjoy
23-25%	13-15%	Healthy/slightly fit appearance	Exercise 30-45 minutes daily with 1-2 sessions breaking a sweat
20-22%	10-12%	Healthy/athletic/lean	Exercise 45-60 minutes daily, with 3-4 sessions breaking a sweat
16-19%	6-9%	Healthy/athletic/super lean	Exercise 60-75 minutes daily with 4-5 sessions breaking a sweat

5. An important and very often overlooked practice that can make a world of difference is simply just tracking progress. Making notes of progress along the

way aside from the typical weigh in can provide you much needed motivation and feedback necessary to keep you motivated especially when the scale decides it's not in agreement with what you're after. It also provides a unique perspective on what changes you can make that will make the difference and allow you to break through plateaus. Pair this with by writing some goals down on a timeline and post them in a visible place. This will ensure your intentionality in the matter and heavily increase you chance of accomplishing those results your after.