



14 Day

Nutrition Fix

PHOTOS & MEASUREMENTS GUIDE



JOYFULLY.FIT

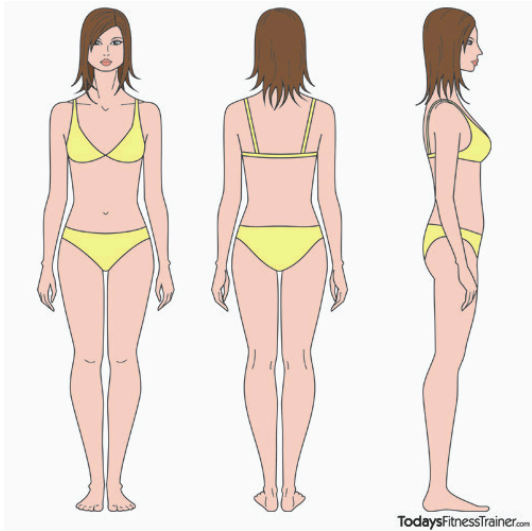
PHOTOS & MEASUREMENTS

Before and Afters

- 1. Take your measurements the morning of** doing your pictures, or the day before. Never use measurements that are more than a week old.
- 2. Pick an uncluttered spot for your photo** shoot, either in front of a wall or in front of a door.
- 3. What to wear in your photos**
Men- shirtless and wear shorts.
Ladies- sports bra and shorts or bikini. You want to be able to see your waist, belly, thighs.
- 4. Take the photo in portrait mode** instead of landscape. You'll want to see yourself from head to toe, close enough to see some details.
- 5. Use a timer and a tripod** if you have one. We find 10 seconds is just enough time to get into place. You can also have someone help you, but be sure they're taking precise photos as directed.
- 6. Look straight ahead**, and smile if you want. But don't cheat by sucking in your gut.
- 7. Do NOT flex or pose** differently than the images on the next page.
- 8. Use identical lighting, angle and clothing** (unless they no longer fit from losing body fat) in follow up photos!

PHOTOS

Before and After Photos



Front View:

Stand up straight with your feet hip-width apart. Arms are at your side but floating off your hips a bit—so you can see the shape and width of your hips.

Side View:

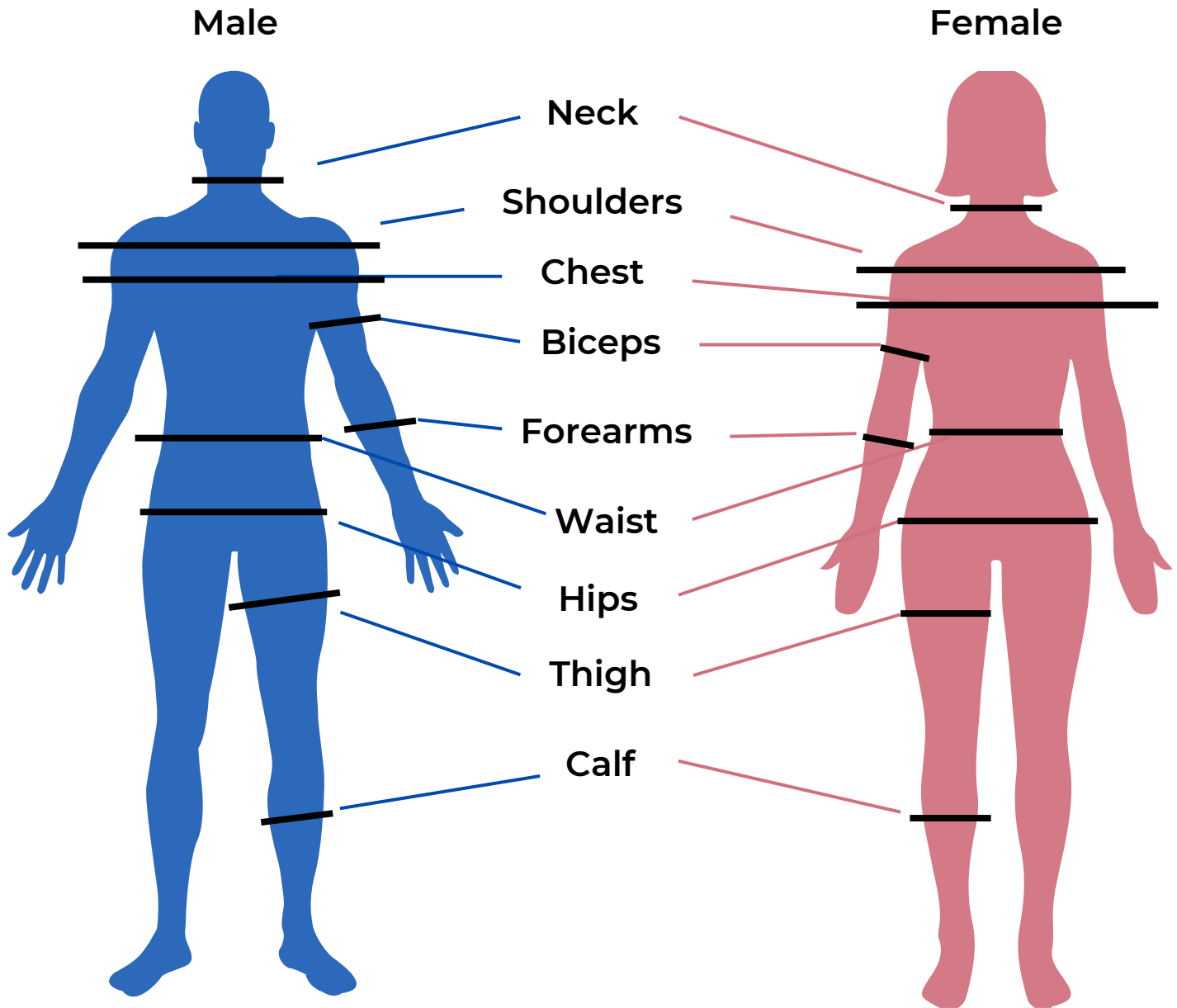
Stand up straight (sensing a pattern here? No slouching!), arms hanging down at your side. Make sure your hands are in the middle of your thigh. You don't want your hand blocking the outline of your thighs or butt.

Back View:

Pretty much the same as front view, but with your back to the camera. (Thank you, Miss Obvious!) Smiling is optional!

MEASUREMENT SITES

Progress Tracking



1. Complete measurements day 1 and day 22
2. Measurement sites are precisely where measuring tape should go
3. Upload measurements to MacroGenius Pro Assessment
4. Full measurements include body fat, measurements and photos to tell the full story. Not just the scale.



14 Day

Nutrition Fix

BODY FAT GUIDE



JOYFULLY.FIT

HEALTHY BODY FAT GUIDE

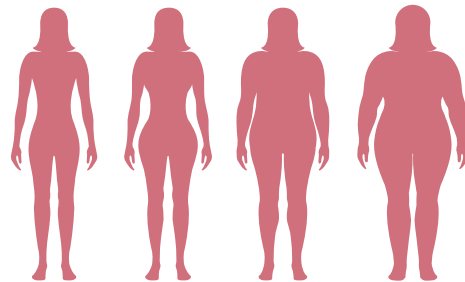
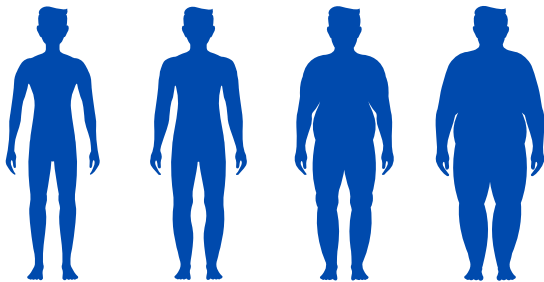
Healthy Body Fat Ranges

For Men

- Essential fat: 2-5%
- Athletes: 6-12%
- Fitness: 12-16%
- Acceptable: 17-24%
- Obesity: >25%

For Women

- Essential fat: 10-13%
- Athletes: 14-17%
- Fitness: 18-22%
- Acceptable: 23-27%
- Obesity: >32%



Why We Focus on Body Fat Percentage, Not Just Scale Pounds 🤔

You might be wondering why we're all about that body fat percentage and not so much about the number on the scale. Well, let's spill the tea, shall we?

First off, body fat percentage is a way more accurate indicator of your overall health and fitness. When you zero in on this number, you're not just aiming for "healthier"—you're also gunning for those aesthetic goals.

You know, like that flat belly you've been dreaming of, clothes that fit like a glove, and a balanced weight that makes you feel like a million bucks.

HEALTHY BODY FAT GUIDE

What the Scale Can't Tell You

Now, let's talk about the scale. Sure, it can tell you something, but it's not the whole story. Your weight can fluctuate for a gazillion reasons—water retention, carb intake, lack of sleep, or even because you had an epic workout.

When you focus solely on the scale, these normal ups and downs can mess with your head, making you think you've done something wrong.

But here's the kicker: when you're at a healthy body fat percentage, those scale fluctuations won't send you into a tailspin. You'll understand that your body is complex and ever-changing, and that's totally okay.

So, let's not give the scale more power than it deserves. Instead, let's focus on what really matters: a healthy, balanced body that feels as good as it looks.

MUSCLE VS FAT GUIDE

Step-by-Step Guide to Calculating Pounds of Fat Versus Pounds of Muscle

Understanding your body composition is a key part of your fitness journey. Let's break down how to calculate your pounds of fat and pounds of muscle with some easy-to-follow examples.

Step 1: Calculate Pounds of Fat

First, you'll multiply your weight in pounds by your body fat percentage (as a decimal).

Formula: Pounds of Fat = (Weight in Pounds x Percent Body Fat)

(weight in pounds)(weight in pounds) _____ x (Percent Body Fat as decimal)
_____ = _____ lbs of fat

Example:

Let's say a female weighs 160 lbs and has a body fat percentage of 28%.

Pounds of Fat = 160 x 0.28 = 44.8 lbs of fat

For a male weighing 200 lbs with a body fat percentage of 20%, it would be:

Pounds of Fat = 200 x 0.20 = 40 lbs of fat

Step 2: Calculate Pounds of Muscle

Now, subtract the pounds of fat from your total weight in pounds to get your pounds of muscle.

Formula: Pounds of Muscle = (Weight in Pounds – Pounds of Fat)

(weight in pounds) _____ - (pounds of fat) _____ = _____ = lbs. of lean body mass

MUSCLE VS FAT GUIDE

Example:

For our female example:

Pounds of Muscle = 160 - 44.8 = 115.2 lbs of lean body mass

For our male example:

Pounds of Muscle = 200 - 40 = 160 lbs of lean body mass

Figure Your Own Pounds of Fat VS. Pounds of Muscle

Step 1: Pounds of Fat (Weight in Pounds x Percent Body Fat)

(weight in pounds) _____ x (Percent Body Fat as decimal) _____ = _____ lbs of fat

Step 2: Pounds of Muscle (Weight in Pounds – Pounds of Fat)

(weight in pounds) _____ - (pounds of fat) = _____ = lbs. of lean body mass

There you go! Now you not only know your fat loss calories but also how to figure out your pounds of fat and muscle.

IMPORTANT NOTE: CHECK CURRENT POUNDS OF FAT VS. MUSCLE AT THE BEGINNING AND VERY END