

# How to Calculate Your

## 80 DAY OBSESSION

# MEAL PLAN LEVEL



A. CALCULATE YOUR CALORIC BASELINE

\_\_\_\_ (lbs.) x 11 = \_\_\_\_ CALORIC BASELINE

B. CALCULATE YOUR MAINTENANCE CALORIES

\_\_\_\_<sup>TM</sup> CALORIC BASELINE

the next calculation.

C. CALCULATE YOUR CALORIE TARGET

\_\_\_\_ - 550 = \_\_\_\_

NOTE: If you want to maintain your current weight, skip the next calculation and use your MAINTENANCE CALORIES to find your plan.