AWESOME SUPPLEMENTS
CALORIE CALCULATOR

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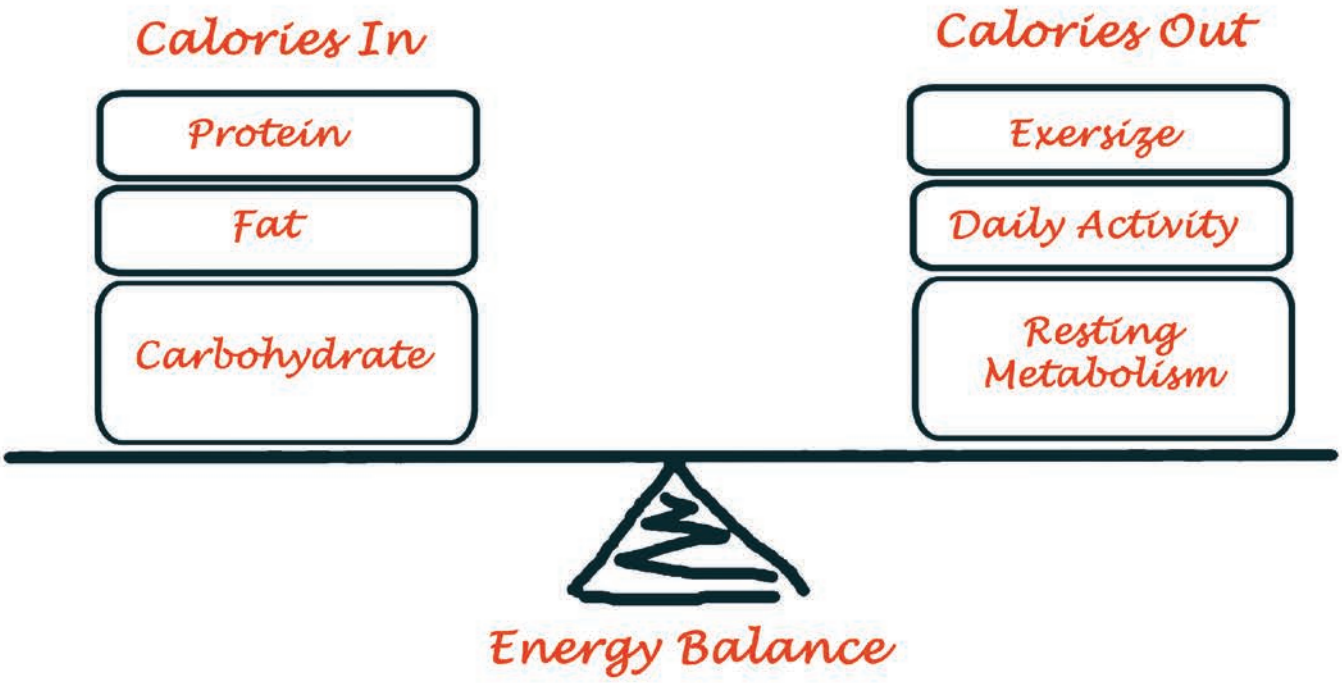

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Activity Tracking Collection Sheet

Use this document to account for all your daily activity. By breaking down your day into differently levels of activity you are able to far more accurately estimate your total daily calorie needs, meaning that you are far better placed to optimise your health, performance and body composition.

Record the type of activity in the 2nd column next to the appropriate time slot and then tick the box to classify the intensity of that activity. After you have planned out your day, you can transfer your data into 30 minute time blocks on our online calorie calculator to get an accurate reading for that days activity level and thus the appropriate amount of calories you need. Below is a table which has been filled in for one of our days so you can see how this looks once completed.

Remember, be critical and be honest with yourself when planning this out. You may work a manual job, but are you REALLY doing heavy work for your full shift? Most of the time that will not be the case. In the same vein, if you are performing a standard powerlifting or bodybuilding resistance training session for 90 minutes, almost all of that time will actually be spent resting, and the calorie expenditure will be a lot lower than you would think, even if you finish the session exhausted. As a rule of thumb, even a workout which really pushes you will only be classed as a moderate activity unless you are performing a large number of supersets, or otherwise keeping rest times really low which would then qualify as 'heavy'.

This also applies to HIIT sessions with long rests. The only time you would use V.Heavy as a block would be for a Crossfit Style workout which is extremely taxing for a prolonged period, for a 30 minute HIIT session with short rest periods.

For reference of what is classified as very light, light, moderate etc, refer back to the Awesome Supplements Calorie Calculator page.

Example table filled in:

Time	Type of Activity	Sleep	Very Light	Light	Moderate	Heavy	V.Heavy
11-5	Sleep	X					
5.30am	Sleep	X					
6.00am	Getting Ready		X				
6.30am	Getting Ready		X				
7.00am	Gym				X		
7.30am	Gym				X		
8.00am	Prep for day		X				
8.30am	Driving		X				
9.00am	Sitting at desk		X				
9.30am	Sitting at desk		X				
10.00am	Sitting at desk		X				
10.30am	Walk			X			

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11-5	Sleep						
5.30am							
6.00am							
6.30am							
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7.30am							
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