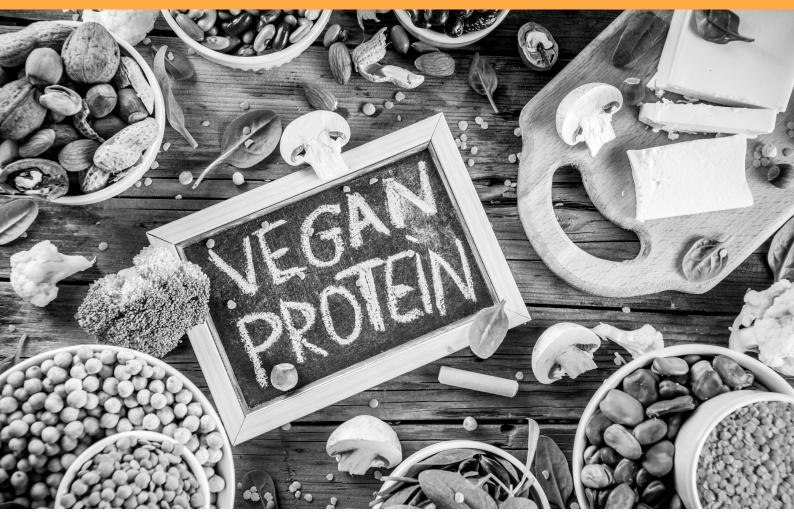


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MASTER YOUR (VEGAN) MACROS CHALLENGE DAY THREE



KEY POINTS

Welcome to day 3! Now we're delving into the good stuff!

Today is all about understanding the importance of protein, the role it plays in fat loss and how much you should be aiming for.



MASTER YOUR (VEGAN) MACROS CHALLENGE DAY THREE

TASK THREE

As we've learned, when aiming for fat loss, we want to be aiming for between 0.7 – 0.9g of protein per lb of bodyweight, depending on our activities & goals.

The more active you are, the more protein you need.

ACTIVITY LEVEL	g / lb	g / kg
SEDENTARY	0.65-0.75g	1.4-1.6g
	0.75-0.8g	1.6-1.8g
STRENGTH TRAINING	0.8-0.9g	1.8-2g
ENDURANCE ATHLETE	0.75-0.85g	1.7-1.9g

PROTEIN NEEDS: FAT LOSS



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WHAT TO POST IN THE COMMENTS OF TODAY'S TASK

DON'T POST SCREENSHOTS OF THE WORKSHEET - PLEASE REPLY DIRECTLY IN THE COMMENTS ON TODAY'S TASK POST

- 1. What is your protein target
- 2. How does that compare to where you're normally at?
- 3. How does that make you feel?