



Welcome Guide

Navigate your fitness journey

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It helps to know your way around...

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seeing results

Because that's what it's all about

Clear **goals**
+
Calculated **training** programme
+
Nutrition that works for you
+
Accountability
+
Monitoring your health and progress
=
Making your goals a reality



measuring results

Scale weigh-ins

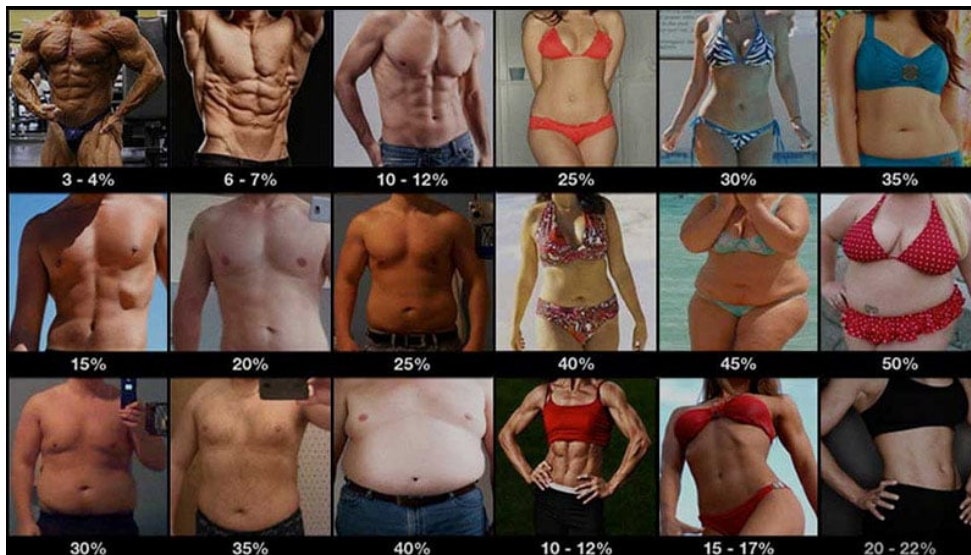
The most common way to measure body changes. A couple of major tips here:

1. **Look at your weekly average:** Too many people put too much pressure on any singular weight. IT WILL FLUCTUATE DAILY. Weigh yourself multiple times per week and track the weekly average instead. This will be a far more accurate measurement.
2. **The scale does not account for increase in muscle mass:** Muscle is dense and weighs a lot. If you have built a base of muscle, your scale weight may plateau, despite your body fat percentage decreasing.



Measuring body fat percentage

A very useful way to track your progress is to measure your Body Fat Percentage (BF%). If relevant to your goals, we will measure your BF% to track your progress.



A comparison of varying body fat percentages



Check-in photos

If relevant to your goals, you will be asked to take frequent progress photos. These will allow us to see how your body is changing over time. Simply follow the instructions in the Training App in Your Dashboard > Photos.

Estimated max strength

For your training programme, we ask that you track your lifts in the Training App. Along with several other benefits, this will allow us to track your Estimated One Rep Max (1RM). If strength is a goal, we will try increase these numbers over time



Other methods to track results

- Out of Ten Scale, for example: confidence level, enjoyment of programme, etc.
- Range of motion testing
- Speed
- Cardiovascular fitness

my roadmap

The things I want to change most are:

	importance /10
_____	_____
_____	_____
_____	_____

because they currently make me feel:

If nothing changed in six months, I would feel:

If I achieved all my goals in six months, I would feel:



Goal #1 - I will achieve:

your goal

by: _____

through:

frequent action

every _____ day / month

every _____

every _____

Goal #2 - I will achieve:

by: _____

through:

every _____

every _____

every _____

Goal #3 - I will achieve:

by: _____

through:

every _____

every _____

every _____

nutrition basics

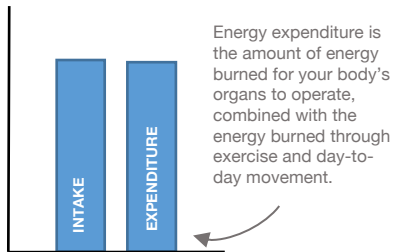
Get results *and* enjoy your food

Nutrition is a massive part of seeing results when it comes to your fitness journey. It is often contended that nutrition makes up roughly 70% of your results. Without proper attention given to nutrition, your efforts in the gym aren't nearly as effective.

Calories and weight change

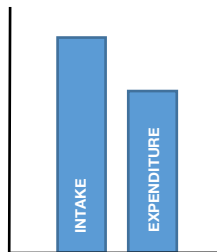
Calorie Maintenance

Eating the same amount of calories that you burn. This results in no weight change.



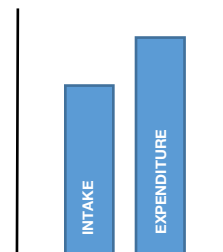
Calorie Surplus

Eating more calories than you burn. This results in weight gain.



Calorie Deficit

Eating fewer calories than you burn. This results in weight loss.



Measuring your portions

Counting calories is the most accurate method to measure energy intake, which is why bodybuilders measure their meals accurately. However, this can be very intensive to follow through with, and we recommend that most people simply estimate their portion sizes instead. A great way to do this is to have **four meals per day** that adhere to the following portions:

	PROTEIN	VEGETABLES	CARBS	FATS
PORTIONS FOR MEN	2x palms	2x fists	2x cupped handfuls	2x thumbs
PORTIONS FOR WOMEN	1x palm	1x fist	1x cupped handful	1x thumb

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Sustainable results > fast results

When it comes to long-term changes, sustainability is the name of the game. Attempt to make slow changes to your eating habits, switching out processed foods for whole foods options. If a diet is making you miserable, it's not likely that you'll stick with it long-term.

macronutrient guide

Your pocket guide to building balanced meals

Protein sources

Ordered by grams of protein per 100g serving (high-to-low).



Whey Protein
80 grams



Chicken Breast
31 grams



Pork Tenderloin
26 grams



Lean Beef
25 grams



White Fish
24 grams



Salmon
19 grams



Chickpeas
19 grams



Eggs
13 grams



Cottage Cheese
11 grams



Green Lentils
9 grams



Acidophilus Yoghurt
8 grams



Tofu
8 grams



Oysters
7 grams



Baked Beans
6 grams



Lite Milk
3 grams

Non-starchy vegetable sources

Ordered by calories per 100g serving (low-to-high).



Celery
14 Cal



Lettuce
15 Cal



Cucumber
15 Cal



Tomatoes
18 Cal



Asparagus
20 Cal



Spinach
23 Cal



Eggplant
25 Cal



Cauliflower
25 Cal



Capsicum
31 Cal



Green Beans
31 Cal



Broccoli
34 Cal



Carrots
41 Cal

Carbohydrate sources

Fruit

Ordered by calories per 100g serving (low-to-high).



Watermelon
30 Cal



Strawberries
32 Cal



Plums
46 Cal



Oranges
41 Cal



Pineapple
50 Cal



Apples
52 Cal



Blueberries
57 Cal



Cherries
63 Cal



Grapes
67 Cal



Guavas
68 Cal



Bananas
89 Cal



Avocados
89 Cal

Starchy Vegetables

Ordered by calories per 100g serving (low-to-high). All figures are uncooked.



Pumpkin
26 Cal



Turnip
28 Cal



Beetroot
43 Cal



Butternut Squash
45 Cal



Potato
77 Cal



Green Peas
81 Cal



Corn
86 Cal



Sweet Potato
86 Cal



Taro
112 Cal



Yam
118 Cal

Grains

Ordered by calories per 100g serving (low-to-high). All figures are cooked.



Oats
68 Cal



Brown & White Rice
111 & 130 Cal



Buckwheat
118 Cal



Quinoa
120 Cal



Whole-wheat Bread
247 Cal



Homemade Popcorn
387 Cal

Healthy fat sources

Ordered by calories per 100g serving (low-to-high).



Olives

115 Cal



Avocados

160 Cal



Fatty Fish

Salmon: 208 Cal
Mackerel: 305 Cal



Coconuts

Coconut Milk: 230 Cal
Coconuts: 354 Cal



Seeds

Chia: 486 Cal
Flax: 534 Cal
Pumpkin: 559 Cal



Nuts

Cashews: 553 Cal
Almonds: 579 Cal
Walnuts: 654 Cal



Butters

Peanut: 588 Cal
Almond: 614 Cal
Butter: 717 Cal



Oils

Coconut: 862 Cal
Olive: 884 Cal
Avocado: 884 Cal

Note on the above

The protein sources are listed in order of protein content to help assist in choosing high-protein options for your meals. The rest of the foods are ordered by calorie density (per 100 grams) to give you an idea how they compare with each other. **Please do not become obsessive with completely excluding foods you enjoy** simply because they have a high caloric value. With any balanced diet, moderation is key.