**Calculating Your Daily Carbohydrate (CHO) and Protein (PRO) Intake**

**Calculations:**

Your weight/body mass in pounds (lbs) / 2.205 = Your body mass in kilograms (kgbm)

CHO

kgbm X 6 = Your needed CHO grams intake per day

PRO

Kgbm X 1.83 = Your needed PRO grams intake per day

**Your Calculations:**

Lbs to kgbm

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lbs/ 2.205 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_kgbm

CHO

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_kgbm X 6 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_g CHO per day

PRO

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_kgbm X 1.83 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_g PRO per day