

# A simple beginner route through calories, macros, protein, hydration, and realistic goal planning

This pack turns the main Free Fitness Tools pages into one practical starting flow. It is designed for beginners who want a calmer, clearer plan rather than random numbers.

## Start with TDEE

Estimate maintenance calories before changing anything else.

## Set a realistic deficit

Use a practical fat-loss target instead of guessing.

## Turn calories into macros

Split the target into protein, carbs, and fat.

## Support the plan

Use protein, hydration, and timeline tools to make the plan easier to follow.

Best used together with the TDEE Calculator, Calorie Deficit Calculator, Macro Calculator, Protein Intake Calculator, Water Intake Calculator, and Goal Weight Timeline Calculator.

## Quick start map

### 1. Estimate maintenance calories

Start with TDEE so you have a sensible baseline before adjusting food intake.

### 2. Set a realistic calorie deficit

Choose a practical fat-loss target you can follow consistently.

### 3. Turn calories into macros

Split your target into daily protein, carbs, and fat.

### 4. Check support numbers

Use protein and hydration tools to make the plan easier to stick to.

### 5. Set realistic expectations

Use the timeline tool as a planning estimate rather than a promise.

## CALORIE SETUP SHEET

# Write your starting numbers in one place

Use this page after you work through the first 3 steps. The goal is to keep the main planning numbers together so your setup feels simpler and easier to review.

Item	Your number	Notes
Estimated maintenance calories	_____	Start with TDEE / maintenance estimate
Daily fat-loss calorie target	_____	Use a realistic deficit, not an extreme one
Daily protein target (g)	_____	Use the protein calculator or macro setup
Macro split	_____	Example: 30 / 40 / 30 or your chosen preset
Daily hydration target	_____	Use the water calculator as a practical guide

### Quick reminder

- Use the numbers as a starting estimate, not a perfect rule.
- A steadier plan is usually easier to follow than a very aggressive one.
- Adjust only after you have enough real-life progress data to review.

## Keep the review simple

You do not need dozens of metrics. A short weekly review is usually enough to see whether the plan is moving in the right direction.

Week	Average weight	Calories mostly followed?	Protein mostly followed?	Hydration okay?	Notes
1	_____	Yes / No	Yes / No	Yes / No	_____ _____
2	_____	Yes / No	Yes / No	Yes / No	_____ _____
3	_____	Yes / No	Yes / No	Yes / No	_____ _____
4	_____	Yes / No	Yes / No	Yes / No	_____ _____

### What to focus on

Look for the overall trend, not one random weigh-in. Scale changes can move around from week to week because of water, food volume, routine, sleep, and normal daily variation.

## Keep these rules visible

**Use estimates, not perfection**

The calculators are planning tools, not exact guarantees.

**Choose realistic deficits**

A plan you can follow usually beats an aggressive number you cannot sustain.

**Do not panic over scale fluctuations**

Short-term movement is not the same as true long-term progress.

**Protein and hydration support the plan**

They are not magic, but they can make the overall setup easier to stick to.

**Consistency matters more than extremes**

The calm plan you repeat usually wins over the exciting plan you quit.

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Free Fitness Tools - Starter Pack v1

Designed as a simple beginner resource that can later grow into an email signup reward, printable tracker, or premium planner.