



Here are a few very important points to confirm and ensure that you are tracking your macronutrients correctly in My Macros+ before you complete your Macros For Life application form.

Remember, this program does not teach the basics on how to track macronutrients; you need to have an understanding of this protocol prior to completing the application form and committing to this program. If you are new to tracking your macronutrients and need to set up an understanding and some habits first, please refer to the Macros For Life web page for linked resources.

- ☑ Use a digital food scale that measures in grams (instead of ounces).
- ☑ Use grams when choosing entries in MM+.
- ☑ If the food you are choosing has a package, cross reference the data in the MM+ entry and the package. This could vary in different countries.
- ☑ If it is a carb source, ensure there is some kind of breakdown between fiber and sugar in the MM+ entry (starches are not shown on nutrition labels). If this is included, chances are it's a correct entry.
- ☑ How your food is measured on your scale needs to be reflected in the food log entry, so if you are choosing a raw sweet potato with the skin on, then your MM+ entry needs to reflect the same information. If it's meat, anything not labelled as cooked/raw, it's to be presumed that it's raw. But let's take out the guessing and ensure food log entries are very clear.

If you haven't been consistent with your macronutrient tracking over the last few weeks or months, don't try to be a superhero and rush through the next 3 days of tracking things just to get started sooner. We would much rather you be accurate, honest, and concise with all of your entries and end of day macro targets, so if that means spending an extra 1 or 2 days being more accurate, that is absolutely going to help all of us over the next month. Remember, this is important data and information that we collect in order to set you up for success with your customized macronutrient targets. Attention to detail is everything.

If you can confidently check off these 5 points, then you're ready to take the next step and complete the application form. Thank you, we'll chat soon!

Create your own nutrition journey with Macros For Life courtneyforlife.com/macrosforlife

This content is exclusively for intended Macros For Life clients and is not to be used as medical advice.
This is not to be redistributed without approval from Courtney Ustrzycki.