BRDR & PHASE 2 RECOMP

# GOALS & CALCULATIONS

*This is your first stop after the Overview: getting clear about what you want from Recomp, and the numbers that will get you there.*

## FIRST THINGS FIRST

### WHAT'S INSIDE


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### HOW TO USE THIS PACKET

- **Print it during Recomp On Ramp** and work through it in order, after you've read the Overview packet. Be sure to read "Your 2-Week Test" BEFORE you open the calculator, so your results make sense when you see them.
- **The Recomp Targets Calculator does the math for you.** You'll use it up to three times: in Recomp On Ramp, after your 2-week test, and at Week 8. Print your results each time and keep them with this packet.
- **You'll also want to write your numbers in the My Numbers box** on the Deficit & My Numbers page, so they're in one place when you come back to the calculator.
- **Put pen to paper,** just like in Reset. The writing is part of the process.


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# WHAT YOU WANT

**Write down what you want.**

You wrote down your wants at the start of Reset. Look back at them: what's still true, what's changed, and what's new now that you've found consistency? Now write down what you want at the end of Phase 2 Recomp. Do you have a specific end point in mind? Do you just want to see what unfolds when you do the process right? Write it ALL down below. No "want" is wrong.

**Now go back and pick the 3 that are most important to you.** Let these be your "why" for the next 16 weeks, especially on the weeks when you're feeling unsure or unmotivated.

**1**

**2**

**3**

**NOW PONDER: WHAT FEELS HARD ABOUT THE NEXT 16 WEEKS?**

*(And what have you already figured out, perhaps in Reset, that tells you "I can handle this!")*

# YOUR TARGETS

Your targets are your maintenance calories (TDEE), your Recomp calories (maintenance minus a small deficit), and your protein grams. Fat and carb targets are optional. The **Recomp Targets Calculator** does the math; this page tells you more about your options.

**RECOMP TARGETS CALCULATOR**

**idealage.com/brdr_P2_recomp_targets_calculator**

Print your results (or save them as a PDF) after every visit. The calculator also remembers your entries on the device you use.

SCAN TO OPEN

## USE THE CALCULATOR UP TO 3 TIMES

### 1 RECOMP ON RAMP

**Get your starting numbers**

Your maintenance guess, your options for the 2-week test, and the numbers to practice at.

If you're skipping the test, you'll get your deficit numbers right away.

### 2 AFTER YOUR 2-WEEK TEST

**Get your result**

Choose "I just finished my 2-week test" and enter your weigh-ins. You'll get your result and your new targets.

### 3 WEEK 8

**Update for the second half**

Choose "It's Week 8: let's update!" Eat at your updated maintenance during Week 8, then use your new deficit for Weeks 9 to 16.

If your deficit started in Week 5 or later, maintenance is optional for you; you can go straight to your new deficit. Your training stays the same.

## WHICH STARTING OPTION?

- **I already have my TDEE** from a clinic/gym scan/breath test. (This is the closest starting point.)
- **I have my RMR, but not my TDEE.** The calculator multiplies your RMR by your activity level.
- **I have my body fat percentage** from a scan (DEXA, InBody, Bod Pod, etc.), but no RMR/TDEE.
- **I don't have any scans.** The calculator works from your height, weight, and age.

> **Notes:** If you have a BMR estimate from an InBody scan, don't use it. Use your body fat % instead.
>
> If you're between two activity levels, pick the lower one.

## YOUR PROTEIN

The calculator runs a series of checks so your protein target is attainable for you *while* still giving you what you need to keep and build muscle. It starts from your body weight (or, at BMI 30+ or body fat 40%+, the top of your healthy weight range or your lean mass), and keeps protein between about 25% and 30% of your calories. **130 g covers what most women need; more is always fine if you can manage it.** Aim for at least 30 g at every meal, starting with breakfast.

# YOUR 2-WEEK TEST

### WHAT IT IS

Every calorie number you start with is a guess, even one from a scan (although a scan gets you closer). Your 2-week test checks your guess against real life: you eat at one calorie target for 2 weeks, weigh in as you go, and compare your weight to your baseline. The calculator reads the result and gives you your next set of numbers.

**There are two versions of the test: a maintenance test and a deficit test.**

**The maintenance test**

You'll eat at your "maintenance guess" for 2 weeks to assess whether your weight holds steady. This establishes your actual maintenance calories, which is important for setting the right deficit for you. This is a little work at the beginning for a more precise journey in the weeks to come, and it helps ensure you don't choose a deficit that's too big from the beginning.

**The deficit test**

You'll eat a little below your maintenance guess for 2 weeks and assess any changes in your weight and whether you're losing at the expected pace. You'll adjust from there. While starting with a deficit might seem like a more direct route to recomp, it can actually be less precise for some, and there's a bigger risk of starting with a deficit that's too big for you.

*See "Which Test Is Right For You?" below for more.*

### WHEN TO START

**Earlier is better.** Your deficit is only as good as the number it's built on. The sooner you test, the sooner you have a more precise number to go on. *But...*

**Later is still fine.** Adherence to your calorie goal is important for the 2-week test; it's the data that all your numbers are based on. But if you're not ready to commit to eating with tight consistency for 2 weeks, or your life just won't allow for it in the immediate future (*think: vacation, holidays*), it's better to wait a few weeks than set yourself up for failure.

If that's you, take the time between now and your 2-week test to *practice*. Your practice weeks aren't wasted, either: you're building prep, protein, and the routines that make a deficit stick. Buffer weeks are built into your community access for exactly this reason, and your course access never expires. **You've committed to the long haul, and this is part of it.**

> **The rule of thumb:** start when you're ready, but aim to start your 2-week test by Week 4. If you're not there by Week 4, reach out.

# YOUR 2-WEEK TEST, CONTINUED

### WHICH TEST IS RIGHT FOR YOU?

The calculator tells you your options after you enter your details.

| IF YOU'RE... | YOUR OPTIONS |
|---|---|
| **Below a BMI of 30 with body fat levels under 40%** | **Option A: Test your maintenance (more precise start).** Eat at your maintenance guess. If your weight holds steady, your guess is confirmed and your deficit starts right after the test.<br>**Option B: Test a deficit (start sooner, less precise).** Eat at a deficit target from the start. The calculator checks whether you're losing at the expected pace. Because the loss you're looking for is small, this read is rougher, so your Week 8 update matters even more. |
| **At BMI 30+ or body fat 40%+** | **A deficit test.** Maintenance calorie and protein targets will feel unattainable; it's safe for you to start with a deficit test. See "BMI 30+ or Body Fat 40%+? Start Here." |

**Not sure between A and B?** Choose A if you want the most precise number, or if you've spent a long time eating less than you need. Choose B if you're ready to start your deficit now and fine with a rougher first read, and the possibility of a longer road to recomp.

**Who tests?** Refer to the Path Planner in your Overview. If you're not weighing yourself, see the box on the next page.

### PRACTICE FIRST

Take the time before you start your 2-week test to **practice for a minimum of one week**. For those starting their 2-week test right away (during Recomp Week 1), On Ramp is your practice week. For those starting later, start practicing in On Ramp and keep practicing until you're ready to test.

How to practice? Do your calculations in the Recomp Calculator, plan your meals in the Menu Planner, and see how it all works together when you prep. If you plan to use a logging app like Cronometer or MyFitnessPal, play with it, too—but the Menu Planner might be all you need.

Your practice week(s) is also when you find your baseline weight, which is what we compare your 2-week test to. Just weigh yourself 3x/week and write it down on your Support Sheets in the Tracking & Checkpoints packet. You'll bring your last 3 practice weigh-ins to your 2-week test.

### CONSISTENCY, NOT PERFECTION

Adherence is important to make the 2-week test count, but perfection isn't required. The most important thing is that your intake is roughly the same most days (this usually means eating at home whenever possible). If you hit your calories within about 100 to 150 on most days, with protein close, you're good to go. **Don't put off your test waiting for conditions to be 100% perfect, and don't feel like you have to "start over" if you have an off day. Off days average out!**

# YOUR 2-WEEK TEST, CONTINUED

### DURING YOUR TEST

- **Eat at the same calorie target for 2 weeks**, and keep tabs on your intake the same way every day. The Menu Planner will help!
- **If you're using the scale, weigh in at least 3 mornings a week** (first thing, after the bathroom, before eating or drinking). Record this data in the "AM Weight" section on your Support Sheets.
- **Be flexible:** holiday on the horizon? Wait on the test. Off day? Don't restart—it will average out.

### WHY THE SCALE SWINGS (I.E., DON'T PANIC!)

We don't weigh ourselves to obsess over every ounce! We weigh ourselves so we can get a more accurate picture of where you are, because scale weight moves in both directions with body water, sodium, carb intake, digestion, and hormones. A deficit test can also lead to quick changes on the scale—another reason a maintenance test is helpful.

If you found consistency in Reset, your signal should be clear. If you didn't, reach out before you begin your test.

### ANY PATH

**Not weighing yourself?**

That's an option on any path. You'll skip the 2-week test, since it's built around weigh-ins. You still need a "starting weight" number for the calculator; this can come from a scan, a doctor's visit, or a single weigh-in. Estimating is not recommended.

- **In the Recomp Calculator:** on Tune In, choose "No, I won't do the 2-week test." On Dial In or Lock In, check "I'm not weighing myself right now." You'll get your deficit numbers right away.
- **Watch your evidence:** your 5 Signs, the fit of one non-stretchy piece of clothing, and photos or scans if you'd like them. Repeat any scan under the same conditions.
- **At Week 8:** if you have a Week 6-7 scan, plug it in to the Recomp Calculator as planned. No scan? Eat at your On Ramp maintenance guess for Week 8, then go back to your Recomp target for Weeks 9 to 16. Your 5 Signs and how your clothes fit will tell you if anything needs to change.

# BMI 30+ OR BODY FAT 40%+? START HERE

If your BMI is 30 or higher, or your body fat is 40% or higher, a few things work a little differently for you. The calculator will tell you if this applies to you.

### YOUR 2-WEEK TEST IS A DEFICIT TEST

A maintenance test might present unattainable calorie and protein levels, so instead, you'll practice and test at a deficit target from the start. Your weigh-ins will show whether you're losing at about the expected pace.

### YOUR PROTEIN

Your protein is based on the top of your healthy weight range (or your lean mass), not your current weight. This ensures your protein target stays realistic. **130 g covers what most women need; more is always fine if you can manage it.**

### THE ½% COLUMN IS AN APPROPRIATE PACE FOR YOU

Body fat is protective of muscle mass in a deficit, so ½% will work if you're comfortable starting there. ¼% is always fine, too. The calculator ensures your target stays well above your RMR.

> **What doesn't change:** your anchors, your 5 Signs, your Week 8 update and deload, and the fact that we're going for slow, steady, and sustainable.

# INTERPRETING YOUR 2-WEEK TEST

The calculator compares your baseline (the average of your last 3 practice weigh-ins) to your test week 2 average, and tells you which result you got. This page explains what each one means and what to do.

### IF YOU TESTED YOUR MAINTENANCE

Your stable range is 1 lb (2 lb if your period fell during your test).

| YOUR RESULT | WHAT IT MEANS | WHAT TO DO |
|---|---|---|
| **Maintenance confirmed: your guess was right** | Your average stayed within your stable range. | Your deficit starts now. Choose a column; for most women, ¼% is the better place to start. |
| **Your maintenance is likely a little lower** | Your average went up more than your stable range. | The calculator lowers your maintenance by 250 and gives you new deficit columns. Your deficit starts now. |
| **Your maintenance is likely a little higher** | Your average went down more than your stable range. | The calculator raises your maintenance by 250 and gives you new deficit columns. Your deficit starts now. |

A change of more than about 2 lb beyond your stable range is bigger than we'd expect. Before adjusting, check your variables: make sure your weigh-in routine was consistent, and evaluate whether there was "user error" in your efforts to hit your targets (think: lax prep, inconsistent planning). Reach out if you're not sure.

### IF YOU TESTED A DEFICIT

The calculator shows your expected loss per week (¼% or ½% of your baseline weight) next to your actual loss per week.

| YOUR RESULT | WHAT IT MIGHT MEAN | WHAT TO DO |
|---|---|---|
| **Losing slower than expected**<br>Less than half the expected pace, including no change or a gain | You might need more time, or you might need to review external factors, like how you kept tabs on your variables. It may also be due to internal factors (water retention, stress, or your cycle), or your maintenance estimate may be high. | Keep going 2 more weeks at the same target, and keep closer tabs on your intake before changing anything. Then enter weeks 3 and 4 in the calculator. |
| **Losing at the right pace: keep going** | Your deficit is working as intended. | Stay consistent! |
| **Losing too fast**<br>More than the expected pace plus about 1 lb a week | You may be eating less than your target, losing more early water than usual, or your maintenance estimate may be low. | Make sure you're eating your full target, then add about 250 calories. |

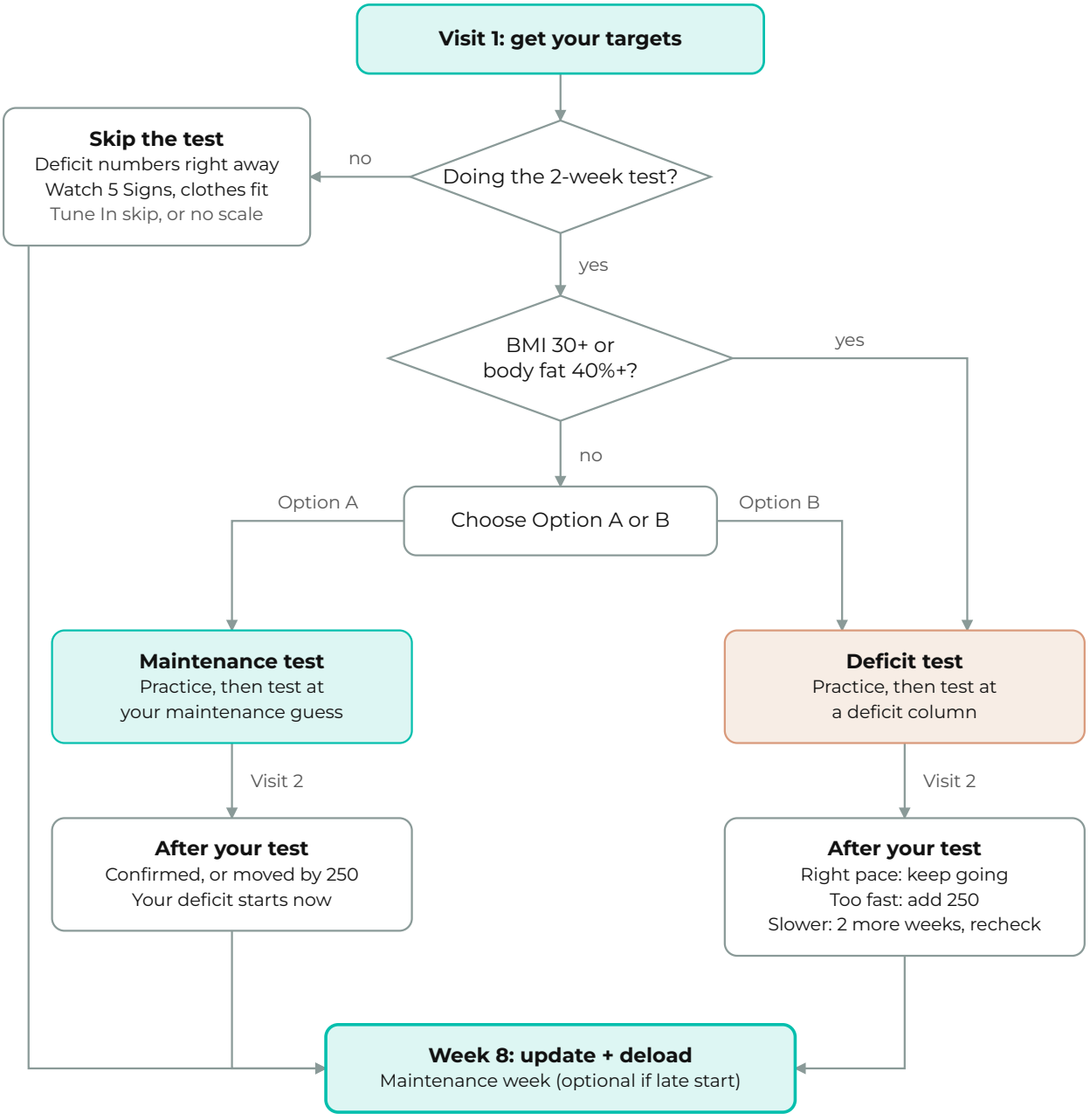
**Still losing slower than expected after 4 weeks?** The calculator treats your target as your actual maintenance and gives you a new deficit from there.

### TWO SAFETY CHECKS THE CALCULATOR RUNS FOR YOU

- **Too close to your RMR:** if a new number would land below your RMR × 1.2, the calculator tells you to reach out instead of giving you a number. Please don't cut further; we'll look at it together.
- **A slow result never cuts your calories.** It only asks for more time and a closer look at your intake. The only result that changes your number right away is losing too fast, and that change is more food.

# YOUR NEXT STEP

**For the visual learners!**



# DEFICIT & MY NUMBERS

### WHY THE DEFICIT STAYS SMALL

Your deficit is sized to your body weight: it's set so you lose about ¼ to ½% of your body weight per week (for a 150-lb woman, that's about 0.4 to 0.75 lb a week). **For most women, ¼% is the better place to start.** Keeping the deficit small is smart: muscle gain starts to stall at a deficit of around 500 calories a day (Murphy & Koehler, 2022), and your Recomp target should always sit well above your RMR. The calculator checks both and flags them if needed.

> **Calories and protein matter most.** Carbs and fat can flex from day to day; aim for the general ranges on most days, but remember: this is NOT a low-carb program! You need carbs to support your training and recovery. And if keeping tabs on your intake, weighing in, or taking metrics is too stressful for you as presented, reach out. We can find a route and a timeline that work better for you.

### MY NUMBERS

Copy these from your calculator results into the boxes below each time you use it. Expect small changes: after a maintenance test, your maintenance stays the same or moves by 250 calories; after a deficit test, your target stays the same unless you're losing too fast. At Week 8, maintenance usually dips only slightly (about 10 calories for every pound you've lost), unless a new scan shows otherwise.

**My path** Tune In | Dial In | Lock In

**My 2-week test** Maintenance test | Deficit test | Skipping the test **Column** ¼% | ½%

### MY DAILY TARGETS

**PRACTICE & 2-WEEK TEST**
*Your test number from your first visit*

Calories _____

Protein _____ g

**AFTER MY TEST**
*Recomp target (right away, if skipping the test)*

Calories _____

Protein _____ g

**WEEK 8**
*Maintenance*

Calories _____

Protein _____ g

**WEEKS 9-16**
*Recomp target*

Calories _____

Protein _____ g

### SAVE FOR LATER *The calculator will ask for these.*

| | | |
|---|---|---|
| **My maintenance guess** | **From:** *your first calculator visit*<br>**Needed:** *after your 2-week test* | _____ |
| **My RMR (scan or estimated)** | **From:** *your first calculator visit*<br>**Needed:** *after your 2-week test* | _____ |
| **My confirmed maintenance** | **From:** *your results after your 2-week test*<br>**Needed:** *at Week 8* | _____ |
| **My test week 2 average** | **From:** *your Support Sheets, or your results after your test*<br>**Needed:** *at Week 8, as your end-of-test weight* | _____ |

***Not weighing yourself?*** *If you have a Week 6-7 scan, plug it in to the Recomp Calculator as planned. No scan? Eat at your On Ramp maintenance guess for Week 8, then go back to your Recomp target for Weeks 9 to 16.*

**Build your days at these numbers in the Menu Planner.**
**idealage.com/brdr_P2_recomp_menu_planner**

# VISUALIZE YOUR WEEK

Your anchors and weekly prep are still the core of this program, and Recomp adds training days and a weekend prep session to fit around them. Start strong with a plan!

### YOUR 5 ANCHORS: HOW WILL YOU MAKE SURE EACH ONE HAPPENS, AND WHERE WILL IT FIT?

⚓ **Protein** *starting with breakfast*

⚓ **Nervous System Work** *2-3+ days a week*

⚓ **Prep** *every weekend, protein at minimum*

⚓ **Workout and/or Recovery** *daily*

⚓ **Course & Community** *you're not doing this alone*

### SKETCH OUT A POSSIBLE WEEK

Workout days, recovery days, walks, nervous system work, course and community check-ins, and your prep session.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | |