RAWFIT Guide: Master Your Calories and Macros

Getting a grip on your calorie and macronutrient needs isn’t just for bodybuilders or athletes—it’s essential for anyone who wants to take control of their health, strength, and performance.

# Step 1: Estimate Your Maintenance Calories

Maintenance calories are what you need to stay the same weight. There are fancy formulas, but here’s the blunt truth: start with a ballpark number.
- Men: bodyweight (kg) × 24–28
- Women: bodyweight (kg) × 22–26
Adjust based on activity level. Multiply by 1.2 if you’re sedentary, up to 1.7–2.0 if you train hard.

# Step 2: Set Your Goal (Fat Loss, Maintenance, or Muscle Gain)

- Fat Loss: subtract 10–25% from maintenance.
- Muscle Gain: add 5–15% to maintenance.
- Maintenance: keep it where it is.
The bigger the goal, the more aggressive the adjustment—but don’t be a hero. You’ll just burn out or give up.

# Step 3: Calculate Your Macros

- Protein: 1.6–2.2g per kg of bodyweight (aim high if you’re training hard).
- Fat: 0.8–1.2g per kg (too low and your hormones suffer).
- Carbs: whatever calories are left after protein and fat.

Example for a 75kg person on fat loss:
- Maintenance: 75kg × 25 × 1.5 = 2812.5 → target 2200 kcal for fat loss
- Protein: 2g/kg → 150g = 600 kcal
- Fat: 1g/kg → 75g = 675 kcal
- Carbs: (2200 - 600 - 675) / 4 = 231g

# Too Much Math?

If you really can’t be arsed with doing all the calculations yourself, then head over to the [fitness calculator section](https://www.rawfit.co.uk/fitness-calculator/) and punch in your details.