

QUICK REFERENCE SHEET

Macros, Hydration, and Intake Planning Reference

A better intake-planning reference that treats hydration and macro targets as structured estimates rather than rigid prescriptions.

QUICK OVERVIEW

Category: health fitness

Includes 1 related guide page.

Links back to 3 calculator tools.

FORMULA HIGHLIGHTS

Macro grams

grams = calorie share / calories per gram

WHAT THIS PACK IS FOR

Use this guide to turn hydration and macro calculators into sensible first-draft plans while keeping their limits visible.

HYDRATION REMINDERS

- Water-intake estimates vary with climate, body size, activity, and diet.
- A calculator result is a starting point, not a universal prescription.

MACRO PLANNING REMINDERS

- Macro percentages divide a calorie budget into protein, carbohydrate, and fat.
- A mathematically neat split is not automatically practical or nutritionally complete.

PRACTICAL USE

Set the initial plan, then adjust using observation: performance, hunger, recovery, thirst, and body-weight trend all matter.