

“Consistency Beats Perfection.”



A Complete Science-Based Training,
Nutrition, and Lifestyle Toolkit

CampusFit's Strength & Nutrition Handbook

12 A Complete
Week
Beginner's
Guide

Note this guide should not be taken as medical advice. Please contact your primary physician if unsure about certain nutritional recommendations or before making major lifestyle changes.

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Part 1 – Foundations

Chapter 1 – Welcome & How to Use This Handbook

Welcome to your 12-Week Strength & Nutrition Transformation Program. This handbook gives you everything you need: fully written workouts (with sets, reps, rest, and coaching cues), nutrition targets and sample meal plans, lifestyle and recovery strategies, and printable logs to track it all.

How to use this handbook

R

Read Parts 1 and 2 first to learn the basics.

F

Follow your training plan: consistency is key!

A

Apply the nutrition plan daily: diet is responsible for >50% of progress!

T

Track training, nutrition, steps, sleep, and weekly measurements.

I

If you miss, adjust and keep going; progress over perfection: don't let one day off track turn into multiple!

Chapter 2 – Goal Setting & Baseline Assessment

Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) for strength and body composition.

Goal	Why It Matters	Measurement Method	Target Date
Squat 100 kg	Lower-body strength	1RM Back Squat	End of Week 12
Lose 4 kg fat	Improve body composition	Scale + Waist/Hip	End of Week 12

Baseline measurements (record before Week 1, repeat at Weeks 4, 8, and 12):


Metric	Value	Notes
Bodyweight morning, fasted, after using washroom		
Body Fat % (Optional)		
Height		

Strength & mobility tests (good-form reps) [these measurements are optional but highly encouraged]:

Test	Result	Notes
Push-ups in 1 minute		
Bodyweight squats in 1 minute		
Plank hold (sec)		
Back Squat – 5 reps (kg)		
Bench Press – 5 reps (kg)		
Deadlift – 5 reps (kg)		

Chapter 3 – The Two Pillars: Training + Nutrition

Training provides the stimulus (progressive overload on key movement patterns). Nutrition provides the raw materials (adequate calories, protein, carbs, and fats). You need both for strength, muscle gain, and fat loss. One without the other blunts results.¹



For training focus on exercising with high intensity and going to failure. Progressive overload only works when you genuinely try to either increase your rep count, increase your working set weight, or improve your form each time you repeat an exercise during a new workout session (or set).² However, this does not mean increasing the weight of an exercise to the point you cannot execute it with proper form (ego lifting). Without proper form, you WILL NOT build proper strength.³ Ego lifting is incredibly dangerous and can lead to serious injuries which may halt your training for months or even impact your life for years.⁴ So, remember, progressive overload is the key to building strength but without proper form and technique, mindlessly increasing weight will only lead to injury.

Nutrition is the most important aspect of programming that is often ignored by many. To see real progress in the gym, your nutrition must be dialed in. The basics of nutrition revolve around the consumption of calories through proteins, carbohydrates, and fats. Carbohydrates and proteins have 4 calories per gram whereas fats have 9.⁵ To build muscle, you must consume enough protein and preferably be in a slight calorie surplus.⁶ To lose fat, you still must consume high amounts of protein while being in a calorie deficit (high protein during a cut ensures minimal muscle loss and potential muscle gain).⁷ More information regarding nutritional guidelines will be covered throughout the handbook.

Part 2 – Nutrition Blueprint

Chapter 4 – Nutrition Basics

Macronutrients:

- Protein (1.6–2.2 g/kg/day; up to 2.4 g/kg during fat loss): muscle repair, recovery, satiety.⁸
- Carbohydrates (3–7 g/kg/day depending on training): primary fuel, glycogen replenisher.⁹
- Fats (0.8–1.0 g/kg/day): hormones, cell health, nutrient absorption.¹

Micronutrients:

eat a variety of colorful fruits/veg; consider iron, calcium, magnesium, potassium, and B-vitamins.¹⁰

Hydration:

35–45 ml/kg/day; increase around training. Aim for light-yellow urine most of the day.¹¹

Supplementation:


the following supplements are highly recommended to help enhance your training. However, don't worry if you cannot purchase these supplements as nutrition alone through micronutrient dense foods is enough for most to see good results.

Nutrition Blueprint

Supplement	Benefit	Standard Dose
Magnesium Bis / Glycinate ¹²	Supports muscle function, relaxation, stress reduction, sleep quality, and heart health; gentle on stomach (most bioavailable form)	200–400 mg elemental magnesium / day (often split into 1–2 doses)
Creatine Monohydrate ¹³	Improves strength, power, muscle mass, and exercise performance; supports brain health	5 g / day (after optional 5–7 day loading of 20 g/day split into 4 doses→loading is not necessary)
Vitamin D ¹⁴	Supports bone health, immune function, and mood regulation	1000–2000 IU / day for general maintenance; higher (up to 4000 IU) under medical guidance if deficient
Fish Oils (Essential Fatty Acids / Omega 3 Fatty Acids) ¹⁵	Supports heart, brain, joint health; reduces inflammation; has testosterone increasing properties	250–500 mg / day combined EPA + DHA for general health; 1–3 g/day EPA + DHA for targeted anti-inflammatory or cardiovascular benefits

Chapter 5 – Building Your Nutrition Plan

To make things simpler use the following website or the instructions down below:

- 
- Step 1** ● **Calculate Basal Metabolic Rate (Mifflin–St Jeor):¹⁶**
 - Men: $\text{BMR} = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age} + 5$
 - Women: $\text{BMR} = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age} - 161$
 - Step 2** ● **Multiply by activity factor for total daily energy expenditure (TDEE):**
1.2 (sedentary), 1.375 (light), 1.55 (moderate), 1.725 (very active).
 - Step 3** ● **Adjust for goal:**
–300–500 kcal for fat loss; +200–400 kcal for muscle gain;
maintenance = TDEE.
 - Step 4** ● **Set macros:**
 - Protein first (2.2 g/kg typical).
 - Fats next (0.8–1.0 g/kg).
 - Fill remaining calories with carbs.
 - 1 g protein/carbs = 4 kcal; 1 g fat = 9 kcal.

Nutrition Blueprint

Example

● Male ● 80 kg ● 180 cm ● 30 yrs ● Moderate Activity ● Fat Loss
BMR = 1780 kcal TDEE \approx 2759 kcal Target \approx 2259 kcal
Protein = 176 g (704 kcal) Fat = 72 g (648 kcal) Carbs = 226 g (\approx 907 kcal)

Meal timing : prioritize protein at each meal (30–50 g), place carbs around training (optimally before and after), include fiber (25–40 g/day), consider taking intra-workout carbs (e.g. dextrose) during training sessions.^{17, 18, 19} To ensure the most optimal results, stick to a meal plan and track your performance training. If you do not see improvements or good results, change things up. Setting up your nutrition and macros is not one-size-fits all process. Nutrition varies person to person and often involves trial and error before it is perfected in a program.²⁰ For more specific nutritional advice, sign-up for CampusFit's free 1-1 nutrition and training programming sessions (campusfit.ca).

Supplements : keep track of what you take and how they make you feel/perform both in your day-to-day life and while training. Adjust accordingly and reach out to your primary physician if you are interested in taking new supplements (whether they are the ones in this guidebook or not).

Additional support : use applications such as MyFitnessPal and MacroFactor to help you track your nutritional goals. More information regarding these apps can be found in Chapter 20.

Chapter 6 – Introduction to Meal Prep: Practical Tools & Strategies

Meal Prep System: plan 3–5 days ahead, cook in batches, weigh portions, label containers with date/macros.

Grocery Staples:

- Proteins: chicken, turkey, eggs, Greek yogurt, whey, tuna, lean beef, tofu/tempeh.²¹
- Fats: olive oil, avocado, nuts, eggs (some sources of meat are also high in healthy fats → chicken thigh).²³
- Carbs: rice, oats, potatoes, pasta, quinoa, wholegrain bread, fruit, veg.²²
- Extras: herbs / spices, low-cal sauces, salsa, mustard, protein bars, protein snacks, protein / low-cal ice-cream (e.g. Halo-Top)

Try your best to eat foods rich in micronutrients as they will make you feel better throughout the day, especially during a calorie deficit.²⁴

Eating Out: pre-log likely meals, prioritize lean protein + veg + a smart carb; watch cooking oils and dressings.

"Cheat" Meals:²⁵ the reality is "cheat" meals can halt progress however it is human to want to freely eat and enjoy foods especially when going out with friends and family. Rather than having full on "cheat" days try to have only one "cheat" meal. During the day of the "cheat" meal, maximize high protein foods before the meal (e.g. whey/casein protein shakes, protein bars, protein snacks, etc.) and minimize calorie dense food consumption. Do not feel guilty after a "cheat" meal. Instead, focus on getting back on track the following day. Do not let one "cheat" meal turn into a "cheat" week. To be successfully with your nutritional goals, it is crucial that you have a healthy relationship with food. NEVER starve yourself a day after overeating as that can lead to further episodes of bingeing and disordered eating. Always remember to enjoy whatever you eat, and to prioritize your mental health goals over a way you want to look. Sometimes "cheat" meals can even provide the necessary mental break to enhance outcomes of dietary periods.

Nutrition Blueprint

Alcohol:²⁶ minimal during the 12 weeks; if used, account for calories (≈ 7 kcal / g) and choose low-sugar mixers. Ideally, it is best to avoid drinking alcohol as it is a toxin that damages your body in all doses / concentrations / quantities.

Chapter 7 – Supplements (Optional)

Evidence-based options:

- Whey/Casein Protein – convenient way to hit protein targets.²⁷
- Creatine Monohydrate – 5 g/day; improves strength and muscle over time.¹³
- Vitamin D – especially in low-sunlight months (dose per lab work/primary physician's guidance).¹⁴
- Omega-3 (Fish Oil) – EPA/DHA for heart/joint health.¹⁵

As previously mentioned, supplements fill small gaps; they don't replace consistent nutrition.

Nutrition Blueprint

Sample Meal Plans

Please note that this a general meal plan and not specifically customized to include foods of preference. All meal plans developed by the CampusFit team during 1-on-1 nutritional programming will be created to specifically include foods enjoyed by you. From the sample meal plans, macro targets can be shifted $\pm 10\%$ to fit appetite and performance. Examples:

	Meal	Example Foods	Approx Macros
1800 kcal (Fat Loss) ~~ 150P 170C 55F	Breakfast	3 eggs + 2 egg whites; 40 g oats; berries	P35 C35 F18
	Snack	Greek yogurt (200 g) + whey (20–30 g)	P40 C15 F 0
	Lunch	Chicken 150 g; rice 120 g cooked; veg; 1 tsp oil	P40 C35 F10
	Snack	Banana; 20 g almonds	P 5 C25 F10
	Dinner	Salmon 150 g; sweet potato 200 g; asparagus	P30 C60 F17
2200 kcal (Mild Deficit / Maintenance) ~~ 160P 240C 70F	Breakfast	Omelette (3 eggs, veg) + 2 toast	P30 C30 F20
	Snack	Protein shake + banana	P30 C30 F 3
	Lunch	Lean beef 150 g; pasta 100 g uncooked; sauce	P40 C70 F12
	Snack	Cottage cheese 200 g + fruit	P30 C20 F 5
	Dinner	Chicken 150 g; quinoa 150 g cooked; veg; 1 tbsp oil	P30 C90 F30
2700 kcal (Maintenance / Lean Gain) ~~ 170P 330C 75F	Breakfast	3 eggs + oats (70 g) + banana	P30 C70 F18
	Snack	Greek yogurt 200 g + whey + granola	P45 C45 F 5
	Lunch	Turkey 150 g; rice 200 g cooked	P40 C70 F15
	Snack	PB sandwich on wholegrain	P20 C45 F18
	Dinner	Salmon 180 g; potatoes 300 g; salad + oil	P35 C100 F19

Part 3 – Training Program

Chapter 9 – Training Principles

Core principles

- Progressive overload: ² increase load, reps, or execution quality week to week.
- Specificity: ³⁰ train hard and heavy, stick to a routine for at least 1-3 months, train every muscle group at least twice a week, and try to progress on all your lifts throughout this timeline.
- Recovery: ³¹ muscles grow outside the gym: good sleep, good nutrition, and stress management is crucial to progress.
- Technique first: ³² own the movement before you load it heavy.
- Consistency: ³³ showing up beats perfection. It's not going to the gym for 3 hours that makes the difference but showing up every day for years even if it's only for 10 minutes.

Training Program

Intensity & RPE ³⁴

Use RPE (Rate of Perceived Exertion) 1–10 to gauge difficulty. Most working sets should land at RPE 8 depending on phase. However, for new lifters, having a good understanding of real RPE is hard thus it is recommended that in this 12-week guide you take all lifts to complete failure (RPE 10).

RPE	Description
6	Could perform ~4 more reps
7	≈3 reps in reserve
8	≈2 reps in reserve
9	≈1 rep in reserve
10	Max effort

Rest between sets (all phases) ³⁵

AT LEAST 2–3 minutes (optimally) for both compound and accessory lifts to maintain performance. If you do not have the time to do this, do not worry. The most important aspect of training is consistency. So even if it's just for 10 minutes, make sure to train on the days you are supposed to.

Daily Steps (NEAT) ^{36, 37}

Regardless of your dieting phase (cutting, bulking, maintaining) always aim for at least 10,000 steps per day. Hitting your daily step count is more than just a fitness trend; it is a key pillar of overall health. Regular walking improves cardiovascular health, supports weight management, boosts mood through endorphin release, enhances energy levels, and lowers overall risk of death. It also helps maintain joint mobility, strengthens muscles, and reduces the risk of chronic diseases like type 2 diabetes and hypertension. Even small increases in daily steps can have significant long-term health benefits, making consistent movement an easy yet powerful investment in your well-being.

Chapter 9 – Movement Patterns & Key

Patterns and Examples:

- **Squat – Back Squat, Front Squat, Goblet Squat**

Cues: brace torso, knees track over toes, full-foot pressure.

- **Hinge – Deadlift, Romanian Deadlift, Hip Thrust**

Cues: hinge at hips, neutral spine, drive hips through.

- **Horizontal Push – Bench Press, DB Press, Push-ups**

Cues: scapulae set, bar to mid-chest, press through whole foot.

- **Horizontal Pull – Barbell Row, Seated Row**

Cues: pull elbows to hip, squeeze lats, neutral neck.

- **Vertical Push – Overhead Press, DB Press**

Cues: ribs down, glutes tight, bar path close to face.

- **Vertical Pull – Pull-ups, Lat Pulldown**

Cues: pull chest to bar, drive elbows down, avoid shrugging.

- **Carry / Core – Abdominal cable crunches, leg raises (can be loaded with weights)**

Cues: focus on contrasting your chest and loading weights.

Exercises such as planks and sit-ups are just cardio rather than real abdominal building workouts.

Chapter 10 – The 12-Week Progressive Program

Overview:

- Phase 1 (Weeks 1–4):

3× / week full-body; focus on technique and building a strong foundation (RPE 6–7).

- Phase 2 (Weeks 5–8):

5-day split (Upper / Lower / Rest / Push / Pull / Legs / Rest) to build more strength while focusing on higher volume (RPE 7–8).

- Phase 3 (Weeks 9–12):

Alternating Upper / Lower, 4× / week, high intensity with low volume - 6 exercises, 2 sets of 6–8 reps each (RPE 9–10).

Progression model: ³⁸

Use double progression. When you hit the top of the rep range on all sets with solid form, increase load 5–10lbs (upper body) or 10–20lbs (lower body) next time.

Phase 1 (Weeks 1–4) – Full Body x3

Schedule example: Mon – Day A, Wed – Day B, Fri – Day C. Rest 2–3 minutes between all sets.

Day A

Exercise	Sets × Reps	RPE	Rest
Hack Squat	3 × 8 – 12	6 – 7	2 – 3 min
Bench Press	3 × 8 – 12	6 – 7	2 – 3 min
Bent-Over Row	3 × 8 – 12	6 – 7	2 – 3 min
DB Overhead Press	3 × 8 – 12	6 – 7	2 – 3 min
Romanian Deadlift	3 × 8 – 12	6 – 7	2 – 3 min
Cable Abdominal Crunches	3 × 8 – 12	6 – 7	2 – 3 min
Calf Raise	3 × 8 – 12	6 – 7	2 – 3 min

Day B

Exercise	Sets × Reps	RPE	Rest
Deadlift	3 × 8 – 12	6 – 7	2 – 3 min
Pull-up or Lat Pull down	3 × 8 – 12	6 – 7	2 – 3 min
DB Incline Bench Press	3 × 8 – 12	6 – 7	2 – 3 min
Bulgarian Split Squat	3 × 8 – 12 / leg	6 – 7	2 – 3 min
Seated Row	3 × 8 – 12	6 – 7	2 – 3 min
Hanging Leg Raise	3 × 8 – 12	6 – 7	2 – 3 min
Face Pull (with Rope)	3 × 8 – 12	6 – 7	2 – 3 min

Training Program

Day C

Exercise	Sets × Reps	RPE	Rest
Front Squat	3 × 8 – 12	6 – 7	2 – 3 min
Overhead Press	3 × 8 – 12	6 – 7	2 – 3 min
Barbell Hip Thrust	3 × 8 – 12	6 – 7	2 – 3 min
Chin-up	3 × 8 – 12	6 – 7	2 – 3 min
DB Lateral Raise	3 × 8 – 12	6 – 7	2 – 3 min
Cable Abdominal Crunches	3 × 8 – 12	6 – 7	2 – 3 min
Calf Raise	3 × 8 – 12	6 – 7	2 – 3 min

Phase 2 (Weeks 5–8) – Upper / Lower / Rest / Push / Pull / Legs / Rest

Goal: increase weekly volume and frequency. Keep rest 2–3 minutes. RPE 7–8 on working sets.

Upper

Exercise	Sets × Reps	RPE	Rest
Bench Press	3 × 10 - 12	7 – 8	2 – 3 min
Pull-ups	3 × 10 - 12	7 – 8	2 – 3 min
Overhead Press	3 × 10 - 12	7 – 8	2 – 3 min
Barbell Row	3 × 10 - 12	7 – 8	2 – 3 min
DB Rear Delt Fly	3 × 10 - 12	7 – 8	2 – 3 min
EZ-Bar Curl	3 × 10 - 12	7 – 8	2 – 3 min
Skull Crusher	3 × 10 - 12	7 – 8	2 – 3 min

Lower

Exercise	Sets × Reps	RPE	Rest
Hack Squat	3 × 10 - 12	7 – 8	2 – 3 min
Romanian Deadlift	3 × 10 - 12	7 – 8	2 – 3 min
Hip Adduction (Machine)	3 × 10 - 12	7 – 8	2 – 3 min
Leg Press	3 × 10 - 12	7 – 8	2 – 3 min
Seated Calf Raise	4 × 10 - 12	7 – 8	2 – 3 min
Cable Abdominal Crunch	3 × 10 - 12	7 – 8	2 – 3 min

Training Program

Push

Exercise	Sets × Reps	RPE	Rest
Bench Press	3 × 10 - 12	7 - 8	2 - 3 min
DB Shoulder Press	3 × 10 - 12	7 - 8	2 - 3 min
DB Tricep Overhead Press	3 × 10 - 12	7 - 8	2 - 3 min
Incline DB Bench Press	3 × 10 - 12	7 - 8	2 - 3 min
Lateral Raises	3 × 10 - 12	7 - 8	2 - 3 min
Triceps Pushdown	3 × 10 - 12	7 - 8	2 - 3 min

Pull

Exercise	Sets × Reps	RPE	Rest
Pull-ups (Assisted With Machine or Weighted With DBs)	3 × 10 - 12	7 - 8	2 - 3 min
Incline DB Bicep Curls	3 × 10 - 12	7 - 8	2 - 3 min
Machine Rows (Wide Grip)	3 × 10 - 12	7 - 8	2 - 3 min
Machine Bicep Curl	3 × 10 - 12	7 - 8	2 - 3 min
DB Rear Delt Fly	3 × 10 - 12	7 - 8	2 - 3 min
DB Shrugs	3 × 10 - 12	7 - 8	2 - 3 min

Legs

Exercise	Sets × Reps	RPE	Rest
Barbell Squat	3 × 10 - 12	7 - 8	2 - 3 min
Deadlift	3 × 10 - 12	7 - 8	2 - 3 min
Hip Adduction (Machine)	3 × 10 - 12	7 - 8	2 - 3 min
Calf Raise (Standing Machine)	3 × 10 - 12	7 - 8	2 - 3 min
Leg Raises	3 × 10 - 12	7 - 8	2 - 3 min

Phase 3 (Weeks 9–12) – Alternating Upper/Lower (4×/week)

High intensity, low volume. 5–6 exercises per session; 2 working sets each; 6–8 reps; RPE 9–10. Recommended that you rest a minimum of 3 minutes between sets.

Weekly cadence example: Mon – Upper A, Tue – Lower A, Thu – Upper B, Fri – Lower B (Wed/Sat/Sun rest or active recovery). Optimally, you should allocate one rest day per week but fit this upper lower program into your schedule as you see fit.

Upper A

Exercise	Sets × Reps	RPE	Rest
Bench Press	2 × 6 – 8	9 – 10	>= 3 min
Barbell Row	2 × 6 – 8	9 – 10	>= 3 min
Overhead Press	2 × 6 – 8	9 – 10	>= 3 min
Pull-ups (weighted or assisted depending on your conditioning)	2 × 6 – 8	9 – 10	>= 3 min
Incline DB Press	2 × 6 – 8	9 – 10	>= 3 min
Barbell or DB Curl	2 × 6 – 8	9 – 10	>= 3 min

DB Shrugs

Lower A

Exercise	Sets × Reps	RPE	Rest
Hack Squat	2 × 6 – 8	9 – 10	>= 3 min
Leg Curl	2 × 6 – 8	9 – 10	>= 3 min
Hip Adduction (Machine)	2 × 6 – 8	9 – 10	>= 3 min
Abdominal Cable Crunches	2 × 6 – 8	9 – 10	>= 3 min
Standing Calf Raise	2 × 6 – 8	9 – 10	>= 3 min
Leg Extension	2 × 6 – 8	9 – 10	>= 3 min

Training Program

Upper B

Exercise	Sets × Reps	RPE	Rest
DB Overhead Press	2 × 6 - 8	9 - 10	>= 3 min
Chin-ups (weighted or assisted depending on your conditioning)	2 × 6 - 8	9 - 10	>= 3 min
Incline Bench Press	2 × 6 - 8	9 - 10	>= 3 min
Seated Cable Row	2 × 6 - 8	9 - 10	>= 3 min
Face Pull	2 × 6 - 8	9 - 10	>= 3 min
Hammer Curl	2 × 6 - 8	9 - 10	>= 3 min

Lower B

Exercise	Sets × Reps	RPE	Rest
Deadlift	2 × 6 - 8	9 - 10	>= 3 min
Barbell Squat	2 × 6 - 8	9 - 10	>= 3 min
Hip Thrust	2 × 6 - 8	9 - 10	>= 3 min
Leg Curl	2 × 6 - 8 / leg	9 - 10	>= 3 min
Seated Calf Raise	2 × 6 - 8	9 - 10	>= 3 min
Leg Raises (weighted or assisted depending on your conditioning)	2 × 6 - 8	9 - 10	>= 3 min

Chapter 11 – Warm-ups & Mobility

General warm-up (5 minutes) ³⁹

Light cardio + dynamic mobility (leg swings, arm circles, torso twists). Stretching is incredibly important, especially as a beginner, to prevent soreness and reduce risks of injury.

Specific warm-up

Ramp-up sets for the first main lift (e.g., 1-2 lighter sets to build to working weight). Not necessary unless lifting very heavy weights.

Post-workout

30–60 sec static stretches per muscle group; optional foam rolling (quads, hamstrings, glutes, upper back).

Part 4 – Lifestyle & Recovery

Chapter 12 – Sleep & Stress

SLEEP ⁴⁰



Aim for 7 to 9 hours of restorative sleep each night. Keep bed and wake times consistent, even on weekends, to support a stable circadian rhythm. Limit caffeine and other stimulants for 6 to 8 hours before bed as they can interfere with deep and REM sleep. In the final hour before bed, dim screens and reduce blue light exposure to signal your body it is time to wind down. Maintain a cool, dark, and quiet sleep environment; blackout curtains, white noise, or a fan can help improve sleep quality and duration.

STRESS MANAGEMENT ⁴¹



Use the 4-7-8 breathing technique (inhale for 4 seconds, hold for 7, exhale for 8) to lower stress and slow the heart rate. Incorporate short walks to clear the mind, journaling to process and release thoughts, and mobility flows to reduce muscle tension. Plan with realistic scheduling to avoid overcommitment and ensure balance. Rest days are essential for adaptation because the body and mind recover and strengthen not during the activity itself but in the periods of rest that follow.

Chapter 13 – NEAT & Step Count

Non-Exercise Activity Thermogenesis (NEAT) refers to the energy your body expends through all movement that is not structured exercise, such as walking, taking the stairs, doing household chores, or even fidgeting.⁴² These seemingly small activities accumulate significantly over the day and can have a major impact on overall calorie expenditure. A practical target for most people is around 10,000 steps per day, which supports fat loss, improves cardiovascular health, and enhances recovery by increasing blood flow and reducing muscle stiffness.

If progress in fat loss or fitness stalls, consider gradually increasing your daily step count by 1,000 to 2,000 rather than immediately cutting calories or adding more structured workouts. This approach is sustainable, less taxing on recovery, and minimizes the risk of overtraining. Small changes such as walking during phone calls, parking farther from destinations, or taking short movement breaks throughout the day can make hitting these step goals easier and more enjoyable.

Chapter 14 – Tracking Progress & Adjustments

Weekly:

- Bodyweight (same day/time; rolling 7-day average is best) preferably after emptying your stomach & bladder.
- Step count average (~10k+).
- Training log review (loads, reps, RPE).

Every 4 weeks:

- Photos (front / side / back, same lighting) and circumference measurements (optional).
- Strength re-tests (optional).

Plateau troubleshooting:

1. Increase steps by 1–2k / day.
2. Tighten logging accuracy (scale + labels).
3. Adjust calories ± 150 –200 kcal.
4. Review sleep / stress.
5. Ensure rest times are truly accurate (~2–3 minutes).

Part 5 – Resources & Templates

Chapter 15 – Training Log Templates

Date	Exercise	Sets x Reps	Weight	RPE	Rest (min)	Notes

Chapter 16 – Nutrition Tracker Templates

Meal	Foods	Portion (g/ml)	Calories	Protein (g)	Carbs (g)	Fat (g)
Breakfast						
Snack						
Lunch						
Snack						
Dinner						

End-of-day totals:

Calories	Protein	Carbs	Fat

Chapter 17 – Habit Tracker

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Hit protein target							
Trained as scheduled							
10k steps							
7+ hours sleep							

Chapter 18 – Quick Reference Exercise Library (Cues)

- Back Squat: brace; knees out; sit between heels; drive up through mid-foot.
- Front Squat: tall chest; elbows high; sit straight down; stay balanced.
- Deadlift: wedge hips to bar; lats tight; push floor; lock out by squeezing glutes.
- Romanian Deadlift: soft knees; hinge back; bar tracks thighs; stop at mid-shin.
- Bench Press: feet planted; shoulder blades set; touch mid-chest; drive bar back and up.
- Overhead Press: ribs down; glutes tight; bar path close; head through at top.
- Barbell Row: hinge to flat back; pull elbows toward hips; pause; control down.
- Pull-up/Chin-up: full hang; chest to bar; avoid kicking; control eccentric.
- Hip Thrust: chin tucked; ribs down; squeeze glutes at top; neutral spine.
- Bulgarian Split Squat: long stance; knee tracks over toes; back knee down; drive front foot.
- Lateral Raise: slight lean; lead with elbows; stop at shoulder height; control down.

All exercise demonstration videos be viewed on campusfit.ca.

Chapter 19 – Recommended Apps & Tracking Tools

Macro tracking apps:

- MyFitnessPal – large database, barcode scanner, custom goals.
- Macrofactor – accurate, adaptive targets, smooth logging (paid).
- Cronometer – excellent micronutrient tracking.
- Carbon Diet Coach – weekly macro adjustments (paid).

Important: avoid AI/photo-based calorie estimators—they are often off by hundreds of calories due to portion and lighting variability. For reliable results, use a digital food scale and read nutrition labels. Log foods before you eat to adjust portions in real time.

Appendix – Worksheets

Terminology: DB → Dumbbell

Macro Calculator Worksheet

Bodyweight (kg)	Height (cm)	Age	Sex (M / F)	Activity Factor	Goal (– / + / =)	Target Calories
Protein g (× g / kg)	Fat g (× g / kg)	Protein kcal (×4)	Fat kcal (×9)	Carb kcal (remainder)	Carb g (÷4)	

Weekly Schedule Planner (fill in days / times)

WEEK	MON	TUE	WED	TFU	FRI	SAT	SUN
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							



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Chapter 8 – Useful Tools / Investments (Optional)

1 Ninja Creamy

Absolutely amazing for creating macro-friendly, high-protein ice-cream. Checkout @fitnessproductfinder on Instagram for great macro friendly recipes (just one example). There are plenty of more recipes online that you can use to fit ice-cream into your daily diet.

2 Diet Sodas

Do not be afraid of diet sodas. They are a great way of increasing your water consumption / hydration. Diet Sodas are not unhealthy and are completely safe to consume.²⁸

3 Sugar-Free Energy Drinks

Caffeine is an amazing appetite suppressant and can help you reach your dieting goals. However, make sure not to consume caffeine after noon as it can disrupt your circadian rhythm and sleep cycle.²⁹

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