

TEMPO MODE

The Tempo Calorie & Macro Guide

The two numbers that decide everything. No tracking obsession required.

Always Improving.

What's inside

Pick the section you need. Read it. Move on. You don't have to know every gram of every macro to lose fat.

1

Calories & Macros

What these two words actually mean. The bank account version, not the textbook version.

2

Finding Your Numbers

Your calorie and protein targets, calculated in 60 seconds. No app required.

3

A Day In Practice

Two example days hitting the same numbers with completely different meals. Normal food.

4

Track + Adjust

How to track, when to stop tracking, and what to change when progress stalls.

****Prefer to watch it?*** Full video walkthrough on setting up your calories and protein: [youtu.be/
ax0bTVC7WYU](https://youtu.be/ax0bTVC7WYU)

Section 01: What calories and macros are

A calorie is just a unit of energy. Every food you eat gives your body energy. Your body burns that energy to keep you alive, walking, thinking, training. Eat more than you burn and the excess gets stored as fat. Eat less and your body pulls from its fat reserves to make up the difference. That's the entire mechanism.

Macros (short for macronutrients) are the three categories of nutrient in food. Each one gives a different amount of energy per gram.

Macro	Calories per gram	What it does
Protein	4 kcal	Builds and protects muscle. Keeps you full. Highest priority.
Carbs	4 kcal	Your body's main fuel for training and daily activity.
Fats	9 kcal	Supports hormones, brain function, vitamin absorption.

Fat has more than double the calories per gram of the other two. That's why a handful of nuts can have the same calories as a chicken breast. It doesn't make fat bad, it just means portion size matters more for fatty foods.

The two-number approach

You don't need to obsess over all three macros. For fat loss, two numbers decide most of your result.

Your calorie target

This creates the deficit. Eat below it consistently and your body uses stored fat to fill the gap.

Your protein target

This protects your muscle while you lose fat, controls hunger, and gives you a guaranteed minimum that keeps the rest in check.

Get these right and split the remaining calories between carbs and fats however you prefer. Love pasta? Eat more carbs. Prefer cheese and avocado? Go higher fat. For fat loss, it genuinely doesn't matter.

The one thing worth being strict about is protein. Everything else has flexibility built in.

Section 02: Set your numbers

Three steps. About 60 seconds with a calculator. No app required.

Step 1: Estimate your maintenance

This is what you'd eat to stay the same weight. Take your bodyweight and multiply by the row below that fits your week.

Activity Level	Multiply weight (kg) by	Or weight (lbs) by
Sedentary (desk job, barely move)	28-30	13-14
Lightly active (1-2 sessions/week)	30-32	14-15
Moderately active (3-5 sessions/week)	32-35	15-16
Very active (6+ hard sessions/week)	35-38	16-17

Example. You weigh 85kg (about 187 lbs) and train 4 times a week. $85 \times 33 = 2,805$. Round to 2,800. That's roughly your maintenance.

Steps 2, 3, and 4

Step 2: Create the deficit

To lose fat, eat 20% below maintenance. Aggressive enough to see real weekly results. Not so harsh that you crash, binge, or quit by week three.

Same example: $2,800 \times 0.80 = 2,240$. Round to 2,250. That's your daily target.

Step 3: Set your protein

The single number worth being strict on. Protein protects muscle, controls hunger, costs the most energy to digest.

Aim for 2g per kg of bodyweight, or about 1g per pound.

The 85kg / 187 lb person: 170g of protein a day. That's the non-negotiable.

Step 4: Fill the rest

Calories minus protein calories = what's left for carbs and fats. Split however you like. A reasonable default is 25-30% of total calories from fats and let carbs fill the rest. Don't stress the exact split.

The free Tempo Macro Calculator at quiz.mrtempofitness.com runs these numbers for you. Plug in your weight, activity, and goal. It returns your targets.

Section 03: What a day actually looks like

Numbers are useless if you can't picture them on a plate. Here's a normal day hitting roughly 2,250 calories and 170g of protein. Nothing weird. Standard groceries.

Example Day 1: classic

Meal	What you're eating	Cals	Protein
Breakfast	3 scrambled eggs, 2 slices whole-wheat toast, butter	~450	28g
Snack	Greek yogurt (200g) + scoop of whey	~230	38g
Lunch	Chicken tortilla wrap with salad and light mayo	~430	38g
Snack	Protein bar (Built, Barebells, Quest)	~220	20g
Dinner	Spaghetti bolognese with lean ground beef	~520	42g
Evening	Protein shake with milk	~200	30g

Meal	What you're eating	Cals	Protein
Total		~2,050	196g

That's a normal day. Eggs and toast. A wrap. Spaghetti and meat sauce. You're under your calorie target with a buffer for fruit, a cookie, or whatever, and you've already cleared the protein goal.

Example Day 2: different meals, same result

Same numbers. Completely different food. The point is that flexibility is the system, not chicken and broccoli.

Meal	What you're eating	Cals	Protein
Breakfast	Overnight oats with whey, yogurt, banana	~420	35g
Snack	2 boiled eggs + rice cake with peanut butter	~250	16g
Lunch	Chicken burrito bowl (chicken, rice, beans, salsa, cheese)	~530	45g
Snack	Cottage cheese (150g) + handful of grapes	~140	16g
Dinner	Homemade burger with brioche bun, salad, sweet potato fries	~560	38g
Evening	Beef jerky pack	~180	22g
Total		~2,080	172g

Burrito bowls. A burger. Overnight oats. Beef jerky. None of this is diet food. Notice also that neither day hits exactly 2,250. That's fine. Within 100 calories of your target most days is what you're aiming for. Consistency beats precision.

Section 04: How to track without losing your mind

Tracking is a tool. It builds awareness. Once you have awareness, you put the tool down. Most people skip this part and try to track forever, which is why most people quit.

1

Learn (Weeks 1-4)

Track everything. Use MyFitnessPal, MacroFactor, Cronometer, or just your notes app. Weigh food. Be honest. You're learning what 170g of protein looks like and how big 500 calories actually is.

2

Simplify (Weeks 5-8)

Stop weighing everything. Eyeball portions. Only log new foods or meals you're unsure about. Lean hard on your go-to meals, which become automatic.

3

Instinct (Week 9+)

You don't need the app. You can look at a plate and roughly know the numbers. Check in monthly or if progress stalls. The rest of the time, you just eat.

The eyeball method

Once you're past Phase 1, you don't need a scale. Use your hand.

Your hand	Portion size	Example
Palm	1 serving of protein (~30g)	A chicken breast, a fish fillet
Fist	1 serving of carbs (~40g)	Rice, pasta, or potatoes
Thumb	1 serving of fats (~15g)	Peanut butter, olive oil, butter, cheese
Cupped hand	1 serving of veg	Broccoli, spinach, salad, peppers

A balanced meal built with your hand: 2 palms of protein + 1 fist of carbs + 1 thumb of fats + 2 cupped hands of veg. That's roughly 500-600 calories with 40g+ protein. No app needed.

Your hand scales with your body. Bigger person, bigger hand, bigger portions. The system self-adjusts.

Section 05: When and how to adjust

Your numbers aren't set in stone. As you lose weight, your body burns slightly less. As you get leaner, fat loss slows down. That's normal. Here's how to handle it.

When to adjust

Only when your weekly average weight hasn't moved for 2-3 weeks, AND you're being honest about what you're eating. Daily fluctuations of 1-2kg are water, sodium, sleep, and digestion. Ignore them. Look at the weekly trend.

How to adjust

Pick one. Not both.

Option	What to do	Why it works
A	Drop calories by 100-150 per day	Deepens the deficit slightly without crashing energy
B	Add 1,500-2,000 more daily steps	Burns extra through NEAT without touching food

Small adjustments. Not dramatic ones. Cutting 500 calories overnight crashes your energy, wrecks training, and almost guarantees a binge by the weekend.

The adjustment ladder + diet breaks

The adjustment ladder

Stalled for 2-3 weeks? Try these in order, one at a time, with a week between each:

- Tighten tracking. Are you being accurate?
- Add 1,500-2,000 more daily steps.
- Cut 100-150 calories from your target.
- Still stalled after 10+ weeks? Time for a diet break.

Diet breaks

After 8-12 weeks in a deficit, eat at maintenance for 1-2 weeks. You won't gain meaningful fat in that window. Your body resets, hunger hormones normalise, and the next phase of deficit becomes easier and more effective.

A diet break feels like quitting. It's not. It's how you avoid actually quitting later. Plan it before you need it.

The checklist

Tick these off and the rest sorts itself out.

- Work out your maintenance (bodyweight x activity multiplier)
- Set your deficit at 20% below maintenance
- Hit 2g protein per kg (or 1g per pound) every day
- Split remaining calories between carbs and fats by preference
- Track properly for 4 weeks to build awareness
- Switch to eyeballing portions from week 5-8
- Watch the weekly average weight, not the daily number
- Stalled 2-3 weeks? Add steps or cut 100-150 cal. Pick one.
- Plan a 1-2 week diet break after 8-12 weeks in a deficit

Track to learn it. Eyeball to live with it. Stay consistent to actually change.

If you want the personalised version that does all the math for you and gives you a 12-week