**Additional Workouts Protocol**

**\*Walking does not warrant use of a protocol. Follow Standard Calculator process.**

Use the **All Other Conditions Calculator** to calculate challenger’s macros.

Increase challenger’s original CPP by 1, for all body types.

**Please send the following information to your challenger:**

When working out more than 3 hours per week (including Fit Body workouts), your body needs additional carbohydrates and calories to support it. If you feel hungry and/or fatigued, please let me know.

**If your challenger is training for a marathon, triathlon, or another long-distance event**

Use the **All Other Conditions Calculator** to calculate challenger’s macros.

Increase challenger’s original CPP by 1.5, for all body types.

**Please send the following information to your challenger:**

Your macros are based on your training outside of Fit Body. While training, in order to perform your best, your calorie needs are substantially higher. If you feel hungry and/or fatigued, please let me know.

**Additional Background Information for Coaches:**

If your challenger is hungry or lacks energy, increase CPP by .5 for all body types.