

**Carbohydrate Needs C:**

Basal carbohydrate requirements are calculated using the table below and are determined by your health and your goal. At Tribal we adjust carbohydrate intake to accommodate activity and exercise replenishment and then react to tip offs to always refine and enhance our intake, basically, you earn your carbohydrates, without strenuous exercise, carbohydrate intake should remain low or moderate. The only caveat is if you are pregnant, breast-feeding or hoping to gain weight.

You'll have both rest day and training day requirements for carbohydrate.

|               | APPROX % C | MALE C GRAMS<br>(Approx. 2600kcal) | FEMALE C GRAMS<br>(Approx. 2000kcal) | GOAL HEALTH STATUS  |
|---------------|------------|------------------------------------|--------------------------------------|---|
| VERY LOW CARB | <10%       | <65g                               | <50g                                 | <ul style="list-style-type: none"> <li>• Desired Ketosis</li> <li>• Neurological Issues (Epilepsy, Alzheimer's etc)</li> <li>• Severe Blood Sugar Issues</li> <li>• Accelerated Fat Loss</li> </ul>     |
| LOW CARB      | 10-15%     | 65-100g                            | 50-75g                               | <ul style="list-style-type: none"> <li>• Fat Loss</li> <li>• Blood Sugar Regulation</li> <li>• Mood Disturbances</li> <li>• Digestive Problems</li> </ul>   |
| MODERATE CARB | 15-30%     | 100-200g                           | 75-150g                              | <ul style="list-style-type: none"> <li>• Generally Healthy</li> <li>• Body Composition Maintenance</li> <li>• Adrenal Fatigue</li> <li>• Hypothyroidism</li> <li>• Familial High Cholesterol</li> </ul> |

Carbohydrate Requirement for a Rest Day's:

*My Rest Day C Requirement = \_\_\_\_\_g. Multiply by 4 to get calories=\_\_\_\_\_kcal.*

Carbohydrate Requirement for Training Day's:

This is simple- when you complete strenuous exercise you accelerate your use of carbohydrates for energy. It is essential that you replenish the depleted carbohydrate reserves in the body. For each hour of exercise add 60-80g (Females) or 70-90g (Males) of carbohydrates to your day. Over time you'll learn exactly how much you need for what.

*My 30 Min C Requirement = \_\_\_\_\_g. Multiply by 4 to get calories=\_\_\_\_\_kcal.*

*My 60 Min C Requirement = \_\_\_\_\_g. Multiply by 4 to get calories=\_\_\_\_\_kcal.*

*My 90 Min C Requirement = \_\_\_\_\_g. Multiply by 4 to get calories=\_\_\_\_\_kcal.*