



10-DAY NUTRITION AUDIT

WHAT YOU'LL NEED

- [Digital food scale](#)
 - Measuring cups and spoons could also work, but a food scale tends to be more accurate.
- MyFitnessPal or another tracking app
- Patience, grace (no judgement), and an open mind

HOW TO

1. **Eat like you normally would and measure and track *everything* you consume in MyFitnessPal (or another tracking app) for 10 consecutive days.** Be totally honest with yourself and don't adjust your intake or leave out foods that you might consider "bad." Track *everything* you eat or drink. This exercise is a chance for you to get back to basics, practice your tracking skills, and figure out how much you are currently consuming. Please take the time to read nutrition labels, pay attention to portion sizes, and properly weigh and measure your food. The more accurate you can be, the better.
2. **At the end of 10 days, find your average daily intake.** To do this, write down the calorie total for each day you tracked. You should have 10 numbers. Throw out the highest calorie day and the lowest calorie day, so you now have 8 calorie totals. Add them together and divide by 8 to get an average. This number is your average calorie intake.
3. **Once you calculated your average calorie intake, figure out your Total Daily Energy Expenditure (TDEE) using this online calculator:**
<https://tdeecalculator.net/>.

4. **Compare your average calorie intake to your TDEE to determine the next phase of nutrition you should embark upon.** Here are some possible scenarios:
- You are undereating → Reverse (required)
 - You are eating at maintenance → Cut, Bulk or continue to eat at Maintenance and focus on strength training and improving food quality
 - You are overeating → Cut, Maintenance or Bulk

Nutrition Periodization



Not sure where to go from? I gotchu!

BECOME A MASTER OF YOUR OWN NUTRITION

Walk away with a personalized year-long nutrition and fitness masterplan and the confidence needed to make sustainable changes and take your health transformation into your own hands!

Join my 12-week coaching mentorship where you get to work directly with me in a group setting. We use scientifically-proven periodization as well as macro nutrition, hormone education, effective workouts, and a small, intimate community of like-minded women to support you and hold you accountable as you work toward your body composition goals.

MASTER YOUR METABOLISM MENTORSHIP

Enrollment includes:

- 12 weeks of full-body workouts
- Weekly live coaching calls with Tina
- 24/7 access via small group chat (WhatsApp)

- Extensive education related to macro nutrition, metabolism, periodization, hormones, cycle syncing, and mindset
- Option to run comprehensive hormone testing (Dutch Test)
- Exclusive private community for members only
- Online portal with a variety of supporting resources and tools