

NAME	Coach Drew		Date:	08 MAR 2026
AGE	57			
STATUS		GOALS		
HEIGHT	5' 6"	Overall	MUSCLE / SHREDDED	
WEIGHT	158 lb	WEIGHT	150 lb	Target Date:
FAT %	14	FAT %	10	22 JUL 2026

DIET PLAN							
				Target Weight Loss (Fat)	2 lb / week		
2-2-2 Rule	2 Tbsp	2 Tbsp	2 Tbsp				
	Olive Oil	Coconut Oil	Butter	Body should burn FAT			
18 Hour fast		6 hour eating window		Total Calories TARGET			
Daily MACROS that are sustainable				2400		calculated	
Protein		220	grams				
Fats		100	grams	Protein:	Eggs	Fish	
MAX Carbs		170	grams				
tdeecalculator.net/						Turkey	Tuna
75% of FAT LOSS is DIET						Chicken	Peanuts
						Beef	Pork
	M	T	W	T	F	S	S
Weight AM							
Protein							
Fat							
Carbs							

WORKOUT PLAN							
MUSCLE STABLE				FAT LOSS			
Push	Bench	Incl DB	Cable Cross	Machine Fly	Machine Bench	Incl BB	
3x10/Weight							
Pull	Pullup	Pull Down	Seated Row	Mach P Down	Deadstop Row	Standing Row	
3x10/Weight							
Pull #2	Stand Curl DB	Incl Curl DB	Preacher Curl	Rope Tri PD	Arm Ext Pull	Dips (2 sets)	
3x8/Weight							
Legs	Squats	Leg Press	Leg Curls	Quad Curls			
3x8/Weight							
Shoulders	Machine Raise	DB Raises	Arnold Pressup	Reverse Fly	Shrugs (2 sets)		
3x10/Weight							
SPLIT	M	T	W	T	F	S	S
	Push	Pull	Legs	Push	Pull #2	Shoulders	Walk
CHECK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steps	8K	5K	8K	8K	5K	8K	8K
CHECK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Record	Record	Record	Record	Record	Record	Record
Sleep Hours							