



ACCENT ON U WELLNESS

TRACKING YOUR MACROS

What are your Macros?? Macros is Short for Macronutrients... Your Proteins, Carbohydrates, Fats, & Calories.

For Anyone Wanting to Lose Weight (or Gain Weight), it Ultimately Means Watching How Many Calories You Consume and/or How Many Calories You Expend... OR BOTH!!

You can Track Macros Manually by Writing Everything Down OR Track them on an App. Apps Can:

-Determine Your Weight Goal.

-Track Your Daily Food Intake (Thousands of Food Choices + Ability to Enter your Own).

-Choose Which Diet Type to Use.

-Incorporate your Exercise.

Of Course, *YOU HAVE TO BE HONEST* with the App Entry!! Find your Macro Tracker Either on your iPhone or Android Device!

