**What is your calorie target?**

Page 4 of the Start Here handout that came with your 21 Day Fix will have the formula that you should use to find out your calorie target.

**How to figure out your calorie target**

 1.  Current weight x11 = caloric baseline

2.  Caloric baseline + 400 = caloric needs

3.  Caloric needs - 700 = **calorie target**

 Then go to page 19 and find the calorie chart.  Find your calorie target and write down the number of containers you are allowed in each color.