

HOW HE DIT IT

A study case

Charles Griffin
51 y/o
6 ft
220lbs

Charles Griffin
52 y/o
6 ft
181lbs



Note:

What you are about to see is the slow and consistent pay-off of hard work and patience.

A couple of variables not mentioned are weekly discussions, small changes in his nutrition, life struggles, etc.

We tried to keep this little guide as user-friendly as possible.

Progress like this is possible. Like Charlie, we just have to be willing to be coachable and understand that a holistic approach is the one that is sustainable and permits adherence.

Notice how he is slowly changing, how small habits after a long period of time yield great benefits.



The first step we take after reading the initial questionnaire of any client is getting as much information as possible. Not only from a physiological stand point but from a mental stand point.

In Charlie's case, he was doing most things right. He knew how to manage stress, he was a part of an amazing CrossFit community, he was also sleeping enough, doing yoga, etc.

The key-log was his nutrition.

We hope you find this beneficial and motivating.

MAY

Just start

Bodyweight: 220
Calories ~1750



Upcoming Goals:



- Drink at least 80oz of water.
- Target 1900 calories on a daily basis.

Coach's notes:

After a week of tracking, the biggest issue we uncovered was how poorly he was eating (~1750 calories) and hydrating (~50oz) in comparison to what his body needed.

The goal became to guide him through a reverse diet to his ideal caloric intake (~2500 calories), so we could do periods of caloric deficits in the future.

This conversation is usually challenging because as soon as someone joins any kind of fitness program, the expectation is that they should start seeing drastic progress from the get-go.

At first, he associated eating more with gaining, which is common, but we had some conversations around our metabolic rate and how it worked, so he trusted the small increase in his caloric intake.

"What piece of advice do you have for those that were in your shoes prior to starting this journey?"

"Once I was meal tracking for about a month or so, I realized that I had been deceiving myself: I had really thought that I had been eating healthy prior to working with Coach Andres. I wasn't 100% wrong -- I home cooked most of the time and made mostly good food choices. However, tracking really opened my eyes to macro imbalances in the choices I was making and portion size. I found it challenging at times, but not difficult; Coach Andres is really gentle about letting small changes become solid habits before challenging me to be better at a new level."

JUN

Feeling the difference

Bodyweight: 216
Calories 1900

Coach's notes:

There was a significant difference in body composition.

The significant drop happens often, especially when clients start drinking appropriate amounts of water and start leaning towards the quantities their bodies need based on their specific lifestyle. Charlie understood this, and knew there was more work to do.

The first couple of weeks of tracking towards specific quantities proved to be a bit difficult. He was having a hard time staying within the suggested caloric intake, struggling to properly log what he was eating and wasn't meal prepping appropriately. This happens often. For some, the curve is longer, it usually takes around 5-6 weeks to get used to tracking and setting aside enough time to cook most meals for the week. It took around 2-3 weeks for Charlie.

He also noted a couple of obstacles; the increased water intake was making him go to the bathroom and disrupted his sleep cycles at night. We addressed it by making sure most of his water intake happened during the day. Two other obstacles we focused on were how little protein he was eating and how the caffeine in all the coffee he was drinking impacted his nervous system.



Upcoming Goals:

- Drink less than 2 cups of coffee a day.
- Target 2180 calories and the following macros:
Protein 34% / 185g
Carbs 40% / 218g
Fat 26% / 63g

JUL

Finding a rhythm

Bodyweight: 211
Calories 2180
Protein 34% / 185g
Carbs 40% / 218g
Fat 26% / 63g



Upcoming Goals:

- Take specific supplements with correct dosing and timing.
- Drink at least 100oz of water.
- Target Calories 2320 and the following:
Protein 34% / 197g
Carbs 40% / 232g
Fat 26% / 67g

Coach's notes:

Charlie learned the ropes of tracking and meal prepping. He is not missing any of his targets and is consistently engaging with the information I've sent him so far.

We realized that he wasn't getting a couple of micronutrients from the food he was eating, so we added specific supplements to cover them.

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He started feeling improved sleep patterns and started dreaming more often. He also felt a significant improvement in energy levels throughout the day and increased focus in his projects.

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As the weeks went on, he noticed he wasn't losing weight anymore. He had some concerns as to why he had reached a plateau; we went over specific markers of progress, and the reasons why we don't want to use our bodyweight as the sole marker. We concluded that as long as there is any physiological adaptation happening, we were on the right track.

For the next couple of weeks, we kept increasing calories with the goal of diving into a proper deficit for the first time since working together.

AUG

Going after the small details

Bodyweight: 207
Caloric intake / Macros :
Calories 2320
Protein 34% / 197g
Carbs 40% / 232g
Fat 26% / 67g

Coach's notes:

This guy is crushing it. We are moving up the ladder by targetting specific amounts of fiber. This is a crucial step because we are now trying to learn one of the biggest lessons in nutrition, which is the that nutrient **quality** is equally as important as nutrient **quantity**.

We spent a long time discussing digestion and the gut flora. He now understands why we need to make sure to hit our fiber goals.

We also discussed the need to avoid processed foods as much as possible. We created a rule where most of our calories have to come from whole, unprocessed foods.

He understands the need for a micronutrient-rich diet.



Upcoming Goals:



Target Calories 2000 and the following macros:

Protein 40% / 200g

Carbs 45% / 225g

Fat 15% / 33g

Fiber 45g

"As the coaching went on, what was the hardest part to stick to?"

"It's only hard when I see food that I want to eat that I know I shouldn't (or shouldn't have too much of) -- avoiding entirely or controlling portions of food that is comfort food to me."

SEP

Deficit N1

Bodyweight: 204
Calories 2000
Protein 40% / 200g
Carbs 45% / 225g
Fat 15% / 33g
Fiber 45g



Upcoming Goals:



Target 2150 calories and the following macros:
Protein 35% / 188g
Carbs 45% / 242g
Fat 20% / 48g
Fiber 45g

Coach's notes:

We started our first caloric deficit and it's working incredibly well, probably because of the focus we had in the previous week around pushing our calories higher.

We had conversations around the fact that we want to be extra careful to not go deeper into a deficit by mistake. In other words, he needed to avoid eating less than his caloric targets.

We also added a couple of "re-feed" days (twice weekly) to avoid low energy levels and to maximize his adherence to the deficit.

"What measurable results have you seen? How are you different?"

"I'm about 30 pounds lighter. I'm faster. And I'm stronger. I'm excited to see the transformation continue, to see where it leads, and to see how strong I can become."

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We can look good and play good too

Bodyweight: 197
Calories 2150
Protein 35% / 188g
Carbs 45% / 242g
Fat 20% / 48g

Coach's notes:

Our last weeks of being at a deficit before we enter a period of staying at a maintenance for a couple of weeks and possibly pushing it into a bit of a surplus.

We are also trying to maximize performance.

His training is mostly glycolytic, meaning that his energy is mostly coming from glycogen, so we're pushing carbohydrates a little higher than usual.

We decided to use a glucometer to make sure that our jumps in carbohydrates are being properly absorbed; we don't want to impair his insulin sensitivity. At first, we had a couple of obstacles regarding his blood readings, but overcame them.

In the beginning, he was having a hard time hitting his carbohydrate targets, so we starting adding a morning superfood smoothie , which seemed to fix the problem and also added lots of fiber and micronutrients.



Upcoming Goals:



Target 2300 calories and the following macros:

Protein 33% / 190g

Carbs 47% / 270g

Fat 20% / 51g

Fiber 45g

"What would you tell others who are struggling with the same obstacles you struggled with?"

"Recognize that most of us struggle with essentially the same things: our relationship to food and our self-image when it comes to our bodies."

NOV

The long game

Bodyweight: 195
caloric intake / Macros :
Calories 2300
Protein 33% / 190g
Carbs 47% / 270g
Fat 20% / 51g
Fiber 45g



Upcoming Goals:



Target 2480 calories and the following macros:
Protein 30% / 186g
Carbs 45% / 279g
Fat 25% / 69g
Fiber 45g

Coach's notes:

This month was all about playing the long game: knowing that we were in maintenance mode because of our previous deficit, but also creating a base to sustain our future deficit that was coming around January.

These weeks are an opportunity to see how well he is responding to the caloric increases, and to play around with different ratios to see how his body responds.

He had absolutely no problem with the targets.

"What's Fitten for you? Would you recommend this tribe for someone else? Why?"

"One of the things I like most about Fitten is that they are not trying to sell us on anything that doesn't feel intuitively true to me -- mostly because I have a good bullshit detector. So does Coach Andres. They are not pushing a fad diet of any kind, or fast fixes. They are pushing mindfulness, integrity, and discipline. I respond to that and recommend them to anyone that also responds to that."

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Holidays play a big role

Bodyweight: 194
caloric intake / Macros :
Calories 2480
Protein 30% / 186g
Carbs 45% / 279g
Fat 25% / 69g
Fiber 45g

Coach's notes:

These couple of weeks we were trying to push his caloric intake. I was paying extra attention to how his bodyweight was changing and how his pictures were looking to make sure our calories weren't too high.

We had a conversation about the behaviors we were looking for around the holidays, and we emphasized keeping calories in check to maximize the impact of our new deficit coming in January.



Upcoming Goals:

Target Calories 2000 and the following macros:
Protein 40% / 200g
Carbs 45% / 225g
Fat 15% / 33g
Fiber 45g

"What piece of advice to you have for those that have a hard time sticking to their healthy habits? "

"This sounds like a life question as much as a specific one here -- forgive yourself for stumbling from time to time, but always take it seriously, too. Be honest with yourself, and try to keep in mind the higher version of yourself you're looking to become."

JAN

Deficit N2

Bodyweight: 191
caloric intake / Macros :
Calories 2200
Protein 37% / 204g
Carbs 38% / 209g
Fat 25% / 61g
Fiber 45g



Upcoming Goals:



-2050 Calories
Protein 36% / 185g
Carbs 39% / 200g
Fat 25% / 57g

Coach's notes:

We started our new deficit and it's going great. It helps that Charlie decided to join a Fitten challenge that focused on creating holistic habits around our routines.

He was reading more, sleeping more, doing a couple of extra hard physical activities, etc.

"What would you tell your Day 1 self?"

"That I'm surprised how quickly I felt and noticed changes in my energy levels and body once I committed to the process. And the truth is, I did have a false start at first, where I stopped before I truly got started because I didn't like what felt like the chore of meal tracking."

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FEB

Coach's notes:

Nothing important that stands out aside from being very proud of the effort this guy is putting into himself.

Attacking the deficit

Bodyweight: 186
caloric intake / Macros
2050 Calories
Protein 36% / 185g
Carbs 39% / 200g
Fat 25% / 57g
Fiber 45g



Upcoming Goals:

Target Calories 2000 and the following macros:
Protein 40% / 200g
Carbs 45% / 225g
Fat 15% / 33g
Fiber 45g

"What made you feel you wanted to be a part of this tribe?"

"I'd seen the results Coach Andres got from other people I like and admire. I knew that I had to go that direction. Coach Andres quickly earned my trust. He's also fun, funny, and encouraging."

MAR

10 months of hard work

Bodyweight: 181
Caloric intake / Macros:
2050 Calories
Protein 40% / 200g
Carbs 45% / 225g
Fat 15% / 33g
Fiber 45g



Coach's notes:

This is the deepest we are going to go into our caloric deficit.

Our goal has shifted.

Our new goal is to get stronger and get heavier while minimizing fat gain.

We specifically increased our protein profile to maximize lean mass retention. We are also going to slowly add refeeds and increase our caloric intake again in the future.

"What are the top 3 things that you use to stay on track? What were the tools or behaviors that helped you the most in this journey?"

"Meal tracking above all. I got better over time about weighing portions and including most of what I eat every day (if I throw a half a handful of chopped raw onion into a dish, I don't bother tracking it because it's negligible, but otherwise, I do my best). I do my best to take my sleep seriously. I prioritize my workouts. I do 5 days of Crossfit and 1 day of yoga every week, religiously."

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