



The greater your lean muscle mass, the greater your BMR

these are typically variable day-to-day, as DF PT will adopt a 'range approach' to ensure plans are not unnecessarily granular; maintenance/ deficit/ surplus goals are closely monitored initially and during a minimum

- TDEE + 5/10% = Calorie Surplus = Weight Gain (fat and muscle)
  - TDEE - 5/10% = Calorie Deficit = Weight Loss (fat and muscle)
  - TDEE only = Maintenance calories = Little to no weight change
- Variable Ranges

