



# Jumpstart Guide for Understanding Macros and the Hand Portioning System

Welcome to the Hall Wellness & Sports Consultants' Jumpstart Guide for using Macros and the Hand Portioning System. This guide will take you through the basics of using the Precision Nutrition Macro Calculator and understanding how to customize it to your needs and specific goals. It will also take you through the basics of using your hand to portion out your meals and ensure you are eating enough food to hit your weight and performance goals. If you have any questions or need extra help, please do not hesitate to reach out to us at [troy@hallconsultants.com](mailto:troy@hallconsultants.com). You can use this guide and start applying it right away!

**Step 1:** Use the Precision Nutrition Macro Calculator to calculate the amount of macronutrients (protein, fat, and carbs) you need to be eating to achieve your weight and performance goals. You will be able to create a login to [Precision Nutrition](#) to see and print a PDF of the calculator results. You may also redo them at any time.  
Calculator link [HERE](#)

**Step 2:** Watch the video tutorial on how to use the calculator [HERE](#).

**Step 3:** Use the Precision Nutrition Hand Portioning Guide/Infographic [HERE](#) to learn a bit more about how to portion out your plate.

**Step 4:** Watch the video tutorial on how to use the Hand Portioning System [HERE](#).

**Step 5:** Practice portioning out your plate and make it fun!

**P.S.** If you are interested in coaching or any of our peak performance programs and resources, please reach out to us at [troy@hallconsultants.com](mailto:troy@hallconsultants.com)  
Hall Wellness & Sports Consultants Website: <https://www.hallconsultants.com/>

