



Are you severely overweight?

NO

YES

Are you satisfied with your current body fat level?

Is your daily caloric intake severely restricted?

YES

SORT OF

NO

Do you want more muscle & strength?

Is your FFMI over 21?

Are you under 18 years of age?

YES

NO

NO

YES

Can you lean bulk for 6+ months and be okay with gaining some fat?

Have you been training for > 2 years?

NO

YES

NO

YES

NO

Are you under 18 years of age?

NO

YES

NO

YES

Have you been training for > 2 years?

NO

YES

MAINTAIN

LEAN BULK

RECOMPOSITION

CUT

REVERSE DIET

Eat at caloric maintenance

Create a small caloric surplus (5-10%)

Create a small caloric deficit (5-10%)

Create a 20% caloric deficit

Slowly increase caloric intake (+50 kcal / 1-2 weeks)

Focus on getting stronger

Focus on getting stronger

Focus on getting stronger

Focus on maintaining strength

Focus on getting stronger

Transition into a lean bulk or cut

Transition into a cutting phase

Reverse diet to lean bulk or transition into a cut

Reverse diet to lean bulk

Transition into a cutting phase