

Your training and eating plan

Prepared on 14 September 2026

Built from your answers. Every number and choice in it says where it comes from, and the sources are listed at the end.

DinFit shares general wellness information. It is not medical advice and does not replace a doctor. If you are pregnant, injured or living with a health condition, speak to a qualified professional before changing how you eat or train.

• Your numbers

EACH DAY	AMOUNT
Resting energy	1,580 kcal
Estimated daily need	2,770 kcal
Your number	2,770 kcal
Protein	130 g
Fat	75 g
Carbohydrate	395 g

Resting energy is what your body uses at rest. This plan estimates it with the Mifflin–St Jeor equation, from your sex, age, height and weight.

In a 2005 review it was the equation most likely to land within 10% of a measured value, though it can still miss for any one person, and older adults and some ethnic minority groups were under-represented in the studies.

Your estimated daily need is your resting energy multiplied by 1.75, for an active week. A 2004 report by the FAO, the WHO and the UNU describes about an hour a day of moderate to vigorous exercise as enough to raise a sedentary lifestyle from 1.55 to 1.75.

These values describe groups of people, and the report puts the variation around each at about 8 to 10%.

A 2023 National Academies report found that no reliable tool yet exists to place one person in a category, so yours rests on how you described your week.

The report sets its values against basal metabolic rate; using them with a resting estimate is this plan's own combination.

For better health, your number matches your estimated need.

Protein is 130 g, about 1.6 g for each kilogram you weigh.

The International Society of Sports Nutrition describes 1.4 to 2.0 g per kilogram a day as enough for most people who exercise.

Fat is 75 g, a quarter of your energy. That sits inside the US Institute of Medicine's range for adults, 20 to 35%, and within the WHO's advice to keep fat to 30% or less; the quarter is this plan's choice.

Carbohydrate is 395 g, the rest of your energy.

• Sleep

A joint statement by the American Academy of Sleep Medicine and the Sleep Research Society recommends that adults sleep 7 or more hours a night, regularly.

• Your week

2 training days a week, arranged as full body sessions.

The World Health Organization's 2020 guidelines recommend muscle-strengthening activities that work all major muscle groups on 2 or more days a week.

When weekly sets were equal, how often a muscle was trained made no meaningful difference to its growth, so your days are arranged to fit your week.

DAY	SESSION	WORK
Day 1	Full body	5 exercises, 2 sets each
Day 2	Full body	5 exercises, 2 sets each

Do 2 sets of each exercise. A 2026 position stand from the American College of Sports Medicine advises at least two.

For each area in a session, choose one exercise from its list.

Days 1 and 2: Full body

1. Legs: squat or lunge

Band squat

Bodyweight squat

Split squat

Step-up

2. Upper body: push

Band chest press

Band shoulder press

Push-up

Incline push-up

3. Legs: hinge or bridge

Band good morning

Glute bridge

Single-leg glute bridge

4. Upper body: pull

Band row

Band pulldown

5. Core

Pallof press

Dead bug

Plank

Side plank

While you are new or returning to training, the menu leaves out barbell lifts, pull-ups and kettlebell swings. The position stand found that how complex an exercise was made no consistent difference to results.

Elastic bands built strength about as well as weights and machines in a 2019 analysis.

Training with bodyweight alone was not studied on its own in the 2026 position stand.

This plan names exercises; it does not teach them. A qualified coach is the right place to learn technique.

Each set is 9 to 15 reps.

A 2021 analysis grouped loads you can lift 9 to 15 times as moderate: they built more strength than lighter loads, and muscle growth looked similar across loads.

End each set with about 3 reps in reserve, meaning you could still do 3 more.

The 2026 position stand suggests stopping 2 to 3 reps short, and says the evidence cannot yet set an exact number.

This plan uses 3, the cautious end of that suggestion, while you are new or returning to training.

The position stand also notes that lifting to failure may be inadvisable for older people, and this plan uses 3 for adults aged 65 and over.

Training all the way to failure is not needed: in the position stand it did not add strength, size or power.

Put the exercise you most want to improve first: strength gains were greater for exercises done at the start of a session.

Move through the full range of motion: in the position stand it gave greater strength gains.

Rest until you are ready for the next set. Rest periods shorter or longer than a minute made no consistent difference to strength.

When every set reaches the top of its rep range with reps still in reserve, make it a little harder: a heavier weight, a harder version, or one more set.

Sessions are sized at about 3 minutes a set, rest included. That is this plan's planning figure, and yours may run shorter or longer.

The WHO guidelines also recommend 150 to 300 minutes of moderate aerobic activity a week, or 75 to 150 minutes of vigorous activity.

They add that some activity is better than none, and suggest starting small and building up over time.

For adults aged 65 and over, the guidelines add varied activity that emphasises balance and strength, on 3 or more days a week.

• Around prayer

Starting a session straight after a prayer gives it the longest stretch before the next one.

Evening: after Maghrib, or after Isha.

Prayer times move through the year, so check the gap before a longer session.

• Eating habits

There are no meal plans here. Your numbers and these habits are the plan, and the foods are yours to choose.

Spread your protein across the day. The International Society of Sports Nutrition describes doses of about 20 to 40 grams, ideally every 3 to 4 hours.

Aim for at least 400 grams of fruit and vegetables a day, as the World Health Organization's healthy diet advice suggests.

The same advice suggests at least 25 grams of fibre a day, from foods.

It also suggests keeping free sugars under a tenth of your energy, and salt under 5 grams a day.

European reference values put total water at about 2.0 litres a day for women and 2.5 for men, counting the water in food as well as drinks, in moderate temperatures and activity.

• What this plan is not

Every number here is an estimate for someone like you, not a measurement of you.

There is no weekly rate, finish date or goal weight in this plan. The common rule that turns calories into weight lost is outdated, can be far off even over a few weeks, and fits leaner people least.

It never gives you a weight to lift: you choose the weight by how the reps feel, using reps in reserve.

It is written for adults, and the training evidence behind it comes from studies of healthy adults.

If new symptoms appear as you become more active, the WHO guidelines advise speaking to a healthcare provider.

DinFit shares general wellness information. It is not medical advice and does not replace a doctor. If you are pregnant, injured or living with a health condition, speak to a qualified professional before changing how you eat or train.

If you spot an error in this plan, write to hello@dinfit.app.

• Sources

Every source this plan cites. Each finding is described in the plan's own words rather than quoted.

Bull FC, Al-Ansari SS, Biddle S, et al. World Health Organization 2020 guidelines on physical activity and sedentary behaviour. *Br J Sports Med*. 2020;54(24):1451-1462. PMID 33239350.

Currier BS, D'Souza AC, Singh MAF, et al. American College of Sports Medicine Position Stand. Resistance Training Prescription for Muscle Function, Hypertrophy, and Physical Performance in Healthy Adults: An Overview of Reviews. *Med Sci Sports Exerc*. 2026;58(4):851-872. PMID 41843416.

EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA). Scientific Opinion on Dietary Reference Values for water. *EFSA Journal*. 2010;8(3):1459. doi:10.2903/j.efsa.2010.1459

FAO, WHO, UNU. Human energy requirements: Report of a Joint FAO/WHO/UNU Expert Consultation, Rome, 17-24 October 2001. FAO Food and Nutrition Technical Report Series 1. Rome: FAO; 2004. <https://www.fao.org/4/y5686e/y5686e00.htm>

Frankenfield D, Roth-Yousey L, Compher C. Comparison of predictive equations for resting metabolic rate in healthy nonobese and obese adults: a systematic review. *J Am Diet Assoc*. 2005;105(5):775-89. PMID 15883556.

Hall KD. What is the required energy deficit per unit weight loss? *Int J Obes (Lond)*. 2008;32(3):573-6. PMID 17848938.

Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): National Academies Press; 2002/2005. <https://www.ncbi.nlm.nih.gov/books/NBK545442/>

Jäger R, Kerksick CM, Campbell BI, et al. International Society of Sports Nutrition Position Stand: protein and exercise. *J Int Soc Sports Nutr*. 2017;14:20. PMID 28642676.

Lopes JSS, Machado AF, Micheletti JK, et al. Effects of training with elastic resistance versus conventional resistance on muscular strength: A systematic review and meta-analysis. *SAGE Open Med*. 2019;7:2050312119831116. PMID 30815258.

Lopez P, Radaelli R, Taaffe DR, et al. Resistance Training Load Effects on Muscle Hypertrophy and Strength Gain: Systematic Review and Network Meta-analysis. *Med Sci Sports Exerc*. 2021;53(6):1206-1216. PMID 33433148.

Mifflin MD, St Jeor ST, Hill LA, et al. A new predictive equation for resting energy expenditure in healthy individuals. *Am J Clin Nutr*. 1990;51(2):241-7. PMID 2305711.

National Academies of Sciences, Engineering, and Medicine. Dietary Reference Intakes for Energy. Washington (DC): National Academies Press (US); 2023. doi:10.17226/26818

Refalo MC, Helms ER, Trexler ET, et al. Influence of Resistance Training Proximity-to-Failure on Skeletal Muscle Hypertrophy: A Systematic Review with Meta-analysis. *Sports Med*. 2023;53(3):649-665. PMID 36334240.

Schoenfeld BJ, Grgic J, Krieger J. How many times per week should a muscle be trained to maximize muscle hypertrophy? A systematic review and meta-analysis of studies examining the effects of resistance training frequency. *J Sports Sci*. 2019;37(11):1286-1295. PMID 30558493.

Schoenfeld BJ, Grgic J, Ogborn D, et al. Strength and Hypertrophy Adaptations Between Low- vs. High-Load Resistance Training: A Systematic Review and Meta-analysis. *J Strength Cond Res*. 2017;31(12):3508-3523. PMID 28834797.

Thomas DM, Gonzalez MC, Pereira AZ, et al. Time to correctly predict the amount of weight loss with dieting. *J Acad Nutr Diet*. 2014;114(6):857-861. PMID 24699137.

Watson NF, Badr MS, Belenky G, et al. Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. *J Clin Sleep Med*. 2015;11(6):591-2. PMID 25979105.

World Health Organization. Healthy diet. Fact sheet, 26 January 2026. <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

Zourdos MC, Klemp A, Dolan C, et al. Novel Resistance Training-Specific Rating of Perceived Exertion Scale Measuring Repetitions in Reserve. *J Strength Cond Res*. 2016;30(1):267-75. PMID 26049792.