

# MMA WEIGHT TRACKER

MINIMUM CALORIC NEEDS OF COMBAT ATHLETES						
WEIGHT	5% BODY FAT	10% BODY FAT	15% BODY FAT	20% BODY FAT	25% BODY FAT	30% BODY FAT
120kg	3008	2876	2744	2612	2480	2348
115kg	2903	2777	2650	2524	2397	2271
110kg	2799	2678	2557	2436	2315	2194
105kg	2694	2579	2463	2348	2232	2117
100kg	2590	2480	2370	2260	2150	2040
95kg	2485	2381	2276	2172	2067	1963
90kg	2381	2282	2183	2084	1985	1886
85kg	2276	2183	2089	1996	1902	1809
80kg	2172	2084	1996	1908	1820	1732
75kg	2067	1985	1902	1820	1737	1655
70kg	1963	1886	1809	1732	1655	1578
65kg	1858	1787	1715	1644	1572	1501
60kg	1754	1688	1622	1556	1490	1424
55kg	1649	1589	1528	1468	1407	1347
50kg	1545	1490	1435	1380	1325	1270

## MEN

MEN'S AM MMA				
WEIGHT CLASS	COMPETITION WEIGHT	FIGHT WEEK	2 WEEKS	4 WEEKS
Heavyweight	120.2kg	123.8kg	125.0kg	126.2kg
Light Heavyweight	93.0kg	95.7kg	96.7kg	97.6kg
Middleweight	84.6kg	87.1kg	87.9kg	88.8kg
Welterweight	77.1kg	79.4kg	80.1kg	80.9kg
Lightweight	70.3kg	72.4kg	73.1kg	73.8kg
Featherweight	65.8kg	67.7kg	68.4kg	69.0kg
Bantamweight	61.2kg	63.0kg	63.6kg	64.2kg
Flyweight	56.7kg	58.4kg	58.9kg	59.5g
Strawweight	52.2kg	53.7kg	54.2kg	54.8kg

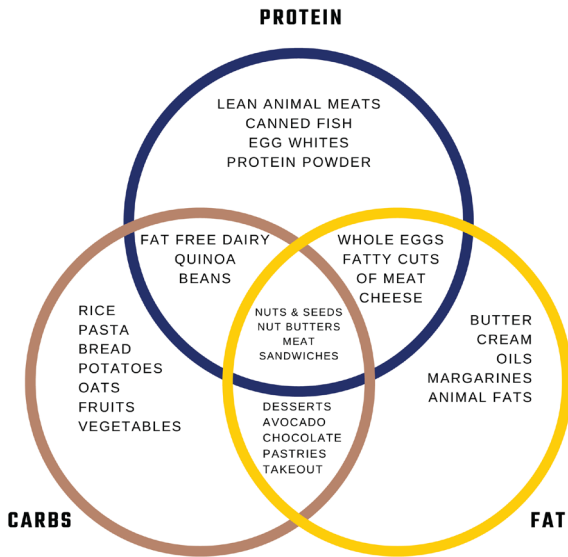
MEN'S PRO MMA				
WEIGHT CLASS	COMPETITION WEIGHT	FIGHT WEEK	4 WEEKS	8 WEEKS
Heavyweight	120.2kg	129.8kg	133.4kg	138.2kg
Light Heavyweight	93.0kg	100.4kg	103.2kg	106.9kg
Middleweight	84.6kg	91.3kg	93.9kg	97.3kg
Welterweight	77.1kg	83.2kg	85.5kg	88.6kg
Lightweight	70.3kg	75.9kg	78.0kg	80.8kg
Featherweight	65.8kg	71.0kg	73.0kg	75.6kg
Bantamweight	61.2kg	66.0kg	67.9kg	70.3kg
Flyweight	56.7kg	61.2kg	62.9kg	65.2kg
Strawweight	52.2kg	56.3kg	57.9kg	60.0kg

## WOMEN

WOMEN'S AM MMA				
WEIGHT CLASS	COMPETITION WEIGHT	FIGHT WEEK	2 WEEKS	4 WEEKS
Lightweight	70.3kg	72.4kg	73.1kg	73.8kg
Featherweight	65.8kg	67.7kg	68.4kg	69.0kg
Bantamweight	61.2kg	63.0kg	63.6kg	64.2kg
Flyweight	56.7kg	58.4kg	58.9kg	59.5kg
Strawweight	52.2kg	53.7kg	54.2kg	54.8kg
Atomweight	47.7kg	49.1kg	49.6kg	50.0kg

WOMEN'S PRO MMA				
WEIGHT CLASS	COMPETITION WEIGHT	FIGHT WEEK	4 WEEKS	8 WEEKS
Featherweight	65.8kg	69.7kg	71.0kg	72.3kg
Bantamweight	61.2kg	64.8kg	66.0kg	67.3kg
Flyweight	56.7kg	60.1kg	61.2kg	62.3kg
Strawweight	52.2kg	55.3kg	56.3kg	57.4kg
Atomweight	47.7kg	50.5kg	51.5kg	52.4kg

All advice is general and individual weight descent plans should be obtained from a qualified Health Professional. If at any stage you are above the recommended weight, consider moving up a weight class or booking an appointment with a qualified Health Professional for individual assessment.



TRAINING NUTRITION PRINCIPLES	WHY YOU NEED THEM	WHEN YOU NEED THEM	HOW MUCH YOU NEED
CARBOHYDRATES	Important for fuelling combat sport performance, recovery, immune health and effective decision making	Throughout the day as well as before and after training	All of your remaining calories
PROTEIN	Important for muscle recovery and repair, to build new cells and maintain immune cells	Consistently throughout the day. Aim to consume every 3-4 hours	1.5-2.5 grams per kilogram of body weight
FAT	Important for storing vitamins and minerals and maintaining hormonal health	During meals that are not around training times	0.5-1 gram per kilogram of body weight

# PLANNING YOUR NUTRITION

DETERMINING YOUR MACRONUTRIENTS	PROTEIN	FAT	CARBS
HARD TRAINING DAY	25%	15%	60%
MODERATE TRAINING DAY	25%	20%	55%
LIGHT TRAINING DAY	30%	25%	45%
NO TRAINING DAY	35%	30%	35%

To lose weight you need to be in a calorie deficit, however, you can vary your daily intake based on the training needs of that day. Higher training days require higher carbs than lower training or rest days. Protein is always required regardless of training status. Fat can be adjusted to meet daily calorie needs.

DETERMINING YOUR CALORIE DEFICIT	MILD	MODERATE	LARGE	AGGRESSIVE
CALORIE DEFICIT	10-15%	20-30%	30-40%	+40%
RATE OF EXPECTED WEIGHT LOSS PER WEEK	0.25-0.5kg	0.5-1kg	1-1.5kg	1.5+kg
RELATIVE HEALTH AND PERFORMANCE RISK	Low	Mild	Moderate	High

An acceptable rate of weight loss is 0.5-1% body weight loss per week of Fight Camp. Always aim to only ever be in mild or moderate calorie deficit, otherwise seek the help of a Qualified Health Professional to assist with your weight descent.

HOW TO REHYDRATE DURING/AFTER TRAINING	LOSE 1KG	LOSE 2KG	LOSE 3KG
REPLACE 125-150% OF THE FLUID YOU LOSE DURING TRAINING	Replace 1.25-1.5L	Replace 2.5-3L	Replace 3.75-4.5L
REPLACE ELECTROLYTES AND CARBOHYDRATES DEPENDING ON OUTPUT	Consume water during and after training	Consume water + electrolytes during training and water after	Consume water + electrolytes during training and carbohydrates after

Work with a Qualified Health Professional to determine your individual hydration strategy to ensure you are getting the most out of your training.

# BJJ WEIGHT TRACKER



MINIMUM CALORIC NEEDS OF COMBAT ATHLETES						
WEIGHT	5% BODY FAT	10% BODY FAT	15% BODY FAT	20% BODY FAT	25% BODY FAT	30% BODY FAT
120kg	3008	2876	2744	2612	2480	2348
115kg	2903	2777	2650	2524	2397	2271
110kg	2799	2678	2557	2436	2315	2194
105kg	2694	2579	2463	2348	2232	2117
100kg	2590	2480	2370	2260	2150	2040
95kg	2485	2381	2276	2172	2067	1963
90kg	2381	2282	2183	2084	1985	1886
85kg	2276	2183	2089	1996	1902	1809
80kg	2172	2084	1996	1908	1820	1732
75kg	2067	1985	1902	1820	1737	1655
70kg	1963	1886	1809	1732	1655	1578
65kg	1858	1787	1715	1644	1572	1501
60kg	1754	1688	1622	1556	1490	1424
55kg	1649	1589	1528	1468	1407	1347
50kg	1545	1490	1435	1380	1325	1270

## MEN

IBJJF MALES NO GI				
WEIGHT CLASS	COMPETITION WEIGHT	COMP WEEK	2 WEEKS	4 WEEKS
Super Heavyweight	97.5kg	101.4kg	101.4kg	102.3kg
Heavyweight	91.5kg	94.2kg	95.1kg	96.0kg
Medium Heavyweight	85.5kg	88.0kg	88.9kg	89.7kg
Middleweight	79.5kg	81.8kg	82.6kg	83.4kg
Lightweight	73.5kg	75.7kg	76.4kg	77.1kg
Featherweight	67.5kg	69.5kg	70.2kg	70.8kg
Light Featherweight	61.5kg	63.3kg	63.9kg	64.5kg
Roosterweight	55.5kg	57.1kg	57.2kg	58.2kg

GRAPPLING INDUSTRIES MALES				
WEIGHT CLASS	COMPETITION WEIGHT	COMP WEEK	2 WEEKS	4 WEEKS
230lbs	104kg	108.1kg	109.2kg	110.2kg
210lbs	95kg	98.8kg	99.7kg	100.7kg
185lbs	84kg	87.3kg	88.2kg	89.0kg
170lbs	77kg	80.0kg	80.8kg	81.6kg
155lbs	70kg	72.8kg	73.5kg	74.2kg
145lbs	66kg	68.6kg	69.3kg	69.9kg
135lbs	61kg	63.4kg	64.0kg	64.6kg

## WOMEN

IBJJF FEMALES NO GI				
WEIGHT CLASS	COMPETITION WEIGHT	COMP WEEK	2 WEEKS	4 WEEKS
Heavyweight	76.5kg	78.7kg	79.1kg	79.5kg
Medium Heavyweight	71.5kg	72.9kg	73.6kg	74.3kg
Middleweight	66.5kg	67.8kg	68.4kg	69.1kg
Lightweight	61.5kg	62.7kg	63.3kg	63.9kg
Featherweight	56.0kg	57.6kg	58.1kg	58.7kg
Light Featherweight	51.5kg	52.5kg	53.0kg	53.5kg
Roosterweight	46.5kg	47.4kg	47.8kg	48.3kg

GRAPPLING INDUSTRIES FEMALES				
WEIGHT CLASS	COMPETITION WEIGHT	COMP WEEK	2 WEEKS	4 WEEKS
165lbs	75kg	77.2kg	78.0kg	78.7kg
150lbs	68kg	70.7kg	71.4kg	72.0kg
135lbs	61kg	63.4kg	64.0kg	64.6kg
120lbs	54kg	56.1kg	56.7kg	57.2kg
105lbs	48kg	49.9kg	50.4kg	50.8kg

All advice is general and individual weight descent plans should be obtained from a qualified Health Professional. If at any stage you are above the recommended weight, consider moving up a weight class or booking an appointment with a qualified Health Professional for individual assessment.



# MUAY THAI WEIGHT TRACKER



MINIMUM CALORIC NEEDS OF COMBAT ATHLETES						
WEIGHT	5% BODY FAT	10% BODY FAT	15% BODY FAT	20% BODY FAT	25% BODY FAT	30% BODY FAT
120kg	3008	2876	2744	2612	2480	2348
115kg	2903	2777	2650	2524	2397	2271
110kg	2799	2678	2557	2436	2315	2194
105kg	2694	2579	2463	2348	2232	2117
100kg	2590	2480	2370	2260	2150	2040
95kg	2485	2381	2276	2172	2067	1963
90kg	2381	2282	2183	2084	1985	1886
85kg	2276	2183	2089	1996	1902	1809
80kg	2172	2084	1996	1908	1820	1732
75kg	2067	1985	1902	1820	1737	1655
70kg	1963	1886	1809	1732	1655	1578
65kg	1858	1787	1715	1644	1572	1501
60kg	1754	1688	1622	1556	1490	1424
55kg	1649	1589	1528	1468	1407	1347
50kg	1545	1490	1435	1380	1325	1270

## MEN

MEN'S AM MUAY THAI				
WEIGHT CLASS	COMPETITION WEIGHT	FIGHT WEEK	2 WEEKS	4 WEEKS
Heavyweight	104.5kg	107.6kg	108.7kg	109.7kg
Super Cruiserweight	95.4kg	98.3kg	99.2kg	100.2kg
Cruiserweight	79.3kg	81.7kg	82.5kg	83.3kg
Light Heavyweight	76.3kg	78.6kg	79.4kg	80.1kg
Super Middleweight	71.5kg	73.7kg	74.4kg	75.1kg
Middleweight	69.8kg	71.9kg	72.6kg	73.3kg
Super Welterweight	66.6kg	68.6kg	69.3kg	70.0kg
Welterweight	63.5kg	65.4kg	66.0kg	66.6kg
Super Lightweight	61.2kg	63.0kg	63.6kg	64.2kg
Lightweight	58.9kg	60.7kg	61.3kg	61.9kg
Super Featherweight	57.1kg	58.8kg	59.4kg	60.0kg
Featherweight	55.3kg	56.9kg	57.5kg	58.0kg
Super Bantamweight	53.5kg	55.1kg	55.6kg	56.1kg
Bantamweight	52.2kg	53.8kg	54.3kg	54.8kg
Super Flyweight	52.1kg	53.7kg	54.2kg	54.7kg
Flyweight	50.8kg	52.3kg	52.8kg	53.3kg
Light Flyweight	48.9kg	50.4kg	50.9kg	51.4kg
Mini Flyweight	47.7kg	49.1kg	49.6kg	50.1kg

MEN'S PRO MUAY THAI				
WEIGHT CLASS	COMPETITION WEIGHT	FIGHT WEEK	4 WEEKS	8 WEEKS
Heavyweight	104.5kg	110.8kg	112.9kg	117.0kg
Super Cruiserweight	95.4kg	101.1kg	103.0kg	106.9kg
Cruiserweight	79.3kg	84.1kg	85.7kg	88.8kg
Light Heavyweight	76.3kg	80.9kg	82.4kg	85.5kg
Super Middleweight	71.5kg	75.8kg	77.2kg	80.1kg
Middleweight	69.8kg	74.0kg	75.4kg	78.2kg
Super Welterweight	66.6kg	70.6kg	72.0kg	74.6kg
Welterweight	63.5kg	67.3kg	68.5kg	71.1kg
Super Lightweight	61.2kg	64.9kg	66.1kg	68.5kg
Lightweight	58.9kg	62.4kg	63.6kg	66.0kg
Super Featherweight	57.1kg	60.5kg	61.7kg	64.0kg
Featherweight	55.3kg	58.6kg	59.7kg	61.9kg
Super Bantamweight	53.5kg	56.7kg	57.8kg	59.9kg
Bantamweight	52.2kg	55.4kg	56.4kg	58.5kg
Super Flyweight	52.1kg	55.2kg	56.3kg	58.4kg
Flyweight	50.8kg	53.8kg	54.8kg	56.8kg
Light Flyweight	48.9kg	51.9kg	52.8kg	54.8kg
Mini Flyweight	47.7kg	50.5kg	51.5kg	53.4kg

## WOMEN

WOMEN'S AM MUAY THAI				
WEIGHT CLASS	COMPETITION WEIGHT	FIGHT WEEK	2 WEEKS	4 WEEKS
Heavyweight	104.5kg	107.6kg	108.1kg	108.7kg
Super Cruiserweight	95.4kg	98.3kg	98.7kg	99.2kg
Cruiserweight	79.3kg	81.7kg	82.1kg	82.5kg
Light Heavyweight	76.3kg	78.6kg	79.0kg	79.4kg
Super Middleweight	71.5kg	73.7kg	74.0kg	74.4kg
Middleweight	69.8kg	71.9kg	72.2kg	72.6kg
Super Welterweight	66.6kg	68.6kg	69.0kg	69.3kg
Welterweight	63.5kg	65.4kg	65.7kg	66.0kg
Super Lightweight	61.2kg	63.0kg	63.3kg	63.6kg
Lightweight	58.9kg	60.7kg	61.0kg	61.3kg
Super Featherweight	57.1kg	58.8kg	59.1kg	59.4kg
Featherweight	55.3kg	56.9kg	57.2kg	57.5kg
Super Bantamweight	53.5kg	55.1kg	55.3kg	55.6kg
Bantamweight	52.2kg	53.8kg	54.0kg	54.3kg
Super Flyweight	52.1kg	53.7kg	53.9kg	54.2kg
Flyweight	50.8kg	52.3kg	52.5kg	52.8kg
Light Flyweight	48.9kg	50.4kg	50.6kg	50.9kg
Mini Flyweight	47.7kg	49.1kg	49.3kg	49.6kg

WOMEN'S PRO MUAY THAI				
WEIGHT CLASS	COMPETITION WEIGHT	FIGHT WEEK	4 WEEKS	8 WEEKS
Heavyweight	104.5kg	108.7kg	110.8kg	112.9kg
Super Cruiserweight	95.4kg	99.2kg	101.1kg	103.0kg
Cruiserweight	79.3kg	82.5kg	84.1kg	85.7kg
Light Heavyweight	76.3kg	79.4kg	80.9kg	82.4kg
Super Middleweight	71.5kg	74.4kg	75.8kg	77.2kg
Middleweight	69.8kg	72.6kg	74.0kg	75.4kg
Super Welterweight	66.6kg	69.3kg	70.6kg	72.0kg
Welterweight	63.5kg	66.0kg	67.3kg	68.5kg
Super Lightweight	61.2kg	63.6kg	64.9kg	66.1kg
Lightweight	58.9kg	59.4kg	60.5kg	63.6kg
Super Featherweight	57.1kg	59.4kg	60.5kg	61.7kg
Featherweight	55.3kg	57.5kg	58.6kg	59.7kg
Super Bantamweight	53.5kg	55.6kg	56.7kg	57.8kg
Bantamweight	52.2kg	54.3kg	55.4kg	56.4kg
Super Flyweight	52.1kg	54.2kg	55.2kg	56.3kg
Flyweight	50.8kg	52.8kg	53.8kg	54.8kg
Light Flyweight	48.9kg	50.9kg	51.9kg	52.8kg
Mini Flyweight	47.7kg	49.6kg	50.5kg	51.5kg

All advice is general and individual weight descent plans should be obtained from a qualified Health Professional. If at any stage you are above the recommended weight, consider moving up a weight class or booking an appointment with a qualified Health Professional for individual assessment.

