

HOW TO LOSE WEIGHT *Fast*



STEP 1 CALCULATE BMR

Calculate your resting energy needs. (Basal Metabolic Rate)

$$\text{MEN} = \text{WEIGHT (lbs.)} \times 11$$

$$\text{WOMEN} = \text{WEIGHT (lbs.)} \times 10$$



STEP 2 CALCULATE TDEE

Total daily energy expenditure (TDEE)
Determine how many calories you need to maintain your current weight.

$$\text{SEDENTARY} \mid 1.2 \times \text{BMR}$$

$$\text{MOD. ACTIVE} \mid 1.5 \times \text{BMR}$$

$$\text{VERY ACTIVE} \mid 1.7 \times \text{BMR}$$



STEP 3 ESTIMATE CALORIES

Estimate how many calories do you need to lose weight

$$\text{Sustainable Weight Loss} = \text{TDEE} \times 0.85$$

$$\text{Aggressive Weight Loss} = \text{TDEE} \times 0.80$$



STEP 6 SKIP THIS

Eat less of these kinds of foods:

- Added Sugars
- Refined Grains
- Processed Foods
- Empty Calories
- Sugar Sweetened Beverages



STEP 5 EAT THIS

Eat more of these kinds of foods:

- Veggies
- Protein
- High Fiber Foods
- Water

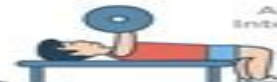


STEP 4 CALORIE BURN

Increase calorie burn

Lift Weights 2-3x/Week

Also add High Intensity Training 2-3x/week



STEP 7 TRACK FOOD INTAKE

Download the Trifecta app for easy food tracking.



STEP 8 COUNT YOUR MACROS

How many grams of carbs, protein and fat are you eating?



STEP 9 STAY MOTIVATED

- Positive Vibes
- Get Enough Sleep
- Remember Your Why



WEIGHT LOSS CALCULATOR - EXAMPLE

This is Beth, she's 160 lbs. and moderately active. To lose weight she will need to eat less than 1920 calories a day.

$$160 \text{ lbs.} \times 10 = 1600 \text{ (BMR)}$$

$$1600 \times 1.5 = 2400 \text{ (TDEE)}$$

$$2400 \times 0.8 = 1920 \text{ Calories}$$



STEP 10 BE CONSISTENT

Stick to it for at least

21 days!

Sources:

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web Épreuve de leçon crpe note de commentaire relative à l'épreuve de leçon en français et en mathématiques 1ère épreuve d'admission pdf 801 36 ko deuxième épreuve d'admission crpe note de commentaire relative à la première partie de l'épreuve d'entretien 2ème épreuve d'admission pdf 518 84 ko

l'épreuve orale d'entretien du crpe vocation crpe - Jul 25 2022

web l'épreuve orale d'entretien du crpe comment se déroule l'épreuve orale d'entretien du concours crpe nouveauté de la réforme du crpe 2022 l'épreuve orale d'entretien est l'une des deux épreuves orales obligatoires du concours avec l'épreuve de leçon

épreuves orales du concours crpe vocation crpe - Mar 01 2023

web l'épreuve orale d'entretien dure 1 heure 05 avant cela 30 minutes de préparation sont accordées au candidat pour vous aider à organiser votre temps au mieux gardez en tête le timing suivant pour l'eps préparation 30 minutes exposé 15 minutes entretien 15 minutes pour cse et motivation 35min d'échanges

crpe deuxième épreuve orale eps et entretien alsace - May 23 2022

web durée totale de l'épreuve orale 1 heure 05 30 minutes pour la première partie eps et 35 minutes pour la seconde partie l'épreuve est notée sur 20 coefficient 2 10 points pour la première partie eps 10 points pour la deuxième partie la note 0 obtenue à l'une ou l'autre des deux parties est éliminatoire

objectif crpe 2022 épreuve orale eps développement de l - Mar 21 2022

web aug 25 2021 toutes les informations essentielles pour comprendre les enjeux du nouveau concours et de la nouvelle épreuve orale d'entretien les méthodes clés pour préparer son entretien convaincre à l'oral les programmes et les enjeux de l'eps avec l'essentiel à connaître pour mener un cours d'eps et assurer la sécurité des élèves

l'épreuve orale d'entretien du crpe objectif crpe - Oct 28 2022

web quel est le programme de l'épreuve d'entretien du crpe pour la première partie éducation physique et sportive vous devez maîtriser les programmes d'eps du cycle 1 à 3 ainsi que la méthodologie de construction de séquences et séances en eps

concours professeur des écoles Épreuve d'entretien dunod - Sep 26 2022

web ce manuel permet de préparer de façon complète l'épreuve d'entretien qui comporte deux parties eps exposé d'une proposition de situation s d'apprentissage entretien avec le jury motivation du candidat aptitude à se en savoir plus parution août 2022 collection je prépare marque dunod les en ligne

l'épreuve d'eps au crpe maîtresse jéro - Aug 26 2022

web apr 21 2021 les épreuves de cse et d'eps se font dans le même oral vous avez 3h pour préparer les deux et l'oral dure 1h15 30 min d'eps 10 min d'exposé 20 min de questions 45 min de cse 15 min d'exposé 30 min d'entretien l'eps est notée sur 40 points et la cse sur 60 points

les épreuves du concours externe du troisième concours et du - Oct 08 2023

web les épreuves des concours externes des seconds concours et des troisièmes concours de recrutement de professeurs des écoles crpe se composent de 3 épreuves écrites d'admissibilité et de 2 épreuves orales d'admission

objectif crpe 2023 réussir l'épreuve orale d'entretien - Feb 17 2022

web toutes les informations essentielles pour comprendre les enjeux du nouveau concours et de la nouvelle épreuve orale d'entretien les méthodes clés pour préparer son entretien convaincre à l'oral les programmes et les enjeux de l'eps avec l'essentiel à connaître pour mener un cours d'eps et assurer la sécurité des élèves