

HOW TO LOSE WEIGHT *Fast*



STEP 1 CALCULATE BMR

Calculate your resting energy needs. (Basal Metabolic Rate)

MEN = WEIGHT (lbs.) x11
WOMEN = WEIGHT (lbs.) x10



STEP 2 CALCULATE TDEE

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

SEDENTARY | 1.2 x BMR
MOD. ACTIVE | 1.5 x BMR
VERY ACTIVE | 1.7 x BMR



STEP 3 ESTIMATE CALORIES

Estimate how many calories do you need to lose weight

Sustainable Weight Loss =
TDEE x0.85

Aggressive Weight Loss =
TDEE x0.80



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

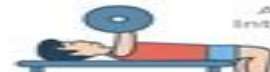


STEP 4 CALORIE BURN

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 lbs. X 10 = 1600 (BMR)

1600 X 1.5 = 2400 (TDEE)

2400 X 0.8 = 1920 Calories



STEP 10 BE CONSISTENT

Stick to it for at least

21 days!

Sources:

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Guide To Fast Weight Loss

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Table of Contents Guide To Fast Weight Loss

1. Understanding the eBook Guide To Fast Weight Loss
 - The Rise of Digital Reading Guide To Fast Weight Loss
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide To Fast Weight Loss
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide To Fast Weight Loss
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide To Fast Weight Loss
 - Personalized Recommendations
 - Guide To Fast Weight Loss User Reviews and Ratings
 - Guide To Fast Weight Loss and Bestseller Lists
5. Accessing Guide To Fast Weight Loss Free and Paid eBooks
 - Guide To Fast Weight Loss Public Domain eBooks
 - Guide To Fast Weight Loss eBook Subscription Services
 - Guide To Fast Weight Loss Budget-Friendly Options
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- Guide To Fast Weight Loss Enhanced eBook Features
- 7. Enhancing Your Reading Experience
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 - Highlighting and Note-Taking Guide To Fast Weight Loss
 - Interactive Elements Guide To Fast Weight Loss
- 8. Staying Engaged with Guide To Fast Weight Loss
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide To Fast Weight Loss
- 9. Balancing eBooks and Physical Books Guide To Fast Weight Loss
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide To Fast Weight Loss
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Guide To Fast Weight Loss
 - Setting Reading Goals Guide To Fast Weight Loss
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide To Fast Weight Loss
 - Fact-Checking eBook Content of Guide To Fast Weight Loss
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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