

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

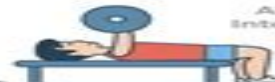


STEP 4 CALORIE BURN

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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