

# 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

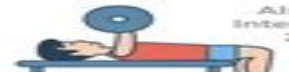


## STEP 4 CALORIE BURN

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!**

# Guide To Fast Weight Loss

**JG Myers**



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Delve into the emotional tapestry woven by Emotional Journey with in **Guide To Fast Weight Loss** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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