

# LOSE 10 POUNDS IN 10 DAYS GUIDE

10 days. If you can lose a guy in them, you can lose some weight, too. But how do you actually drop pounds and not just the one or two? That dress isn't going to stretch itself. It's time to get serious -- we'll outline everything you need to know from calorie intake to workouts to tricking your brain into wanting to eat less, 240 hours and ...go!

## FORMING A 10-DAY PLAN

Figure out your goals. How much weight are we talking here? 3 pounds? 10 pounds? A healthy amount is 1 or 2 pounds a week, but in the first week it's possible to lose a lot more (mainly water weight), so we're not going to do any dream crushing just yet. Just figure out how much you want to lose during the next 240 hours.

- Let's say you want to lose 5 pounds in the next 10 days. That's 1 pound every 2 days. Since a pound is 3,500 calories, that's 1,750 calories you need to lose every day. What's your amount?

Figure out your needs. Let's keep going with this 5 pounds example. You need to have a 1,750 calorie deficit to lose .5 pounds a day. For the record, that's steep, but we'll entertain it nonetheless. Here's how to figure out how to make that work:

- Go to [wikitHow's How to Count How Many Calories You Need to Eat to Lose Weight](#) article. It'll give you your BMR and the amount of calories you can eat every day.
- Once you get that amount of calories you can eat every day, subtract 1,750. That'll be the number you're working with. Obviously, the more exercise you do, the more calories you can eat.

Keep a food journal. You're serious about this, right? So grab a notebook or download an app (there are dozens of free ones out there). When you come face-to-face with what you're eating, it's a lot easier to see where your downfalls are. And to see your progress! And lots of apps have neat things you can mess around with that are pretty motivating, too.

- In this diary, you'll be counting calories and tracking them. That way if you do really well on one day, you can fudge a little on the next. Or vice versa.

Figure out your workout schedule. If you were looking to change your lifestyle for the rest of ever, setting a workout schedule would



# Lose 10 Pounds In 10 Days Guide Speedy Study Guide

**David Zinczenko**



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**10 Pounds in Less Than 10 Days The Real Diet** Richard Aiken,2014-08-23 In a society where obesity is such an issue among younger and older generations alike it has become extremely important to develop the habit of counting your calorie intake Exercising although essential should not be the only method used to maintain or reach your ideal weight goal It is essentially just as important if not more so to include counting the amount of calories consumed on a daily basis as part of your day to day routine Although this may seem daunting it really is a very simple feat to accomplish This book will teach you how to lose weight with little effort and in the shortest time possible *Lose 10 Pounds in 10 Days Guide (Speedy Study*

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## **Table of Contents Lose 10 Pounds In 10 Days Guide Speedy Study Guide**

1. Understanding the eBook Lose 10 Pounds In 10 Days Guide Speedy Study Guide
  - The Rise of Digital Reading Lose 10 Pounds In 10 Days Guide Speedy Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Lose 10 Pounds In 10 Days Guide Speedy Study Guide
  - 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 Lose 10 Pounds In 10 Days Guide Speedy Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Lose 10 Pounds In 10 Days Guide Speedy Study Guide
  - Personalized Recommendations
  - Lose 10 Pounds In 10 Days Guide Speedy Study Guide User Reviews and Ratings
  - Lose 10 Pounds In 10 Days Guide Speedy Study Guide and Bestseller Lists
5. Accessing Lose 10 Pounds In 10 Days Guide Speedy Study Guide Free and Paid eBooks

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  - Lose 10 Pounds In 10 Days Guide Speedy Study Guide eBook Subscription Services
  - Lose 10 Pounds In 10 Days Guide Speedy Study Guide Budget-Friendly Options
6. Navigating Lose 10 Pounds In 10 Days Guide Speedy Study Guide eBook Formats
- ePub, PDF, MOBI, and More
  - Lose 10 Pounds In 10 Days Guide Speedy Study Guide Compatibility with Devices
  - Lose 10 Pounds In 10 Days Guide Speedy Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Lose 10 Pounds In 10 Days Guide Speedy Study Guide
  - Highlighting and Note-Taking Lose 10 Pounds In 10 Days Guide Speedy Study Guide
  - Interactive Elements Lose 10 Pounds In 10 Days Guide Speedy Study Guide
8. Staying Engaged with Lose 10 Pounds In 10 Days Guide Speedy Study Guide
- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Lose 10 Pounds In 10 Days Guide Speedy Study Guide
9. Balancing eBooks and Physical Books Lose 10 Pounds In 10 Days Guide Speedy Study Guide
- Benefits of a Digital Library
  - Creating a Diverse Reading Collection Lose 10 Pounds In 10 Days Guide Speedy Study Guide
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Lose 10 Pounds In 10 Days Guide Speedy Study Guide
- Setting Reading Goals Lose 10 Pounds In 10 Days Guide Speedy Study Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Lose 10 Pounds In 10 Days Guide Speedy Study Guide
- Fact-Checking eBook Content of Lose 10 Pounds In 10 Days Guide Speedy Study Guide
  - 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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