

# 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 [wikitow'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

**Hussin A.Rothana**



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