



MASTER YOUR (**VEGAN**) MACROS CHALLENGE

DAY THREE



KEY POINTS

Welcome to day 3! Today we're going to talk about setting goals.

By this, I mean how long should you plan to diet for and how much fat, realistically, can you expect to lose?



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TASK THREE

It's common for people to 'go on a diet' with no real plan, fat loss goal or timeframe in mind.

But, just like planning any journey, we need to know where we're going - otherwise, how will we know when we get there?

Diet Duration

Most people go 'on a diet' (restricting calories) with no plan for when they will end the calorie restrictions.

The ideal fatloss duration is between 8-12 weeks.

Eight weeks because that's typically the minimum amount of time people need to see results, and twelve weeks because more than this chances of declining adherence and rebound gain increase steeply. I always recommend aiming for 12 weeks.



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TASK THREE

Weight Loss Rates

Weight-loss rates of between 0.5% and 1% body weight per week are likely best under most circumstances.

The recommended rates of loss increase the likelihood of sustained success, muscle retention and maintained health, while still being fast enough to observe and quantify changes.



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WHAT TO POST IN THE COMMENTS OF TODAY'S TASK



DON'T POST SCREENSHOTS OF THE
WORKSHEET - PLEASE REPLY DIRECTLY IN
THE COMMENTS ON TODAY'S TASK POST

1. How long do you plan to diet for?

2. What is your diet start date & end date?

3. What is a realistic weight loss for you (0.5-1% of body weight x # of weeks)

e.g. $150\text{lbs} \times 0.5\% = 0.75\text{lbs} \times 12\text{ weeks} = 9\text{lbs}$

$150\text{lbs} \times 1\% = 1.5\text{lbs} \times 12\text{ weeks} = 18\text{lbs}$

Range during fat loss phase = 9-18lbs