



MASTER YOUR (**VEGAN**) MACROS CHALLENGE

DAY TWO



KEY POINTS

Welcome to day 2! 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 TWO

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 fat loss 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 the first week or two are a learning curve and giving your body time to get used to a new way of eating and more than this chances of declining adherence and rebound gain increase steeply. I always recommend aiming for 12 weeks.



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TASK TWO

Weight Loss Rates

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

Remember, we're aiming for fat loss and not weight loss, so whilst that number might not seem like a significant amount if we can control the loss so it's mainly fat the body-composition results will be very favourable & noticeable.

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