

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?



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.



TASK TWO

Weight Loss Rates

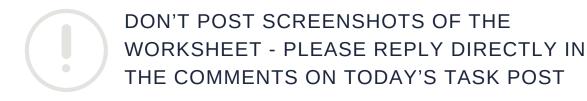
Weight-loss rates of between 0.5% and 1% body weight per week are likely best under most circumstances.

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.



WHAT TO POST IN THE COMMENTS OF TODAY'S TASK



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. 150lbs x 0.5% = 0.75lbs x 12 weeks = 9lbs 150lbs x 1% = 1.5lbs x 12 weeks = 18lbs Range during fat loss phase = 9-18lbs