



**HOW FAST
CAN I EXPECT
TO LOSE
WEIGHT?**



REALISTIC RATES OF BODY FAT LOSE PER WEEK



How fast you can lose body fat depends on how consistently you can, or want to, follow a consistent movement and nutrition plan that has a calorie deficit. Fat loss is often faster when first starting out and when you have more body fat to lose. The leaner you become, the slower the rate of loss becomes, with more frequent plateaus.

EXTREME

1-1.5%

OF BODYWEIGHT
PER WEEK

MEN: 2-3 LBS

WOMEN: 1.65-2.5 LBS

REASONABLE

.5-1%

OF BODYWEIGHT
PER WEEK

MEN: 1-2 LBS

WOMEN: .8-1.65 LBS

COMFORTABLE

.5%

OF BODYWEIGHT
PER WEEK

MEN: <1 LBS

WOMEN: <.8 LBS

WHY WEIGHT FLUCTUATES



Natural weight fluctuations are normal. Weight loss doesn't typically happen in a linear line. Expect daily and weekly fluctuations due to the following.

- Increased carb intake
- Increased sodium intake
- Water retention
- Stress
- Sleep
- When did you last eat?
- When did you last workout?
- When was your last bowel movements
- Did you weigh in at a different time?
- Where are you in your menstrual cycle?

What we're looking for is a trend over time.

1 gram of carbohydrate comes with 3 grams of water. This is why when people go on a low-carb, or ketogenic diet, they see rapid weight loss (not fat loss) initially as the body drops water. Inversely, if you're ending a period of low-carb or ketogenic dieting, you can expect your weight on the scale to go up.

WHAT IS NEEDED TO LOSE BODY FAT AND WEIGHT?



A calorie deficit is required, but it's really tricky to track that PRECISELY and there are a lot of factors that go into it. Working with thousands of clients we've noticed these behaviors lead to sustainable weight loss.

- Learning about calories and energy balance
- Aim for mostly balanced plates (adjust carbs and fats for your goals)
- Set up your environment to help you succeed
- Create a grocery shopping, meal planning, and prepping routine
- Move your body most days in ways you enjoy
- Strength train with progressive overload a couple times per week
- Create a sleep and stress management routine
- Learn when you're physically hungry or if it's something else

We may not control what the scale says, but we do control the behaviors that lead to the results we're looking for.

**THE SCALE
DOESN'T TELL
THE ENTIRE TALE.**



**CHECK IN ON OTHER
METRICS TO GET A SENSE
OF THE BIGGER PICTURE.**

It sure can be nice to see the scale move in the direction we want it to. But there are also other ways to measure progress - and these can give us a sense of which direction things are going!

- Photos/measurements
- Energy / mood / stress / sleep
- Performance in workouts
- How your clothes fit
- Every day tasks are getting easier
- Endurance is improving
- Blood work and health markers are improving
- You feel stronger
(mentally, emotionally, and physically)
- Cravings are reduced
- You're more resilient
- Digestion is improving
- Your skin is glowing

MORE TIPS

Track your menstrual cycle and compare those weeks to other menstrual cycle weeks

Standardize weigh-ins.

Weigh the same days, same time, and under as many similar conditions as possible.



Look for a downward trend over time. The scale loves to fluctuate. Don't worry about day to day movement. Instead, look for trends over time.

