

# HOW YOU'RE GOING TO LOSE WEIGHT IN 90 DAYS

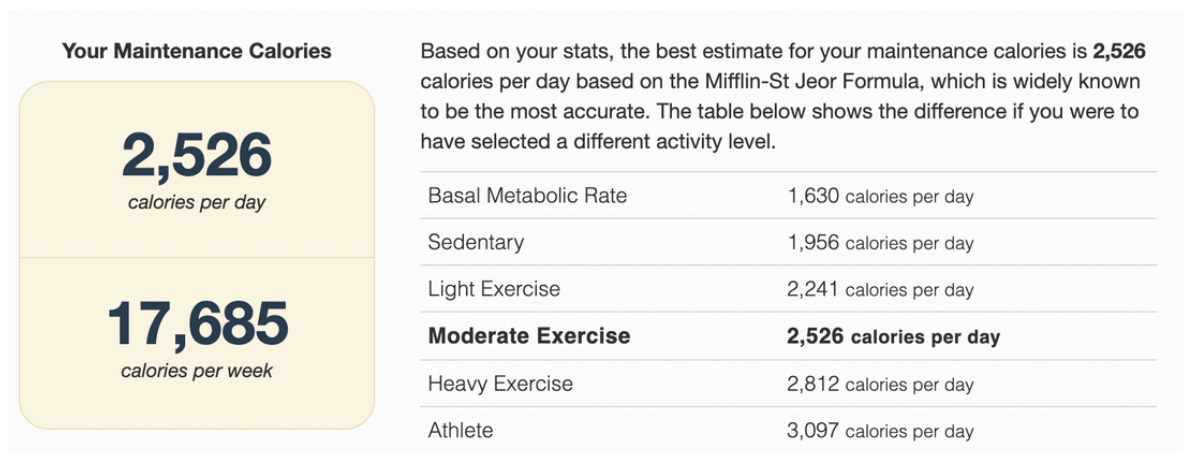
CMCOACHING

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## STEP ONE

Find your Maintenance Calories

- Use This Website: [🌐 TDEE Calculator: Learn Your Total Daily Energy Expenditure](#)
- Be Honest with your Activity Levels



- This is an ↑ example ↑: This will be the best estimate of what your maintenance could be.
- You will track what you eat for a week and see if you stay at the same weight. If you do, then this number is correct and is your maintenance. If you gain weight after testing, drop 100 calories. If you lose weight after testing, increase 100 calories
- The best way to track is to be brutally honest with every you eat and drink and cook with and track with a food scale. Don't feel overwhelmed, this will make the rest of the journey so much easier as long as you give it a try.

## STEP TWO

Enter the Calorie Deficit

- After finding out your maintenance calories, this is where the fun can begin!
- Drop those calories by 300-500 and now you will have a calorie deficit (this is how we lose weight)

- Foods that will make the calorie deficit much easier are: High Protein Meals, High Fibre Foods, High Volume Foods
- Protein: Chicken Breast, Eggs, Fish, Chicken Thighs, Steak, etc
- Fibre: Fruits, Vegetables, Brown Rice, Chick Peas, etc
- High Volume Foods: Potatoes, Fruits, Vegetables, Leafy Salads, etc
- Drink Lots of Water
- Do a Diet like: 80% Whole Foods, 20% fun foods but make sure you fit inside your calorie goal

## STEP THREE

### Exercise

- The easiest part
- Workout 3-5 times per week depending on your schedule
- 3x = Full Body x3
- 5x = Upper Lower Push Pull Legs
- Have Rest Days properly placed
- Most IMPORTANT: Get stronger by progressively overloading (Increase difficulty in either reps or weight each week)
- SECOND MOST IMPORTANT: Get 7000-10,000 steps each day, do this by wandering around the house, walking after each meal, walking around during rest periods in the gym, going for a long walk in the morning or after work, or buy yourself a desk treadmill (super helpful)

## STEP FOUR

### Be Consistent and Be Patient

- Every Week when you step on the scale you should be “learning”
- Losing weight is a long game activity, so learning the processes are the hardest parts
- However we should see signs, whether that’s physical feeling, seeing in the mirror, or seeing it on the scale
- You won’t always see it on the scale because you will be gaining “weight” with muscle gain as well
- But be patient and trust the numbers game of a calorie deficit, if you aren’t losing weight in 2-4 weeks, then you are either not in a calorie deficit or tracking wrong.

## STEP FIVE

### Book a Call with me

- If you’re still feeling really overwhelmed and confused, you can always book a call with me and I can help you

- If you want someone to do all the guess work for you and just tell you what to do, I am happy to help lol
- Click this link and book a call with me: <https://www.cmcoaching.ca>