

Your Mini Cut Goal Template

@TinyMightyLyss

① **Current** (choose either one measurement)
Weight 1 _____
Waist size 1 _____

→

Goal (choose either one measurement)
Weight 2 _____
Waist size 2 _____

② **Convert to kcal**
Weight 2- Weight 1 = _____ **about 7700kcal=1 kg fat / 3500kcal=1 pound**
Waist size 2- waist size 1 = _____ **about 1 kg fat= 1 cm** Total Calorie deficit= _____

③ **Deficit goal**
How long is the mini cut? _____ weeks
Total calorie deficit / weeks = _____ weekly deficit
Weekly deficit / 7 days = _____ daily deficit

How many weeks you need ? (general reference)
To lose 1-3kg **2 weeks**
To lose 4-6kg **4 weeks**
To lose 7-9kg **6 weeks**
10kg above **go for a longer cut**

Creating deficit

Daily deficit _____ = _____ diet + _____ exercise

Diet how much you can take out from your usual diet?

_____ Total=

Exercise extra physical activities , not your usual workout

_____ Total=