

Fat Loss Made Simple

Create the deficit. Declare the window. Check the signal before you adjust.

DEFICIT

sustained energy gap drives net bodyweight loss

DECLARE

declare the plan; establish adequate, comparable observation before interpreting

ONE CHANGE

check data and implementation, then reassess one variable

MECHANISM → EVIDENCE → APPLICATION

Create a deficit you can implement

The mechanism

A sustained energy deficit is required for net bodyweight loss, with dynamic physiological responses over time.

Rate guardrail

This guide does not set a universal weekly loss rate. Rate language needs population-specific evidence and an individual boundary; seek qualified clinical guidance when safety or symptoms are uncertain.

Kevin D Hall; Gary Sacks; Dhruva Chandramohan; Carson C Chow; Y Claire Wang; Steven L Gortmaker; Boyd A Swinburn. Quantification of the effect of energy imbalance on bodyweight. The Lancet. 2011-08-27.

<https://pubmed.ncbi.nlm.nih.gov/21872751/>

Design the plan before judging it

Choose a controllable intake structure anchored to an existing transparent deficit estimate, define what implementation means, and make monitoring tolerable enough to use.

Anchor the structure to an existing transparent energy-target estimate; this guide does not prescribe the number.

Name the friction most likely to break the plan and one environment change that reduces that friction.

Define implementation with observable behavior, not a pass/fail percentage invented here.

Choose a monitoring method you can use without distress; modify or avoid it when unsuitable.

EVIDENCE → INTERPRETATION

Declare the signal before you interpret it

Read trends, not isolated readings

Use adequate trend data before concluding a plan failed because bodyweight response is delayed, noisy, and adaptive.

Response audit

Is this a usable response signal—or a noisy reading?

Window and method declared; observations contextually adequate and comparable. Implementation interpretable; intended trend evaluated; monitoring tolerable.

A declared window alone is not adequate trend data. If any signal is missing, this is not yet a clean plateau decision.

If monitoring is unsuitable, modify or stop it and seek support. Otherwise repair observation or implementation, collect adequate comparable data, then reassess without changing multiple variables.

Declare your observation window

Write the window before you begin. Duration is user-declared, but declaration alone does not establish adequate trend data.

Start, end, context, and why this window can produce adequate observations: _____

Weight-trend method and comparable conditions: _____

Intended direction: _____

Observable implementation evidence: _____

If monitoring is unsuitable or distressing, modify or stop it and seek appropriate support.

Plateau is a distinction, not a quick label

Short-term scale noise does not prove a plateau, and a declared window alone does not establish adequate trend data. Distinguish inadequate implementation or noisy measurement from a sustained response change before escalating an intervention.

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Margaret Raber; Yue Liao; Anne Rara; Susan M Schembre; Kate J Krause; Larkin Strong; Carrie Daniel-MacDougall; Karen Basen-Engquist. A systematic review of the use of dietary self-monitoring in behavioural weight loss interventions: delivery, intensity and effectiveness. Public Health Nutrition. 2021-08-20.

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APPLICATION → NEXT MOVE

Make the next decision with one controlled change

The controlled-adjustment sequence

Move in order. A declared window alone is not adequate data; do not force unsuitable monitoring or change several variables from one noisy result.

Monitoring unsuitable or distressing → modify or stop it and seek appropriate support; do not force the window.

Observation contextually inadequate, window incomplete, or data not comparable → continue or repair the plan; do not label a plateau.

Implementation not interpretable → improve execution before changing the plan.

Trend matches the intended direction → keep the plan.

Contextually adequate window complete, implementation interpretable, intended trend absent → change one predefined controllable variable.

Reassess using a newly declared window and the same comparison rules.

What to Do Monday

01 BUILD THE PLAN

Anchor one workable intake structure to an existing transparent deficit estimate, then write the behaviors that show implementation.

02 DECLARE THE WINDOW

Write the start, end, method, comparison rules, and why the observation can be adequate for your context.

03 PREPARE THE AUDIT

Record the audit signals and the one variable you would change only if the gate is reached.

04 REASSESS WITH CONTROL

After adequate comparable observation, check implementation; keep the plan or change one variable and reassess.

What weekly loss rate should I target?

This guide does not publish a universal rate. A rate needs population-specific evidence and an individual safety boundary.

Does one scale reading prove a plateau?

No. Short-term noise is not a plateau decision; collect contextually adequate comparable data and check implementation.

What should I change first?

First check monitoring suitability, observation adequacy, measurement quality, and implementation. If a contextually adequate declared window is complete and the intended trend is absent, change one predefined controllable variable and reassess.

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Macro Setup Made Simple

Use the related guide when you need a transparent starting estimate and macro worksheet before applying this response process.

Private library destination — link not activated.