

Slim & Sassy Fat Loss Chart

1 pound of fat = 3500 stored calories

Fat loss per week	Decrease Daily Caloric Intake	OR	Increase Daily Caloric Expenditure via Moderate Exercise* (jogging, aerobics, swimming)	OR	Increase Daily Caloric Expenditure via Vigorous Exercise* (running, cycling, jump rope)
1 lb/week	500 cal/day	OR	60 minutes	OR	40 minutes
2 lbs/wk	1000 cal	OR	2 hours	OR	1 hr 20 min
3 lbs/wk	1500 cal	OR	3 hours	OR	2 hours
4 lbs/wk	2000 cal	OR	4 hours	OR	2 hrs 40 min
5 lbs/wk	3000 cal	OR	5 hours	OR	3 hrs 20 min

* For average 140 lb. adult age 31-50, calories burned varies on body mass and level of effort



HEALTHY FAT LOSS: Fat loss of 1 to 2 lbs. a week through calorie reduction with moderate exercise program

CAUTION: Fat loss of 3 lbs. a week requires more strict calorie reduction coupled with vigorous exercise training program

NOT RECOMMENDED: Fat loss of 4 lbs. or more a week likely includes severe calorie restriction, dehydration, and muscle loss