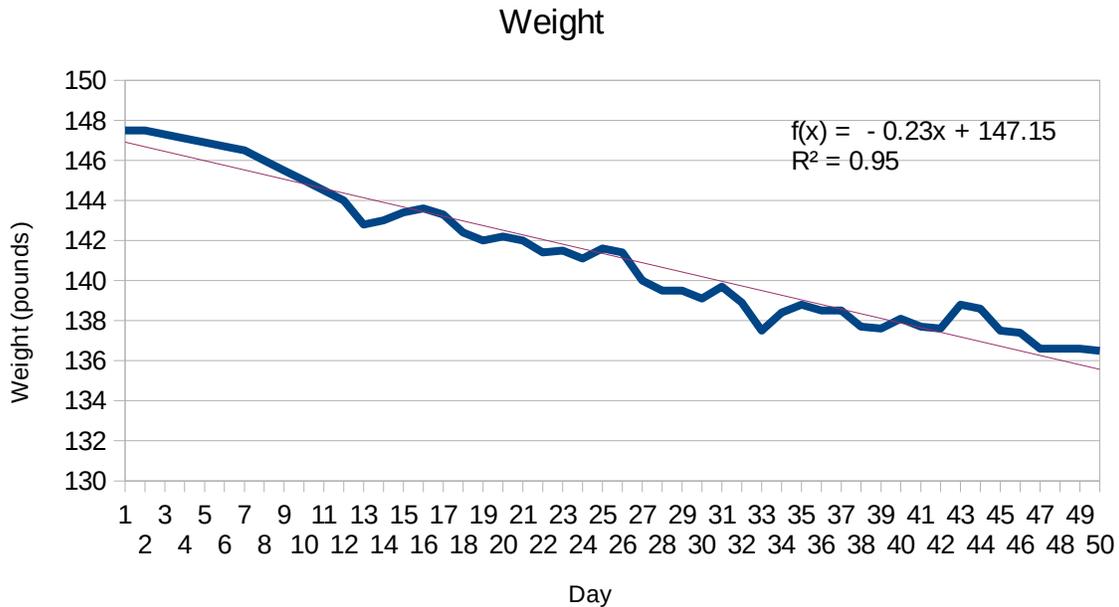# Faye's 2019 Diet: Day 50 Report

Weight

$f(x) = -0.23x + 147.15$
$R^2 = 0.95$

My weight declined steadily at a rate of about 2lbs per week for the first 33 days of the diet, after which it plateaued around 138 lbs. After 10 days of weight loss plateau, I decided that my metabolism had likely slowed down, and that it was time to change things up. Changing my diet after Day 42 caused my weight to spike up, but then drop by 2 lbs over the following week. Total weight loss at Day 50 is 11 lbs, which is an average of 1.5 lbs lost per week over course of the diet.

Calories Consumed

- Total Calories
- Net Calories
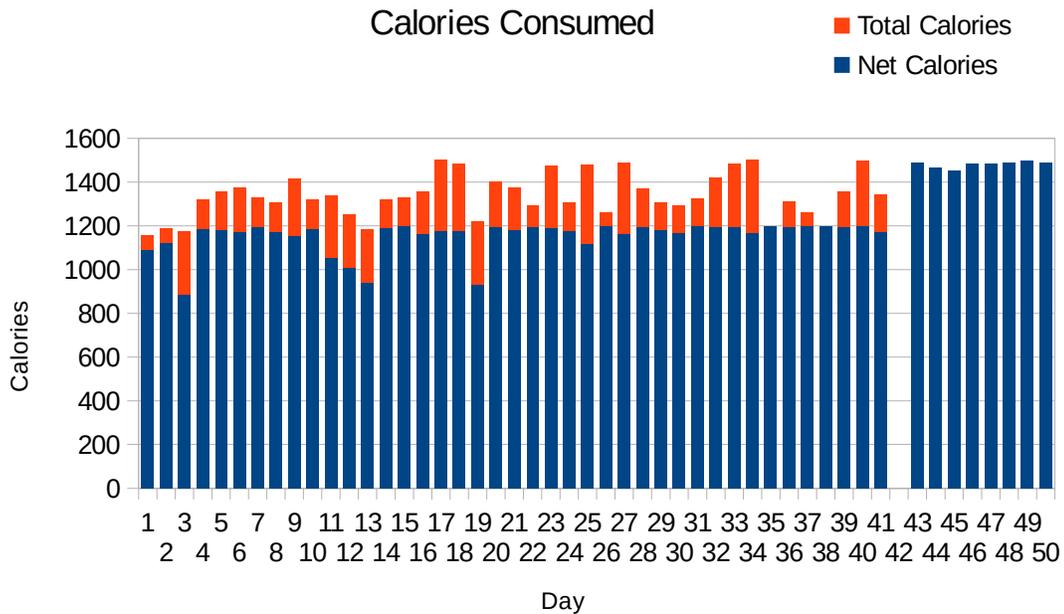
I remained on my original diet (1,200 calories per day net) until Day 41. On Day 42, I stopped my diet, ate a bunch of carbohydrates, and switched to a higher calorie diet of 1,500 calories per day total (no longer calculating net calories).

Calorie Breakdown
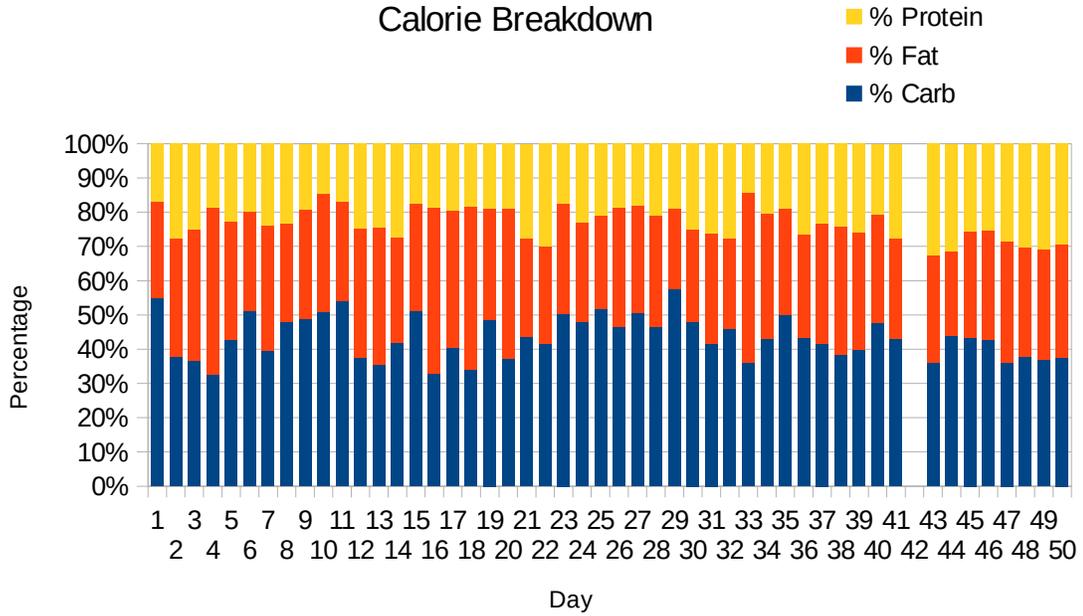
In addition to changing my caloric intake, I also changed my diet composition:

	Diet #1 Target	Diet #1 Average	Diet #2 Target	Diet #2 Average
Calories from Carbs	50%	44%	40%	40%
Calories from Fat	30%	34%	30%	31%
Calories from Protein	20%	22%	30%	29%

Next Steps

I'm heading out of town for the majority of the next diet quarter, so stay tuned for my next diet report when we will see what happens to my weight when I go off-diet.