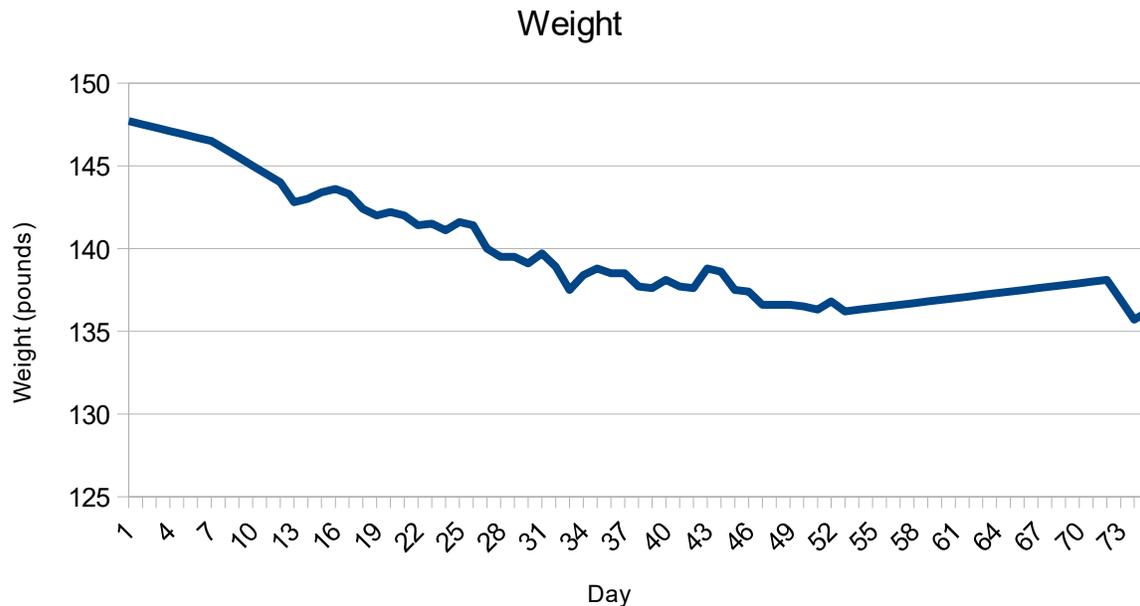


Faye's 2019 Diet: Day 75 Report



I spent most of the third quarter off the diet and not monitoring either my weight or calorie intake. While on vacation, I may have put on about 2 lbs, or that was potentially just water weight because it dropped right back down to where it was before I left on vacation within a day. My net change in weight after 20 days off-diet was 0 lbs. This is encouraging because it indicates that I'm not just putting the weight back on as soon as I stop dieting.

For the next stage of the diet, I'm giving up on calorie counting altogether and switching to intermittent fasting. This means free-feeding most of the time, and then not eating anything for at least 24 hours on two days of the week (Mon & Thu). I did my first fast on Day 73. It's not very fun, but it's not substantially worse than being restricted to 1,200 calories. The plan is to stick with fasting until the end of the diet (8 total fasts).

Diet Plan

- Day 1-41: 1,200 net calories/day
- Day 42: Break
- Day 43-52: 1,500 total calories/day
- Day 53-72: Break
- Day 73-100: Intermittent fasting (2x/week)