

3 Weight Loss Hacks!

Imagine being able to eat what you want and still lose weight! What if you could do 3 things everyday, and STIMULATE fat loss? You won't feel like you're starving and you will have more energy throughout the day... People are already getting results from the 3 simple hacks!

1.) **Food** calories in and calories out. [Figure out your recommended calories for maintaining weight and then dial it back 300-500 calories less everyday to lose 1/2-1 lb. a week!](#)

2.) **Water** drink half of your body weight in ounces of water everyday to curb appetite and flush your body.

3.) **Sleep** you can eat right, drink enough water, and exercise. But without a restful night sleep your body will not reset, repair, and rebuild at optimal levels!! SLEEP IS A MAJOR KEY!

Recommended tools and additional resources to help.

Calorie calculator: [Calculate your calories for weight loss.](#) Key in your info and how much weight you want to lose to get the recommended caloric deficit to lose your desired weekly rate.

Macro & calorie tracker: [Android App](#) or [Apple App](#)

Congratulations on starting your journey! Check out our other tools and enjoy the process of living better!

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HOW MUCH WATER SHOULD YOU DRINK?

BODY WEIGHT	WATER INTAKE	8 oz GLASSES
80 lbs	40 oz / 1.2 L	5
100 lbs	50 oz / 1.5 L	6
120 lbs	60 oz / 1.8 L	8
140 lbs	70 oz / 2.1 L	9
160 lbs	80 oz / 2.4 L	10
180 lbs	90 oz / 2.7 L	11
200 lbs	100 oz / 3 L	13
220 lbs	110 oz / 3.3 L	14
240 lbs	120 oz / 3.5 L	15
260 lbs	130 oz / 3.8 L	16
280 lbs	140 oz / 4.1 L	18
300 lbs	150 oz / 4.4 L	19

Drink one extra 8 oz glass of water every
20 minutes while working in the heat

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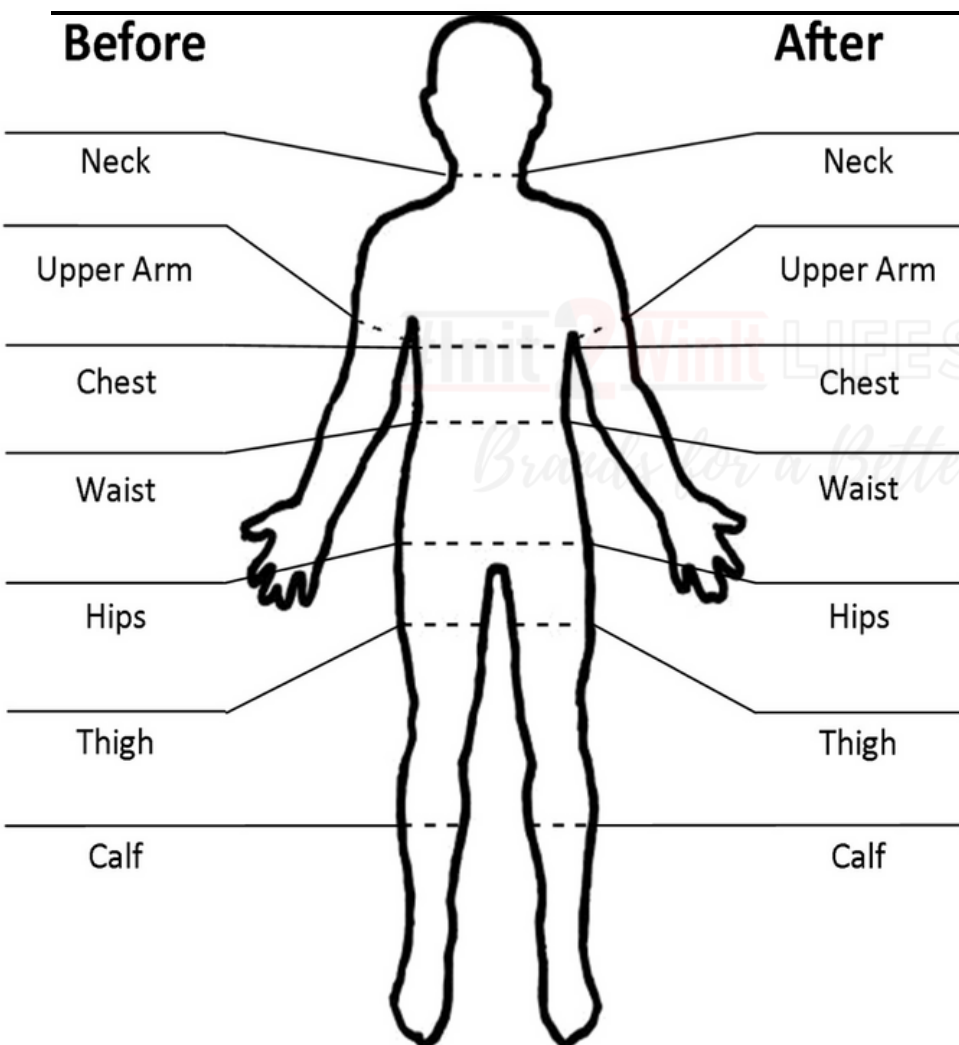
Better Me Tracker

(Two Week Tracker)

I am so happy and grateful now that... Example: *"I have more energy and feel great!"*

Before

After



Date _____		
Neck		
Chest		
Waist		
Hips		
Weight	Left	Right
Upper Arm		
Upper Thigh		
Calf		

Date _____		
Neck		
Chest		
Waist		
Hips		
Weight	Left	Right
Upper Arm		
Upper Thigh		
Calf		

S M T W TH F S

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Note to Self

What else are you grateful for?

How would you feel in two weeks, 30, 60, or 90 days from now?

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