

Forum:[Hack Forums](#)

Thread: [\[UPDATE 19.07.2020\] My Weight Loss Journey](#)

SIM-2315787 - June 11, 2020, 4:29 am

Hello guys!

So a while back I started my weight loss journey doing IF / counting calories. Recently I got myself a new digital weight scale and I found out that I'm actually heavier than I thought because the old scale should have been really old and it was showing wrong weight. Basically I got really upset and thought to continue with my weight loss journey restarting it a few days ago by doing 20:4 and trying to control my portions.

What I do is eat between 16 pm and 20 pm. I know it's quite difficult to stay hungry until 4 but I try to endure because I have to lose 10 kgs or maybe even more.

Starting weight: 68kgs
Current weight: 67 kgs
Goal weight: 50-55 kgs.

I try to have some coffee / tea during my fasting window. As for calories I have set a limit of 1500 kcal however some days I may exceed that if I decide to have 2 meals instead of just one.

I started my new journey on 8th June 2020. I hope that until my birthday on 29th June I'll have some bigger progress.

??

[UPDATE 19.07.2020]

After failing with my diet a few times I want to say that I currently still do fasting. I decided to post this update for a different reason. Over the past week my hair has been thinning and falling really badly. After some research on the internet I found out hair can fall due to strict diets , lack of vitamins, calorie counting etc. So I just want to say I still will keep on doing fasting but without actually counting calories or avoiding certain foods. I'm starting today - basically I will still have my lunch at 2 pm and then dinner until 8 pm , just eating normally. I'll keep an eye on my hair fall and see if it stops in the next week or 2.

Artisan - June 11, 2020, 8:23 am

Does your set goal match the recommended weight for your height? You wouldnt want to be underweight as thats counterproductive. Also bear in mind that diet and exercise are equally important in weight loss or maintaining a particular weight.

Yanix - June 11, 2020, 8:32 am

(Jun 11, 2020 04:29 AM)music_in_me227 Wrote: [\[CITE\]](#) Hello guys!

So a while back I started my weight loss journey doing IF / counting calories. Recently I got myself a new digital weight scale and I found out that I'm actually heavier than I thought because the old scale should have been really old and it was showing wrong weight. Basically I got really upset and

thought to continue with my weight loss journey restarting it a few days ago by doing 20:4 and trying to control my portions.

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Oh looks like you've got a tough one of a goal until the end of June...good luck on this weight loss journey of your.

Keep up the good work and stay fit and healthy. God bless :)

Goods - June 11, 2020, 10:16 pm

(Jun 11, 2020 08:32 AM)Yanix26 Wrote: [\[CITE\]](#) Oh looks like you've got a tough one of a goal until the end of June...good luck on this weight loss journey of your.

Keep up the good work and stay fit and healthy. God bless :)

OP if you need any assistance on where to start, as far as working out. I can help you if you need.

Remember, abs are made in the kitchen, not the gym. Breaking a bad eating habit is hard but, so worth if you stick the the big picture.

Edit: Check out my service if you are truly serious about getting in shape. I can get you there.

Yanix - June 11, 2020, 11:26 pm

(Jun 11, 2020 10:16 PM)Goods Wrote: [\[CITE\]](#) OP if you need any assistance on where to start, as far as working out. I can help you if you need.

Remember, abs are made in the kitchen, not the gym. Breaking a bad eating habit is hard but, so worth if you stick the the big picture.

Oh that would be great if you will be sharing some great tips and workouts bro :)

Canadian - June 12, 2020, 12:01 am

Well done bud! When you see that 6-pack and your hard work paid off, it will be worth it.

I gotta get my ass in shape to start running soon smh

Goods - June 12, 2020, 6:25 am

(Jun 11, 2020 11:26 PM)Yanix26 Wrote: [\[CITE\]](#) Oh that would be great if you will be sharing some great tips and workouts bro :)

Yeah man, just pm me and we can discuss everything!

Yanix - June 12, 2020, 6:29 am

(Jun 12, 2020 06:25 AM)Goods Wrote: [\[CITE\]](#) Yeah man, just pm me and we can discuss everything!

Maybe you can try and create a thread so many members will get to benefits on what you will be sharing...what you think?

Goods - June 12, 2020, 6:33 am

(Jun 12, 2020 06:29 AM)Yanix26 Wrote: [\[CITE\]](#) Maybe you can try and create a thread so many members will get to benefits on what you will be sharing...what you think?

I created one a LONG time ago and it was kind of trash. I may start working on one tonight or something. The stickied fitness guide has some pretty good information in it but, doesn't go into full detail on a lot of things. It's more of an overview. I'll try to delegate some time to a lengthy thread.

Yanix - June 12, 2020, 6:39 am

(Jun 12, 2020 06:33 AM)Goods Wrote: [\[CITE\]](#) I created one a LONG time ago and it was kind of trash. I may start working on one tonight or something. The stickied fitness guide has some pretty good information in it but, doesn't go into full detail on a lot of things. It's more of an overview. I'll try to delegate some time to a lengthy thread.

Then that would be great to see it posted here on the forum.

There's a lot of people out there who are longing to get some great tips for their training and weight loss journey.

What to do, what to have for their diet and everything. I'll be waiting for your thread to be up and posted here in forum :D

thorr - June 12, 2020, 6:48 am

Once you will reach your goal of being 55kg you will look like a sick guy if you are not doing exercises.

Search on youtube for "Chloe Ting 2 week shred" and watch how it is possible to loose about 4-5 cm from tummy in only 2 weeks (you will not loose too many kg but at least you will not have fat around your tummy).

Goods - June 12, 2020, 7:06 am

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Once again, its not possible to reduce fat in one area only. I mentioned that above anyone who is trying to portray that to you is either trying to sell you something or straight up lying to you.

(Jun 12, 2020 06:39 AM)Yanix26 Wrote: [\[CITE\]](#) Then that would be great to see it posted here on the forum.

There's a lot of people out there who are longing to get some great tips for their training and weight loss journey.

What to do, what to have for their diet and everything. I'll be waiting for your thread to be up and posted here in forum :D

I may write something up and get someone to put some nice art to it or something. Make it look clean and shit. You'll see it sooner or later.

Yanix - June 12, 2020, 7:20 am

(Jun 12, 2020 07:06 AM)Goods Wrote: [\[CITE\]](#) Once again, its not possible to reduce fat in one area only. I mentioned that above anyone who is trying to portray that to you is either trying to sell you

something or straight up lying to you.

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Thanks bro that would be cool...can't wait to see it on the forum...please keep me updated

Goods - June 12, 2020, 7:21 am

(Jun 12, 2020 07:20 AM)Yanix26 Wrote: [\[CITE\]](#) Thanks bro that would be cool...can't wait to see it on the forum...please keep me updated

No doubt homie, the majority of people on here dont really know what they are talking about lmao. Like the guy who just posted before me.

Yanix - June 12, 2020, 7:23 am

(Jun 12, 2020 07:21 AM)Goods Wrote: [\[CITE\]](#) No doubt homie, the majority of people on here dont really know what they are talking about lmao. Like the guy who just posted before me.

Lol...just keep your thing up bro and for sure more members will like it :D

thorr - June 12, 2020, 7:26 am

(Jun 12, 2020 07:06 AM)Goods Wrote: [\[CITE\]](#) Once again, its not possible to reduce fat in one area only. I mentioned that above anyone who is trying to portray that to you is either trying to sell you something or straight up lying to you. Hei, it is a free workout series on youtube, it is nothing to buy :-)

Watch the "before" and "after" photos after the guys from youtube complete the challenge. Everything is free on youtube and everyone is saying that they are losing about 2 inches from tummy (well.. NOT only tummy, there are minor changes in other places too) ... just take a look and maybe you will change your idea.

Goods - June 12, 2020, 7:39 am

(Jun 12, 2020 07:23 AM)Yanix26 Wrote: [\[CITE\]](#) Lol...just keep your thing up bro and for sure more members will like it :D

I got you homie. Ill make it soon.

Pyro - June 12, 2020, 7:43 am

weight goal 50kg ? What?

How old are u ? 12 ?

How tall are u ?

SIM-2315787 - June 12, 2020, 8:09 am

(Jun 12, 2020 07:43 AM)Pyro Wrote: [\[CITE\]](#) weight goal 50kg ? What?

How old are u ? 12 ?

How tall are u ?

Hey. I'm 24-year-old and I'm 160cm. I guess I'll be between 50-55 kgs.

(Jun 12, 2020 07:26 AM)thorr Wrote: [\[CITE\]](#) Hei, it is a free workout series on youtube, it is nothing to buy :-)

Watch the "before" and "after" photos after the guys from youtube complete the challenge. Everything is free on youtube and everyone is saying that they are losing about 2 inches from tummy (well.. NOT only tummy, there are minor changes in other places too) ... just take a look and

maybe you will change your idea.

I know about Chloe Ting and I've watched some of her workouts. I just want to add there's also this awesome app FitOn on google play. It has some great free workouts. I haven't been into working out a lot but just wanted to say this in case anyone needs it.

Wolf - June 12, 2020, 8:17 am

You can shed some weight by losing excess water or cutting your limbs off.

You are probably looking to lose bodyfat.

Having that small timeframe to eat, probably won't get you any results, as you'll give up sooner or later.

Did you look into less drastic, sustainable but effective solutions?

These would include the following:

Drinking a lot of water, no juices, no sugary drinks, no sweeteners, just plain old water.

Upping your protein intake along with working up on your daily running and eventually doing some bodyweight exercises?

This is something majority of the population can do and will give you results, for sure.

SIM-3205632 - June 12, 2020, 8:20 am

I honestly don't like when people do fasting diets JUST to lose weight. You should try eating normal and dedicate yourself to a more healthy lifestyle. Else you'll just gain it back sooner or later.

r00t3R~ - June 12, 2020, 9:40 am

Might be dumb question but can you lose weight and fat without exercises, i have been having recently bad eating habits and i gained like a lot weight?

SIM-2315787 - June 12, 2020, 9:41 am

(Jun 12, 2020 09:40 AM)r00t3R~ Wrote: [\[CITE\]](#) Might be dumb question but can you lose weight and fat without exercises, i have been having recently bad eating habits and i gained like a lot weight? It's absolutely possible as long as you eat less calories.

Goods - June 12, 2020, 6:15 pm

(Jun 12, 2020 09:40 AM)r00t3R~ Wrote: [\[CITE\]](#) Might be dumb question but can you lose weight and fat without exercises, i have been having recently bad eating habits and i gained like a lot weight? No matter what you will lose weight as long as you're in a caloric deficit. Mercery is for building muscle as well not just losing fat.

(Jun 12, 2020 08:20 AM)RijstPapi Wrote: [\[CITE\]](#) I honestly don't like when people do fasting diets JUST to lose weight. You should try eating normal and dedicate yourself to a more healthy lifestyle. Else you'll just gain it back sooner or later.

Intermittent fasting is a very common practice with people trying to lose weight. It helps a lot of people who have certain types of eating problems as well.

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This is something majority of the population can do and will give you results, for sure.

There is some good and bad in your post; 1st shedding water weight isn't really that simple. Only really two ways of getting rid of it. Diuretics that make you pee more often and saunas. Both can be potentially dangerous if abused. 2nd there is nothing wrong with intermittent fasting as long as he is staying in a caloric deficit. If he is still overeating during that time frame then he won't be helping himself. Drinking more water is a key way of losing weight and staying full when you would normally be hungry. Upping your protein wouldn't really make a difference until he started working out anyways. Protein is used for muscle growth, if he isn't tearing down his muscles by working out then eating an excess of protein wouldn't be that great for his stomach. Exercising in general is going to be a positive thing though.

Not trying to be a douche just trying to help OP out.

SIM-2315787 - June 15, 2020, 2:26 am

I just wanted to add it would be really good if you cut the carbs out of your diet. I mean things like bread, pasta, rice.... I live with my family so it's really difficult to follow this all the time. My mother is cooking french fries for lunch so basically I guess I'll have to have a really small portion..... I'm currently down almost 2 kgs but there's a long way to go.

Goods - June 16, 2020, 1:07 pm

(Jun 15, 2020 02:26 AM)music_in_me227 Wrote: [CITE](#) I just wanted to add it would be really good if you cut the carbs out of your diet. I mean things like bread, pasta, rice.... I live with my family so it's really difficult to follow this all the time. My mother is cooking french fries for lunch so basically I guess I'll have to have a really small portion..... I'm currently down almost 2 kgs but there's a long way to go.

Usually people who are overeating or overweight in general, have a huge problem with portion control. You honestly can eat whatever you want if you have control and you are hitting your macros. Macros meaning carbs, protein, fats.

SIM-2315787 - June 20, 2020, 1:03 am

Okay so It's 11 am and there are a few more hours left. I already had my morning coffee without sugar but with creamer. Yesterday I felt pretty bad because I had some pizza and it was before 12 pm. My birthday is after 9 days so I'm trying to lose some more weight until then..

Recently I felt pretty depressed for different reasons and probably that's why I failed with my diet. Diets need consistency and you need to not just give up.

Stanley - July 19, 2020, 12:42 am

I'm Stanley HF's helper bot. This OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

? Soufian ? - July 19, 2020, 6:20 pm

Whats your length and what does your BMI say about you?

Yanix - July 19, 2020, 6:28 pm

(Jun 20, 2020 01:03 AM)music_in_me227 Wrote: [\[CITE\]](#) Okay so It's 11 am and there are a few more hours left. I already had my morning coffee without sugar but with creamer. Yesterday I felt pretty bad because I had some pizza and it was before 12 pm. My birthday is after 9 days so Im trying to lose some more weight until then..

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So how are you today and how was your weight loss journey going on lately?

Hoping you are still doing great jobs and you are in good shape now.

Scottyj01 - July 19, 2020, 6:38 pm

Each lb is a difference, good job so far, improvements to be made with strictening your diet but believe in yourself and you will buckle down and get it done.

Goods - July 20, 2020, 3:51 pm

(Jun 12, 2020 06:29 AM)Yanix Wrote: [\[CITE\]](#) Maybe you can try and create a thread so many members will get to benefits on what you will be sharing...what you think?

<https://hackforums.net/showthread.php?tid=6095339>