

Forum:[Hack Forums](#)

Thread: [7 Days Water Diet - Trying to get back in shape](#)

The Joker - May 17, 2025, 8:18 am

Hello all,

I started thinking of losing weight recently as I have become dangerously obese. I weighed over 105 Kilos and my height is 172 cm.

My BMI is 35 and I've started showing symptoms of insulin resistance for a while now.

I got a few skintags around my neck, brown patches of skin around the neck, armpits, inner thighs, etc. Consoled myself that I'd get in shape soon. But didn't get the motivation I guess.

A few days back, I noticed the knuckles on my left hand got dark. That's when I realised it's getting pretty serious.

Started low carb diet right away. After a few days, I didn't notice much difference but as an Indian, it's hard to maintain low carb diet and very easy to overeat as all foods are carbs here.

I have seen [Omniscient 7](#) [mention=5616027] and others talk about their weight loss diet for some time. But exactly 3 days back, I too joined the convo. told how much I weigh and shared my BMI. I was suggested by [mention=5616027] to take the 7 days water diet where I'm supposed to drink only water for 7 days straight.

The concept was kinda scary at first. I mean, who can survive without food for 7 days? But I was shared links to YouTube videos about the water diet and it was kinda what I needed. A fast and easy way to lose weight. What's easier than not eating? At least better than having to cook your own food for keto friendly meals right?

So, it's 3 days since I started this and thought of sharing my weightloss journey with you all. HF inspired me to start dieting. I have never in my life gone a day without eating. now it's 3 days in a row.

The aim of this thread is to provide self motivation for myself and for others who want to lose wait. There's never a better time to get in shape than today. Don't postpone.

I will share daily updates of how I feel and share my weight progress. Will also share details about my meal if possible.

Ps.: [mention=5616027] Has promised a reward of \$100 if I finish 7 days successfully. But I'm doing this for myself and wouldn't hold it against him if he doesn't pay lol. ?

Day 1[] Started the day fully prepared for being hungry.

[] Expected to feel hungry, but surprisingly, didn't.

[] Didn't notice any changes

[] Had 2 water bottles with me. Slice of ginger in one and a lime slice in another and drank from these.

Day 2

[] Felt a little dizzy sometimes

[] Didn't feel hungry and no cravings at all

Special thanks to my family for having food and snacks away from my sight

Day 3

[] Felt dizzy and slightly tired

[] Felt heavy around the eyes

[] Was able to do normal household chores

[] Drank enough water

[] Slight food cravings (Sniffed my son's food lol)

[] Drank plain water the whole day, a cup of hot water with a bit of tamarind and a pinch of salt in the evening.

No more solid poop ;)

Spoiler ([Click to View](#))

Day 4

[] Felt dizzy and slightly tired (but better than yesterday)

[] Was active throughout the day (fixed my treadmill)

[] Was able to do normal household chores

[] Drank enough water

[] Slight food cravings (especially when my sons were eating fruits)

[] Drank water, lemon and salt (himalayan pink salt) to get some minerals

Weight is the same as yesterday. I weighed like 103.5 Kg today

Day 5

[] Felt energetic when I woke up

- ☐ Felt mild discomfort in shoulders and knees
- ☐ Was able to do normal household chores
- ☐ Decided to end the water fast
- ☐ Had a bowl of mixed vegetable soup
- ☐ 5 pistachios and 10 dates

Gonna eat soup for next 3 days and then continue with proper keto

[mention=5616027] I'm 100% sure I could've finished the 7 days. But got a family get together and a long travel in like 3 days. Didn't want to be drained before that. :(But my weight loss journey continues.

More updates coming soon!

Mr. Richie - May 17, 2025, 8:30 am

Green tea increases the calories burnt. It really does and decreases hunger by far. Drink 3-4 cups per day and avoid it before sleeping.

The Joker - May 17, 2025, 8:51 am

(May 17, 2025 08:30 AM)Mr. Richie Wrote: [\[CITE\]](#) Green tea increases the calories burnt. It really does and decreases hunger by far. Drink 3-4 cups per day and avoid it before sleeping.

Well, will try this too. Thanks!

(May 17, 2025 08:38 AM)MarlboroMan Wrote: [\[CITE\]](#) I'm rooting for you!

Goodluck.

Thanks mate! Now I've got an extra reason to lose weight I guess. Will try to post regular updates.

JoseMar - May 17, 2025, 2:45 pm

Thanks for sharing this so openly @The Joker@ It's not easy, but you're already showing great determination.

One day at a time, you've got this!

The Joker - May 17, 2025, 10:18 pm

(May 17, 2025 02:45 PM)JoseMar Wrote: [\[CITE\]](#) Thanks for sharing this so openly @The Joker@ It's not easy, but you're already showing great determination.

One day at a time, you've got this!

The main reason for starting this thread was to make sure I still have a reason to lose weight even if I want to quit.

Now I've got to update my progress here as people are watching me and I don't want to fail. Haha.

Pr0m3th3us - May 17, 2025, 10:28 pm

Not eating anything is dumb AF but ok whatever....

The Joker - May 17, 2025, 10:43 pm

(May 17, 2025 10:28 PM)Rust-0l3um Wrote: [\[CITE\]](#) Not eating anything is dumb AF but ok

whatever....

Yeah. But I've eaten enough to sustain for like 5 more years. So, let's see how this goes..

Pr0m3th3us - May 17, 2025, 10:45 pm

(May 17, 2025 10:43 PM)The Joker Wrote: [\[CITE\]](#) Yeah. But I've eaten enough to sustain for like 5 more years. So, let's see how this goes..

Thats not how the human body works bud. Forcing it to eat its own fat cells isnt a good thing. At least eat some applesauce, plain toast, rice, beans....something.

You need to exercise and diet. Instant gratification isnt part of biology.

niko1425 - May 17, 2025, 11:34 pm

(May 17, 2025 10:43 PM)The Joker Wrote: [\[CITE\]](#) Yeah. But I've eaten enough to sustain for like 5 more years. So, let's see how this goes..

But hes right bro, not eating will kill your metabolism more

TheNaturalBoy - May 17, 2025, 11:39 pm

Bro, I'm happy for you that you decided to make a big change in your life—it's admirable. Just please be careful. I'm not going to question the method or culture of diets; just remember that even if something seems "easy," it doesn't mean it'll last for long. Make an effort to stay balanced. We have endless information online—videos, influencers—and while many of those influencers are just charlatans who say nonsense to get views and fame, there are also creators focused on health and nutrition who will be honest with you. Don't push your body too hard or take it to dangerous limits, because that can only cause major discomfort and also frustration or anger when results aren't immediately obvious. You know the usual advice: try to cut back on foods and drinks high in sugar and saturated fats. Believe me, there will be times when you'll want to eat or drink a burger, desserts, soda, or similar things—and that's okay. You can do it; don't torture your body. What matters is having the willpower and strength to set a limit and not go overboard. From here on out, perseverance, determination, and effort are what count. From what I see, you have great determination and are very aware of your current health and weight situation. Knowing that, admitting it, and wanting to do something about it is more than most people can say. Keep it up, brother: work hard, don't give up, be consistent, and encourage yourself—no self-loathing or destructive self-criticism. You can do it; I believe in you. :3

diablospartan - May 18, 2025, 6:44 am

Wow seems that people can make legendary things

In my case its very hard to stay one day without eating nothing and already made it 3 days i cannot believe it

If you succed for 7 days just drop me a pm to send you 1 milion dolars :)))

The Joker - May 18, 2025, 10:27 am

(May 18, 2025 05:53 AM)MarlboroMan Wrote: [\[CITE\]](#) Checking in, how's today going?

You should be in the deepest state of ketosis by now! (First-time, must be a rollercoaster!)

BTW: You're doing really good. Please read some of these post replies with a grain of salt.. like we've discussed; People go crazy when you tell them you're fasting (except some religious one) stick to studies and data and nothing else.

Here's the Nobel price article:

<https://www.nobelprize.org/prizes/medicine/2016/press-release/>

Keep that pee clear and get yourself some new smaller sized pants! :P

Day 4 updates added mate. Would've been happier if I had lost like 200 grams. Lol.
But I may have drank too much water.. ?

(May 18, 2025 06:44 AM)diablospartan Wrote: [\[CITE\]](#) Wow seems that people can make legendary things
In my case its very hard to stay one day without eating nothing and already made it 3 days i cannot believe it

If you succed for 7 days just drop me a pm to send you 1 milion dolars :)))

Sure will do! I'm gonna add a reminder in my phone.. ?

Syndicate - May 18, 2025, 11:34 am

I'd like to get Dr. [Komodo](#) 's opinion on this.

But proud of you Joker for sticking to this diet and plan

The Joker - May 19, 2025, 5:49 am

(May 18, 2025 11:34 AM)Syndicate Wrote: [\[CITE\]](#) I'd like to get Dr. [Komodo](#) 's opinion on this.

But proud of you Joker for sticking to this diet and plan

Thanks mate!

(May 19, 2025 05:11 AM)MarlboroMan Wrote: [\[CITE\]](#) Checking in! How's the fast going?

Updated details of Day 5 in the OP mate!

The Joker - May 19, 2025, 6:56 am

(May 19, 2025 06:01 AM)MarlboroMan Wrote: [\[CITE\]](#) Ah that's OK.. I'm still very proud of you! 5 and a half days of water-fasting for the first time is pristine! Make sure you re-feed slowly and properly and stay off whole foods for at least 3 days. Try to.. This will keep your metabolism in check.

Since you're already in deep ketosis I recommend you start with IF (intermittent fasting) combined with a keto diet.

So for example, 20:4

20 Hours of fasting, 4 Hours of eating (keto-only).

You could also do a OMAD diet, One Meal A Day (keto-only). OMAD will for sure keep you at roughly the same weight loss rate that you're in right now.

Ideally you do a prolonged water fast every once in a while (for ex. I'm ripped but still fast every 2 weeks from monday to wednesday for gut health and toxins) and keep reading up on it.

All and all, very proud of you! Thank you for trusting and inspiring me.

Spoiler [\(Click to View\)](#) Send me your LTC address for a 50\$ reward.

Sure will follow mate! Already feeling much better than 6 days back.

I did this for myself and not the reward and I didn't complete 7 days. So, not fair to accept the reward!

Your love would suffice for me.