

[HOW I CAN LOSE WEIGHT FAST](#)



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How fast you can lose weight depends on your starting point. If you are only 20 or 30 pounds overweight, a good rule of thumb is a half to one pound per week. It takes a 3,600 calorie deficit to lose a pound. Period.

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Hi Adam, I am a 15 year old girl and trying to lose weight. I currently weigh 115 pounds and im trying to get to atleast 100. I tried to use your method and i waited two weeks but heres some bad news i got the same result. So i have a question is there an easier way to lose weight fast and without harming my health.

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