

Guaranteed Gradual Weightloss Procedure (GGWP)

- 1) Weigh yourself every morning.
- 2) Establish a *target weight* that starts at the current weight and decreases by 0.1 lb every day.
- 3) On days where your weight is more than 2.0 lb over the target, fast (or lose a few pounds some other way).



Late 2017: It's not easy being 192

- Can't fit into my 36" pants.
- Belly rubs against belt buckle when seated
- Thighs rub together when walking
- Saw 192.4 on the scale on 2017-10-13.

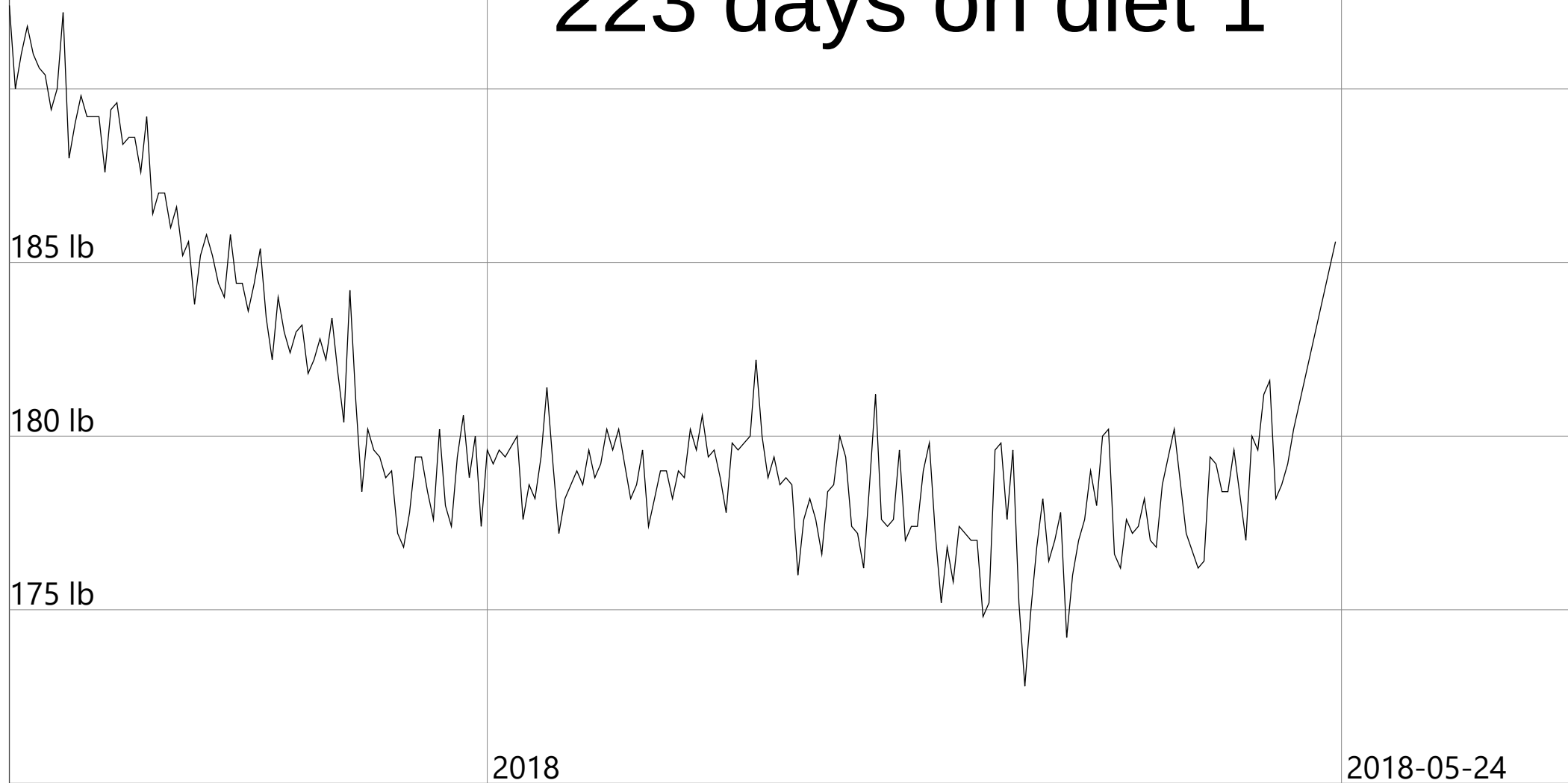


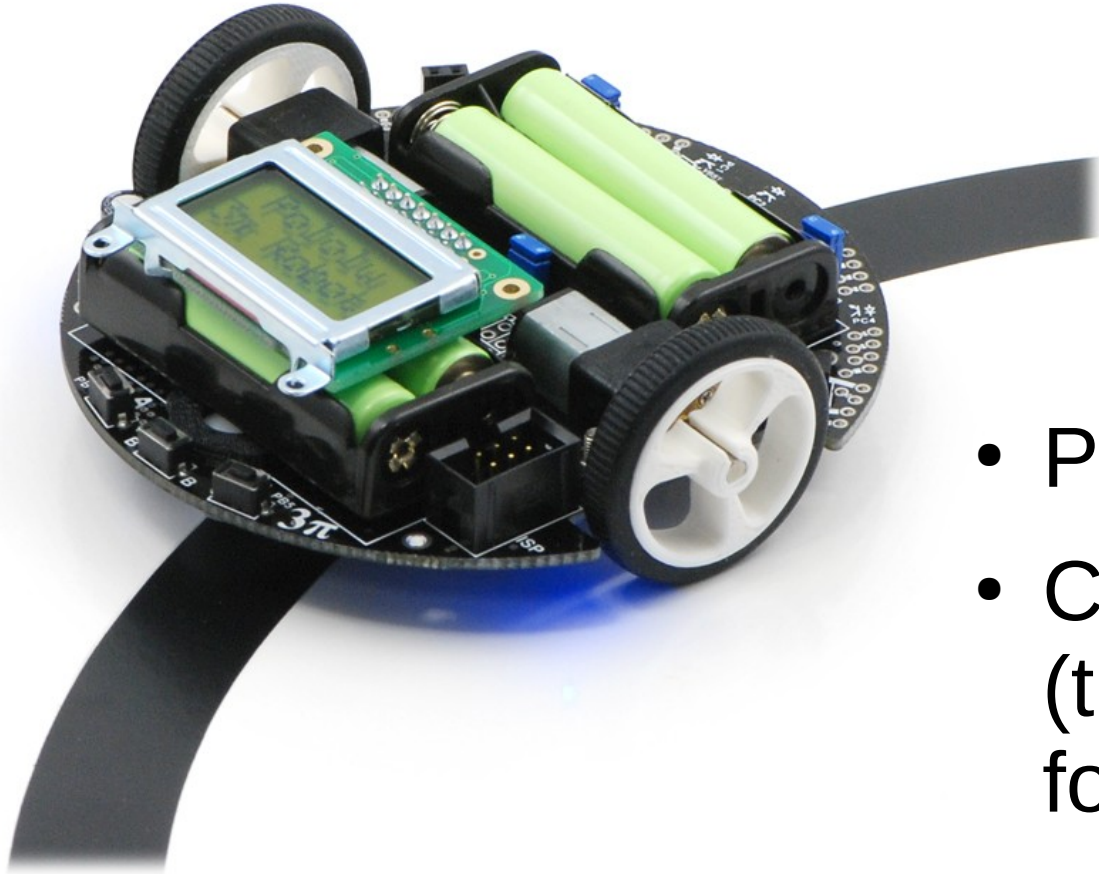
Rockonnukah 2017. Katy's pic.

Diet 1

- 1) Weigh myself every morning.
- 2) Graph it over time.
- 3) Think about my daily decisions.
- 4) Eat fewer snacks at work.
- 5) Learn to fast, practicing it on Saturdays.

223 days on diet 1





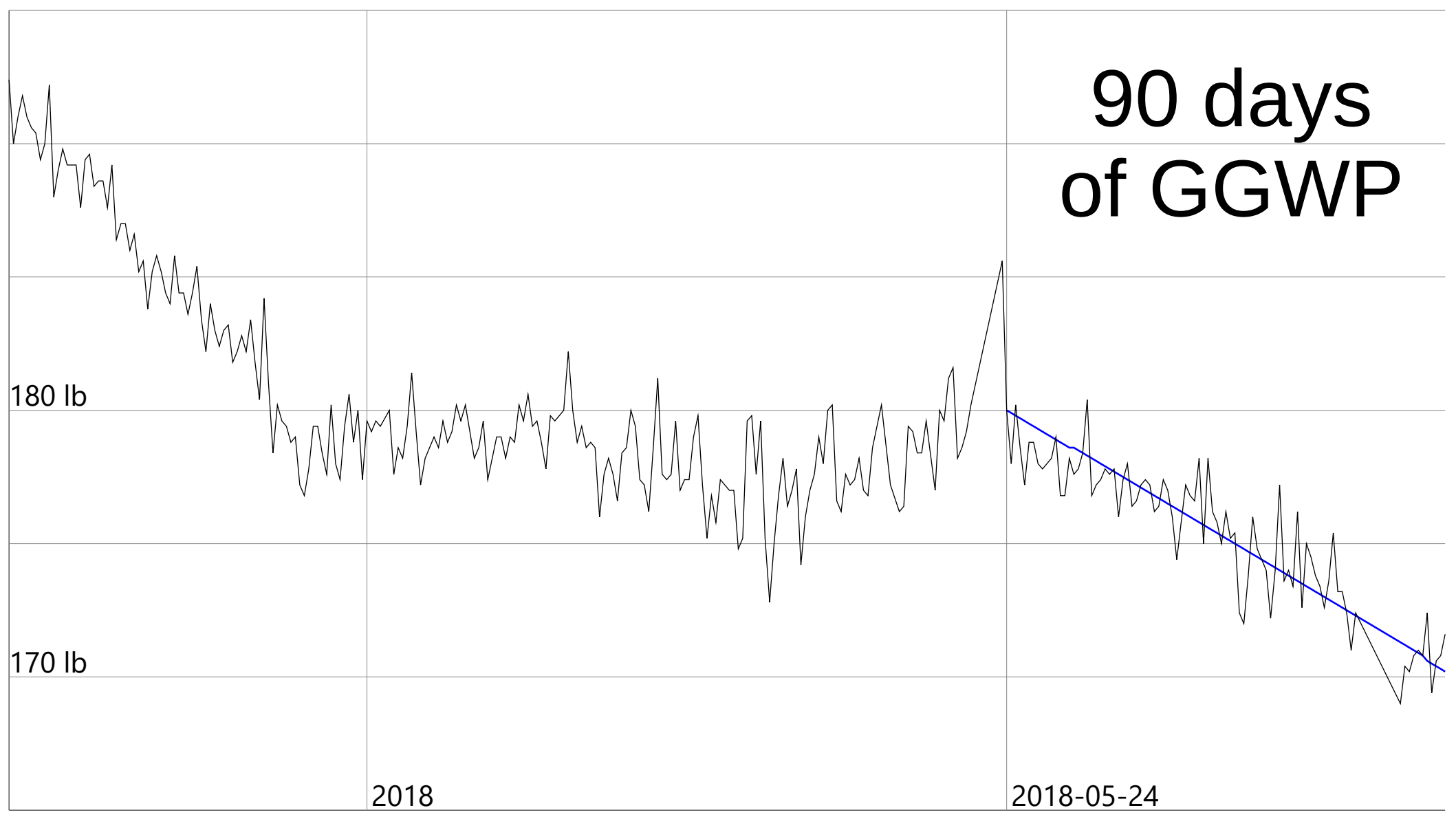
My influences

- Power of gradual change
- Control systems (thermostats, line followers)

My Guaranteed Gradual Weightloss Procedure (GGWP)

- 1) Weigh myself every morning.
- 2) Establish a *target weight* that starts at my current weight (180.0 on 2018-05-24) and decreases by **0.1 lb every day**.
- 3) On days where my weight is more than **2.0 lb** over the target, I fast.

90 days of GGWP



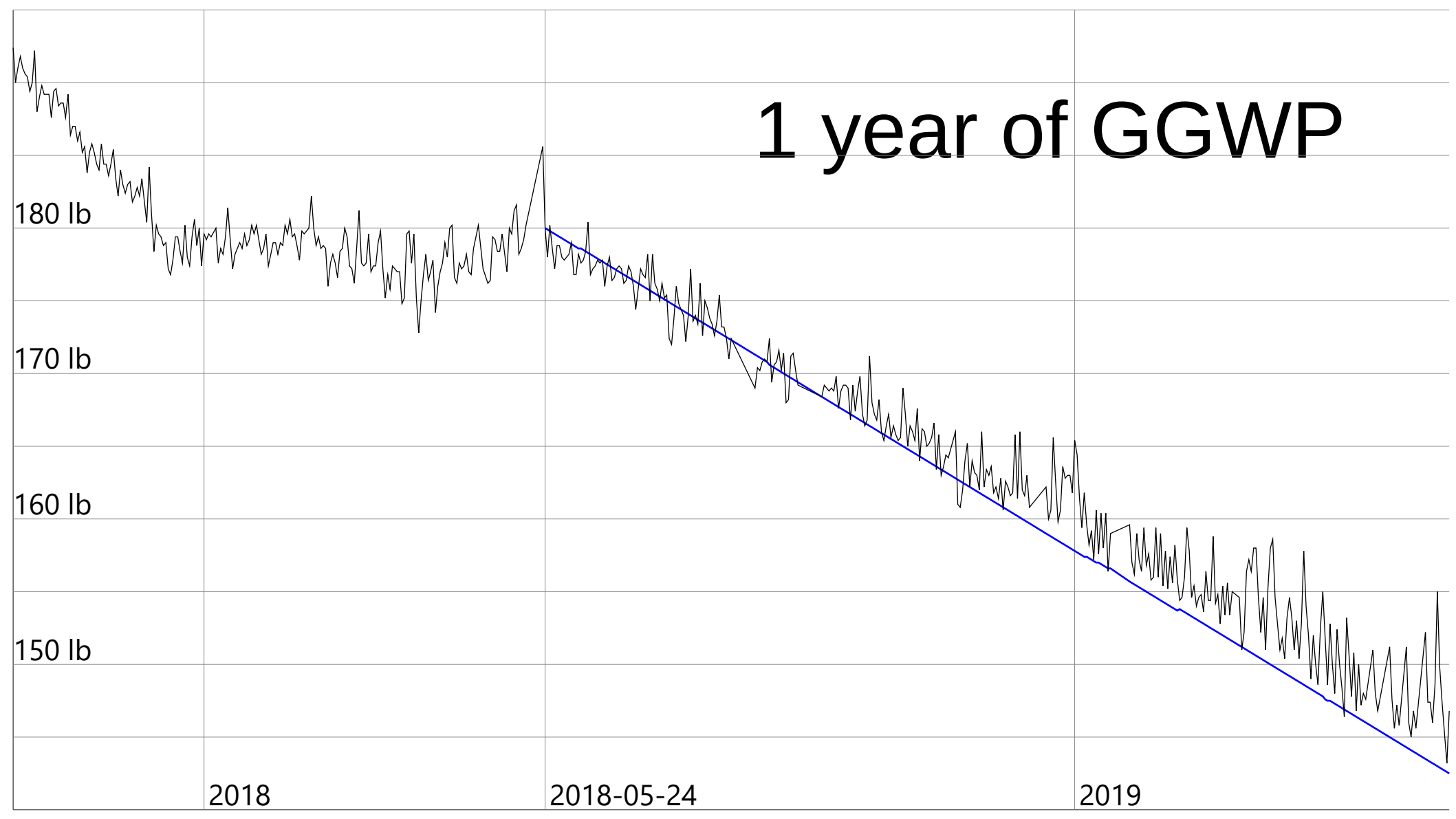
180 lb

170 lb

2018

2018-05-24

1 year of GGWP



180 lb

170 lb

160 lb

150 lb

2018

2018-05-24

2019

GGWP is not a diet

- Feedback-based procedure for selecting a diet for the day
- Guaranteed rate of weight loss
- Accounts for cheating
- Compatible with all diets



My setup



February							January	March
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	1 2 3 4 5	1 2
						1 157.6	3 4 5 6 7 8 9	1 2
						158.8 >157.9	10 11 12 13 14 15 16	3 4 5 6 7 8 9
						FAST	17 18 19 20 21 22 23	10 11 12 13 14 15 16
							24 25 26 27 28 29 30	17 18 19 20 21 22 23
							28 29 30 31	24 25 26 27 28 29 30
								31
3 156.0 >154.7 (+1.3) Superbowl	4 ● 159.4 >154.8 (+4.8)	5 156.0 >154.5 (+1.5)	6 159.0 >154.4 (+4.6)	7 155.4 >154.3 (+1.1)	8 157.8 >154.2 (+3.6)	9 155.2 >154.1 (+1.1)	2 Groundhog Day 155.8 >154.8 (+1.0)	
10 157.4 >154.0 (+3.4) FAST	11 155.6 >153.9 (+1.7)	12 Lincoln's Birthday ● 158.2 >153.8 (+4.4) FAST	13 155.8 >153.7 (+2.1) FAST	14 Valentine's Day 154.4 >153.8 (+0.6)	15 154.6 >153.7 (+0.9)	16 156.0 >153.6 (+2.4) FAST CHEAT for Emily party		
17 159.4 >153.5 (+5.9) CHEAT for EVE brunch	18 Presidents Day 157.8 >153.4 (+4.4) FAST	19 ○ 154.6 >153.3 (+1.3)	20 155.4 >150.2 (+2.2) FAST	21 154.0 >153.1 (+0.9)	22 Washington's Birthday 154.6 >153.0 (+1.6)	23 155.4 157.8 >152.9 (+4.9) FAST FAST		
24 153.6 >152.8 (+0.8)	25 156.4 >152.7 (+3.7) FAST	26 ○ 154.4 >152.0 (+2.4)	27 154.4 >152.5 (+1.9) Capriotti's & home baking	28 158.8 >152.4 (+6.4)				

But fasting makes me feel bad!

- Exercise: sweaty, sore, and tired
- You can learn to fast!



Katy's pic from 2019-06-01.

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- 1) Weigh yourself every morning.
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Fasting tips

- Reinterpret hunger signals.
- Enjoy zero-calorie foods: tea, diet soda, coffee, gum.
- Distract yourself with video games.



Fasting as tool

- Eat at the best times (hunger arbitrage)
- Easier to schedule your day
- Eat in empty restaurants during off hours



Dad's pic from Alabama, 2019-05-11.

Excuses for not doing GGWP

- My scale doesn't have 0.1 lb accuracy.
- Fasting makes me feel hungry.
- Fasting gives me weird side effects.
- Fasting is extreme.
- I'd rather do diet _____.



Katy's pic from 2019-06-01.

The coming decade

