

Guidelines to Make Weight

- 1. Do not stop drinking water!** Your body cannot function without water. Even when cutting hard, maintain 100 oz/day.
- 2. Steadily reduce food intake.** Throughout the week, slowly eat less and less of each food. Don't just cut out meals.
- 3. Eat more frequently.** Smaller, more frequent meals are more effective to lose weight. Make smart decisions!
- 4. Get good sleep.** This helps your body to recover.
- 5. Stop eating fats <72 hours before weigh-ins.** Do not cut fats earlier than this. Keep eating reduced amounts of protein and carbs.
- 6. If necessary, remove water 24 hours before weigh-ins. NO EARLIER!** This is non-negotiable!
- 7. (<24 hours before) Exercise as much as necessary to get down to weight.** You should be hydrated enough to easily lose water weight.
- 8. Post weigh-ins, immediately refuel.** Focus should be water, carbs, and electrolytes.