

Calorie Deficit Planner

Printable worksheet for setting a realistic weekly calorie deficit without crash dieting.

Weekly loss pace	Approx daily deficit	Comment
Slow	250 kcal/day	Easier to sustain
Moderate	500 kcal/day	Common starting point
Aggressive	750 kcal/day	Harder to maintain
Very aggressive	1000 kcal/day	Usually not ideal without supervision

How to use this printable

The better target is the deficit you can repeat, not the harshest number you can force for one week.

For a personalised estimate, use the linked calculator and compare the result with your real-world trend over time.

Related tools

Calorie Deficit Calculator: <https://tools.layna.com.au/nutrition/calorie-deficit-calculator/>

Best Calorie Deficit For Weight Loss: <https://tools.layna.com.au/blog/best-calorie-deficit-for-weight-loss/>

Calorie Deficit vs Calorie Surplus: <https://tools.layna.com.au/compare/calorie-deficit-vs-calorie-surplus/>

Important: This resource is general information only. It is not medical, nutrition, financial, tax, accounting or legal advice.