

WEIGHT LOSS / FAT LOSS CHECK LIST

- 1. CALORIES**
- 2. PROTEIN**
- 3. STEPS**
- 4. SLEEP AND WATER**
- 5. WORKOUTS**

Stop guessing and track these daily, weekly and monthly.

@THELEANBODYPROJECT

01

CALORIES

Because no matter what type of "insert diet name" you are following, diets only work when in a calorie deficit.



02

PROTEIN

Because you want to look lean and toned, NOT skinny fat

120-150g of protein for females

150-200g of protein for males

Note: you should be aiming for 1g of protein per 1lb of your goal body weight.



03

STEPS

Ideally 10,000 - 15,000 steps every day

Because anything less shows you probably sit down inactive for most of the day

Increasing steps burns extra calories easily





04

SLEEP AND WATER

A good sleeps help you recover and reduce cravings

Water keeps you hydrated fills you up and can boost energy



05

WORKOUTS

Because you want to look and feel amazing

So don't be lazy or half arsed. Make sure you push yourself

Pushing yourself in your workouts ideally with weights or circuits will give you shape and definition.





Now you have got the fat loss cheat sheet
you have two choices.

You can follow the steps on your own,
keeping yourself motivated.

or

If you have already tried that before and
given up, you can have me as your coach
to keep you accountable and on track.

Save time, money and frustration - get
the results you've been trying to achieve
on your own.

Work with me

Get in touch by email, Facebook or
Instagram

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