

How I Lost... 7 KILOS in 7 WEEKS



WHY?

- Health
 - Improve
 - Good
- Beach
 - Great
 - Relaxed
- Blob
 - Ugly
 - No!
- Doable
 - Yes!
 - I Can

WHAT?

- Goal 75kg
- Now 82kg
- Fat!
- Lighter
- 7 Kilos
- Lose!
- To Summer!
- 7 Weeks
- Challenge

HOW?

- Monitor
 - Daily
 - Weight
 - Sleep
 - Exercise
 - Diet
- Sunday
 - Relax
 - Eat
 - Anything
 - Reasonably
 - Reward
- Goal
 - Clear
 - Challenging
 - Exciting
 - Possible

Today IS 'One Day'

Plan To Succeed

SLEEP

- 1.5 Hours
- Minimum
- 11.30 p.m. - 7a.m.

Be The Example



DRINK

- Water
 - 1.5 Litres
 - Mineral
 - + Lemon
- Coffee
 - Black
 - 2 Max
- Tea
 - Normal
 - Herbal
- Avoid
 - Juice
 - Soda
 - Alcohol
 - Milk



SUPPLEMENT

EXERCISE

- Multivitamin
- Omega 3
- Magnesium

Action => Reaction

EAT

Protein

- Poultry
- Fish
- Powder
- Cheese
- Eggs

Vegetables

- Steamed
- Salad
- Green

Avoid

- Bread
- Pasta
- Potatoes
- Crap
- Anything!
- Sugar
- Carbs
- Artificial

Fat

- Butter
- Virgin
- Olive
- Coconut
- Nuts

Metabolic + Abs

2-3 x Week

Weights

2-3 x Week

General

- Walk
- Breathe
- Reflect

Just Do It

No Pain No Gain

Yes I Can!

Go For It