7-DAY FAT LOSS KICK-START BIBLE

FITNESS NUTRITION MINDSET

BY THE TYNE FITNESS

DISCLAIMER

This guide is for educational and informational purposes only and is not intended as medical advice or a substitute for professional consultation.

Please consult with a healthcare professional before starting any new fitness or nutrition program, especially if you have any pre-existing medical conditions or concerns.

The creators of this guide are not liable for any injury, illness, or health complications arising from the use of this program. Always listen to your body and prioritise safety in all activities.

The client assumes all risks associated with participating in the exercise and nutrition program. By participating in the exercise and nutrition program, the client acknowledges that they have read, understood, and agree to the terms of this disclaimer

Always consult a medical professional before starting a new fitness or nutrition program.

TABLE OF **CONTENTS**

Welcome 1
FAQ 2
Day 1: Initiating Your Fat Loss Workouts 4
- Why Workouts Are Important for Fat Loss 5
- 30-minute workout kick-start 6

Day 2: A Fat Loss Nutrition Guide for You 8
- Energy blanace for optimal fat loss 9
- Example meal plan 10

Day 3: Mastering Your dream body Mindset 12
- 5-10 minute dream body goal setting 13

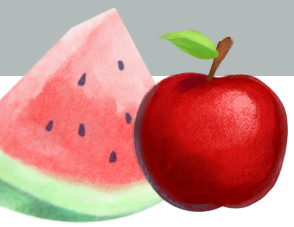
Day 4: Key Essentials for Hydration & Sleep 15
- Water & Hydration for fat loss 16
- Sleep & rest for fat loss 17

Day 5: Supplementing Your Needs 19
- Do's & don'ts with supplements 20

Day 6: Hyper-speed Your Results 22
- 3-keys to continuing fat loss after plateauing 23

Day 7: Locking in your dream body 101 25
- How to solidify your results after the 7-days 26

Thank you & next steps 29



WELCOME TO YOUR **7-DAY FAT LOSS KICK-START BIBLE!**

Transform Your Habits, Energize Your Body, and See Results—Starting Today!

This guide is designed to kickstart your fat loss journey with simple, actionable steps that fit into your busy life.

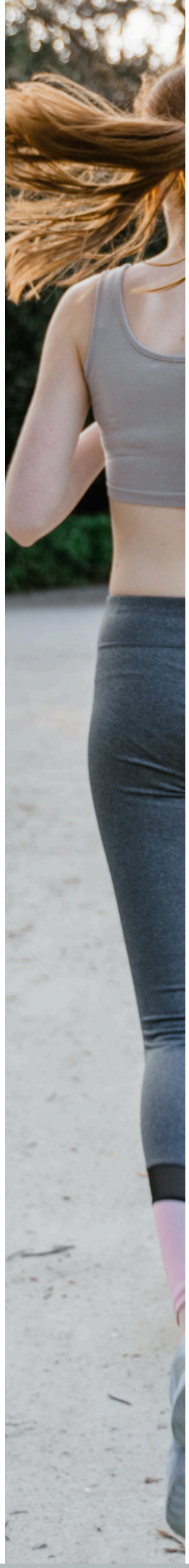
What you'll gain in 7-days

Over the next 7 days, you'll build habits, improve your nutrition, and complete quick workouts to set the foundation for long-term success. We know starting a fat loss journey can feel overwhelming, that's why this plan focuses on small, manageable goals & tasks each day, that lead to real progress.

You don't need hours in the gym or a complicated meal plan—just commit to these next 7 days and trust the process!

Lee Smith

READY TO START?



FAQ

Your guide to getting the most out of these 7 days!

How should I approach these next 7 days?

Since you're probably busy like most people, we've broken the 7-day fat loss kick-start bible into 7 days, each day focusing on 1 habits that builds onto the next, allowing you to see progress each day.

Do I need to track calories for this plan to work?

Nope! This guide is designed to help you build better habits without obsessing over numbers. If you focus on portion control, whole foods, and protein intake, you'll naturally eat in a way that supports fat loss.

How much weight can I lose in 7 days?

Fat loss is a gradual process, and the goal here isn't rapid weight loss—it's setting up a sustainable lifestyle. Some people may lose 1-2 lbs of fat, while others might see changes in energy, digestion, or how clothes fit. Consistency beyond these 7 days is key!

What if I miss a day or fall off track?

The beauty of life is that we're human and life is about being challenged with failure to learn. If you miss a day, simple resume at the day you are up to, while focusing on what you've learnt on the previous days.

What if I don't see results after 7 days?

Fat loss isn't always visible in a week! Some changes happen internally first (better digestion, less bloating, more energy). Stick with the habits, and over time, you'll start seeing results in the mirror, scale, and mindset.

Can I do this plan if I don't work out?

Absolutely! Nutrition plays the biggest role in fat loss. While workouts help with strength and body composition, focusing on whole foods, hydration, and sleep will still bring results. That said, adding even a few short workouts or daily walks will speed up progress!

Can I still enjoy my favourite foods?

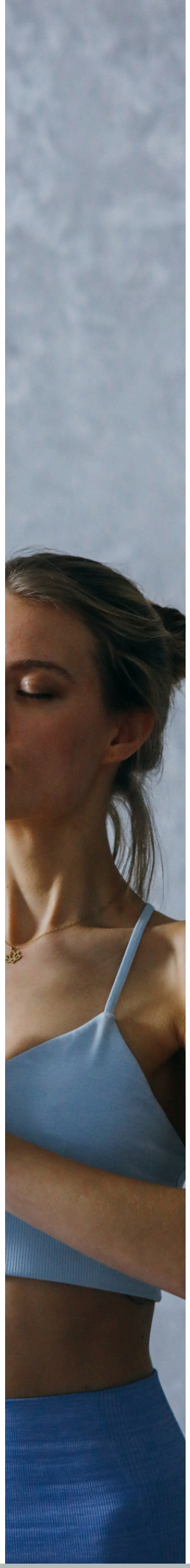
Yes! No food is off-limits. The key is moderation, not restriction. If you learn to balance whole foods with the occasional treat, you'll stick with this long-term without feeling deprived.

What happens after the 7 days?

The goal is to continue these habits beyond this week. Fat loss is not a quick fix—it's a long-term game.

Want to accelerate your fat loss, you can apply to work with us here:

Apply to work with us!



DAY 1

INITIATING YOUR FAT LOSS WORKOUTS

DAY 1

INITIATING YOUR FAT LOSS WORKOUTS

Movement is one of the most effective ways to support your goals—it burns calories, builds lean muscle, and boosts your mood. But don't worry, this doesn't mean hours at the gym or gruelling routines. Instead, we're focusing on smart, time-efficient workouts that maximize results and set the tone for your week.

Why Workouts Are Important for Fat Loss

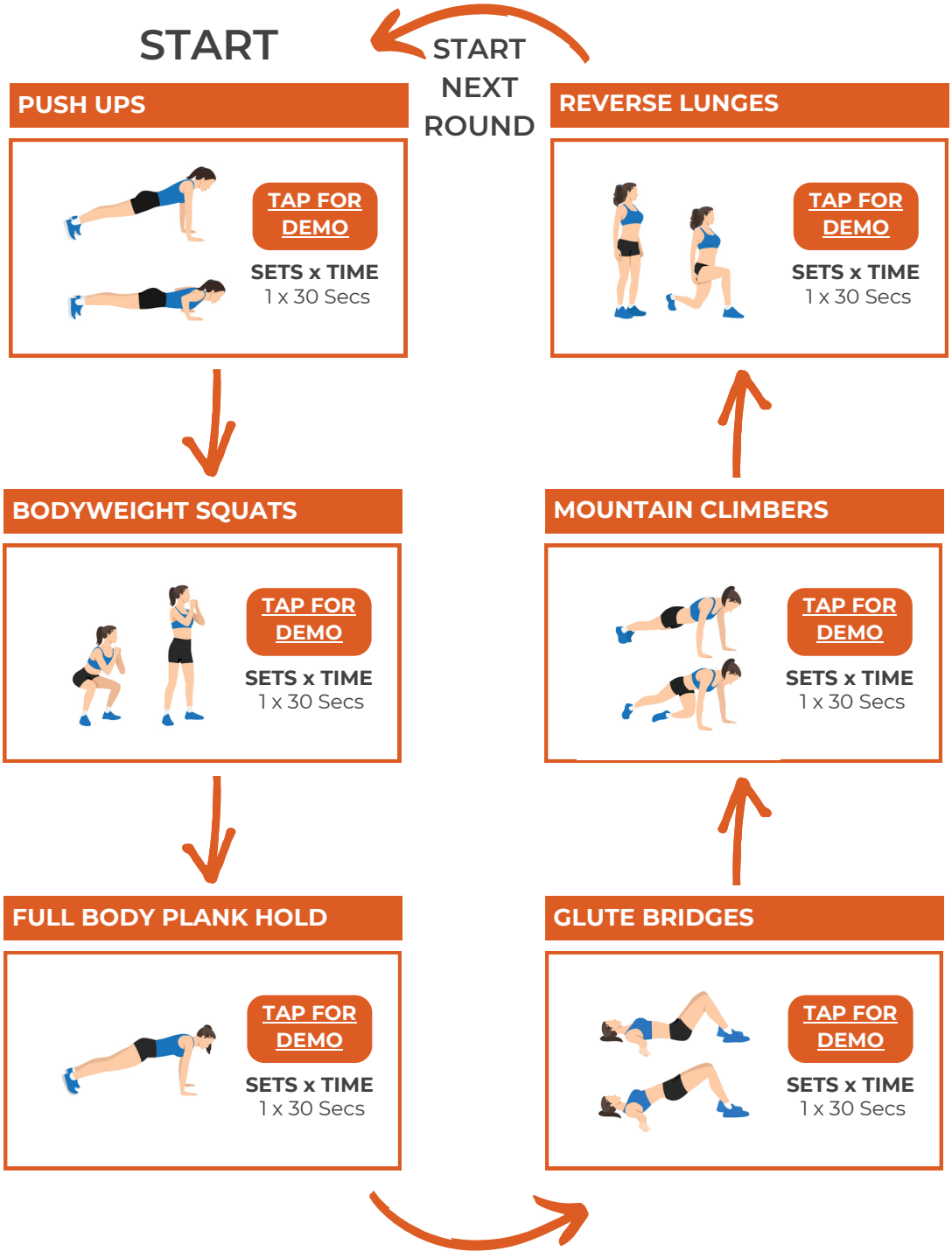
Increases Calorie Burn:
Exercise adds to your daily energy expenditure, helping to create a calorie deficit.

Preserves Lean Muscle:
Resistance-based workouts ensure that while you're losing fat, you're maintaining (or even building) muscle. This is crucial because muscle burns more calories at rest, which supports long-term fat loss.

Boosts Metabolism:
Short bursts of high-intensity exercise can elevate your metabolism, helping you burn calories even after your workout is over (this is known as the afterburn effect).

Today, you'll lay the foundation with a workout routine tailored to fat loss. Exercise is a powerful tool for burning calories, building lean muscle, and kickstarting your metabolism. Commit to 3–5 days of these 20–30-minute circuits each week.

Optional warm-Up (5 Minutes):
Dynamic stretches (arm circles, leg swings, torso twists).
Light cardio (jog in place, jumping jacks, or brisk walking).



DAY 1
PROGRESS LOG

Daily Tasks to Complete

- [ ] Read through day 1 information pages
- [ ] Complete 1 workout
- [ ] Schedule weekly workouts in your a dairy

Additional Goals Complete Today

- [ ]
- [ ]
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Journal for Today

DAY 2

A FAT LOSS NUTRITION GUIDE FOR YOU

DAY 2

A FAT LOSS NUTRITION GUIDE FOR YOU

Fat loss comes down to energy balance—the relationship between the calories you consume and the calories you burn.

Energy In – Food & drinks you consume
Energy Out – Calories burned through movement, exercise, and daily functions

No need for strict tracking! Instead, focus on small, sustainable changes that naturally create a calorie deficit—like choosing nutrient-dense foods, staying active, and listening to your body's hunger cues.

STEP 1

For **Protein** aim to add 1-2 palms to your plate.

STEP 2

For **Fats** aim to add 1-2 thumbs worth to your plate.

STEP 3

For **Carbs** aim to add 1-2 fists hands to your plate.

STEP 4

For **Vegetables** aim to add 1-2 cupped hands to your plate.

PROTEIN

- Chicken breast
- Salmon
- Eggs
- Greek yogurt
- Tofu
- Lean beef
- Cottage cheese
- Turkey breast
- Lentils

FATS

- Avocado
- Almonds
- Chia seeds
- Olive oil
- Peanut butter
- Walnuts
- Olives
- Hemp seeds
- Macadamia nuts

CARBS

- Quinoa
- Brown rice
- Sweet potatoes
- Oats
- Whole grain bread
- Lentils
- Chickpeas
- Squash
- Whole wheat pasta

VEG

- Spinach
- Broccoli
- Bell peppers
- Zucchini
- Carrots
- Cucumber
- Cauliflower
- Green beans
- Mushrooms

Example meal plan:

Breakfast: Scrambled eggs with spinach and cherry tomatoes on whole grain toast with avocado.

Lunch: Grilled chicken and quinoa bowl with mixed greens, cucumbers, and bell peppers.

Snack: Greek yogurt with almond butter and berries.

Dinner: Baked salmon with roasted sweet potatoes and broccoli.

DAY 2
PROGRESS LOG

Daily Tasks to Complete

- [ ] Read through day 2 information pages
- [ ] Complete 1 workout **(optional)**
- [ ] Create 1 healthy balanced meal
- [ ] Plan tomorrow's meals on a note pad

Additional Goals Complete Today

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Journal for today

DAY 3

MASTERING YOUR DREAM BODY MINDSET

DAY 3

MASTERING YOUR DREAM BODY MINDSET

Fat loss isn't just a physical journey—it's a mental one too. Building a sustainable, healthy lifestyle requires consistency, focus, and resilience. But let's face it, there will be moments when doubt, frustration, or fatigue creep in. Day 3 is about building a strong mindset so you can push through challenges and stay committed to your goals. Take 5-10 minutes to complete the following:

What type of body & health do I want? Describe it.

What are the top 5 reasons you want this type of body & health?

1.
2.
3.
4.
5.

Who are 3 people you can share this with to keep you accountable?

1.
2.
3.

DAY 3
PROGRESS LOG

Daily Tasks to Complete

- [ ] Read through day 3 information page
- [ ] Complete 1 workout
- [ ] Create 1 healthy balanced meal
- [ ] Plan tomorrow's meals on a note pad **(optional)**
- [ ] Complete 5-10 minute goal setting sheet

Additional Goals Complete Today

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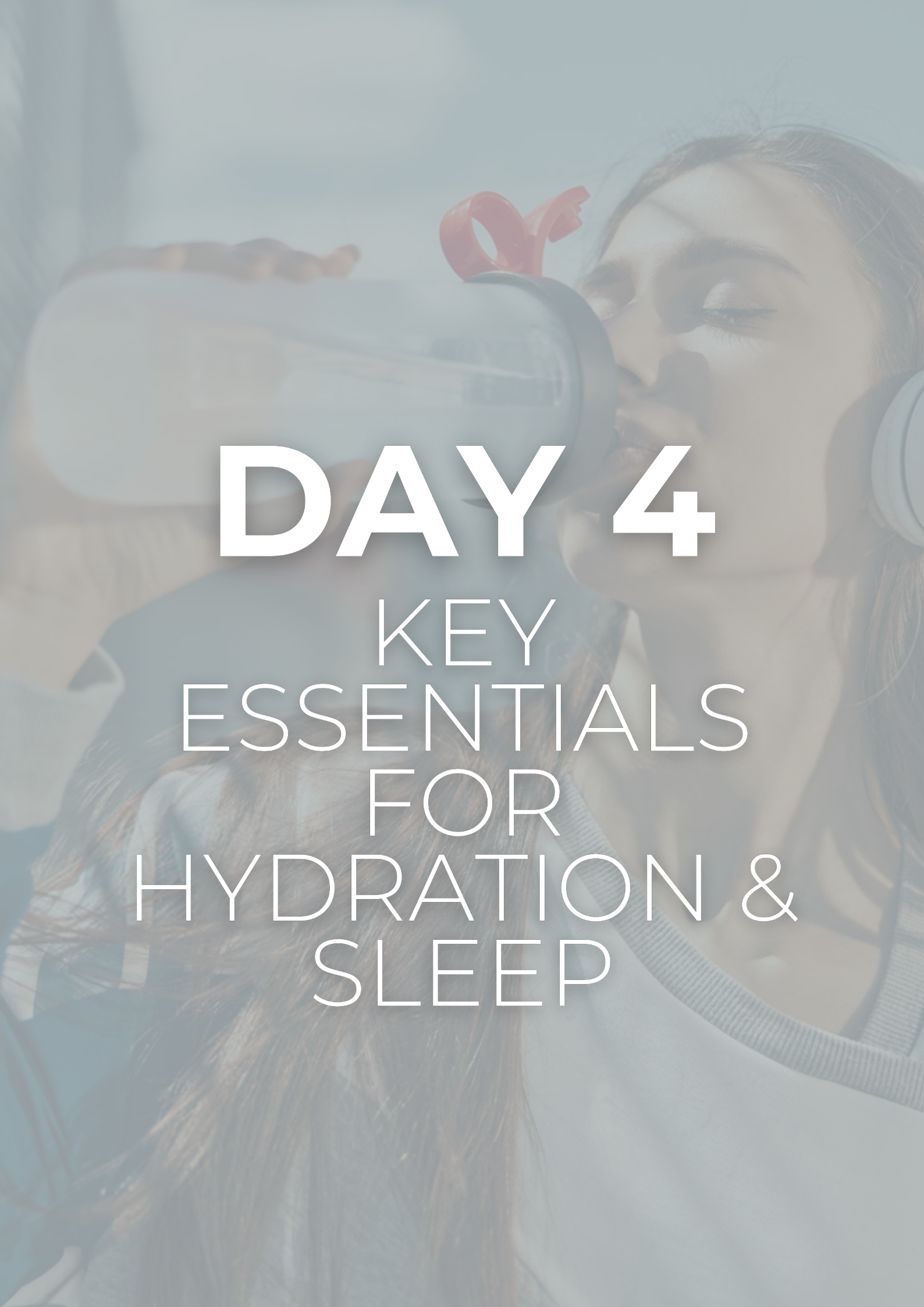
Journal for today



DAY 4

KEY ESSENTIALS FOR HYDRATION & SLEEP

DAY 4
KEY ESSENTIALS FOR HYDRATION & SLEEP

Water & Hydration

Water is key for fat loss, yet many underestimate how much they need. Proper hydration helps with:

Boosting metabolism

Helps your body burn more calories.

Aiding digestion

Supports nutrient absorption and gut health.

Curbing hunger

Dehydration is often mistaken for hunger.

Enhancing performance

Prevents fatigue and improves workouts.

Aim for at least 2 litres (8+ cups) daily.

Hydration Hacks:

- Start your day with a glass of water before coffee.
- Keep a water bottle nearby and sip throughout the day.
- Add lemon or cucumber for flavor.

Pro Tip: If plain water is boring, add lemon, cucumber, or mint!

Sleep & Rest

Quality sleep is essential for fat loss, muscle recovery, and hormone balance. Poor sleep can:

Increase cravings – Raises hunger hormones, making you eat more.
Slow metabolism – A tired body burns fat less efficiently.
Reduce workout performance – Less energy = weaker workouts.
Raise stress hormones – High cortisol levels lead to belly fat storage.

Hacks to Improve Your Sleep for Fat Loss

- Stick to a schedule – Aim for 7-9 hours of sleep each night.
- Limit screens – Avoid devices 30-60 minutes before bed.
- Keep it cool & dark – Ideal room temp: 15-19°C (60-67°F).
- Cut caffeine early – Stop intake 6+ hours before bed.
- Relax before bed – Try deep breathing, stretching, or reading.

DAY 4
PROGRESS LOG

Daily Tasks to Complete

- [ ] Read through day 4 information page
- [ ] Complete 1 workout **(optional)**
- [ ] Create 1 healthy balanced meal
- [ ] Plan tomorrow's meals on a note pad **(optional)**
- [ ] Drink 2+ litres of water
- [ ] Pick 1 sleep improvement hack you can stick to for the next 3 days

Additional Goals Complete Today

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Journal for today

DAY 5

SUPPLEMENTING YOUR NEEDS

DAY 5
SUPPLEMENTING YOUR NEEDS

Supplements can enhance your fat loss results, but they should never replace proper nutrition, training, hydration, and sleep. Think of them as the bonus, not the foundation.

Not everyone needs supplements, but they can be helpful if:
- ✓ You struggle to get enough nutrients from food
- ✓ You want extra support for energy, recovery, or digestion
- ✓ You need convenience for a busy lifestyle

If you choose to use supplements, these are the most science-backed options:

Protein Powder
Helps hit daily protein goals for muscle recovery and satiety.

Creatine
Improves strength, performance, and muscle retention while dieting.

Omega-3s
Supports heart health, reduces inflammation, and aids metabolism.

Multivitamin
Ensuring you get essential vitamins and minerals for overall health.

What to Avoid

❌ Fat Burners – Often ineffective and rely on stimulants.
❌ Detox Teas & Juice Cleanses – Marketing gimmicks with no real fat loss benefits.
❌ Extreme Diet Pills – Can mess with metabolism and energy levels.

DAY 5
PROGRESS LOG

Daily Tasks to Complete

- [ ] Read through day 5 information page
- [ ] Complete 1 workout
- [ ] Create 1 healthy balanced meal
- [ ] Plan tomorrow's meals on a note pad **(optional)**
- [ ] Drink 2+ litres of water
- [ ] Scheduled your chosen sleep improvement hack for tonight

Additional Goals Complete Today

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Journal for today

DAY 6

HYPER-SPEED YOUR RESULTS

DAY 6
HYPERSPEED YOUR RESULTS

By now, you've built solid fat loss habits—training, nutrition, sleep, and even smart supplementation. But what if you could accelerate your results without extreme dieting or overtraining? Here's how:

Increase Your Daily Movement

NEAT (Non-Exercise Activity Thermogenesis) is the calories you burn outside of workouts—walking, fidgeting, standing, etc. Increasing NEAT can make a huge difference in fat loss without extra gym time.

✓ **Take the stairs instead of the elevator**
✓ **Walk during phone calls**
✓ **Set a step goal (8K-10K per day is great!)**

Fine-Tune Your Nutrition

By now, you've improved your eating habits, but small tweaks can optimize fat loss even further:

✓ **Focus on Whole Foods** – More protein, fibre, and whole foods = better energy & satiety.
✓ **Reduce Liquid Calories** – Swap sodas, juices, and cream-heavy coffees for water or black coffee.
✓ **Time Your Meals Smartly** – Eating protein-rich meals can help curb hunger throughout the day.

Boost Workout Efficiency

✓ **Increase the intensity, have less rest time in-between sets**
✓ **Increase weights slightly to challenge your muscles more**
✓ **Add on another round or extra time to your workouts**

"Success is the sum of small efforts, repeated day in and day out." – Robert Collier

DAY 6
PROGRESS LOG

Daily Tasks to Complete

- [ ] Read through day 5 information page
- [ ] Complete 1 workout **(optional)**
- [ ] Create 1 healthy balanced meal
- [ ] Plan tomorrow's meals on a note pad **(optional)**
- [ ] Drink 2+ litres of water
- [ ] Scheduled your chosen sleep improvement hack for tonight
- [ ] Choose 1 fat loss hyper-speed option for today

Additional Goals Complete Today

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Journal for today

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DAY 7

LOCKING IN YOUR DREAM BODY 101

DAY 7
LOCKING IN YOUR DREAM BODY 101

You've made it through 6 days of actionable fat loss strategies! But the real challenge? Keeping the momentum going beyond these 7 days. Here's how to solidify your results:

SHIFT YOUR MINDSET

Fat loss isn't about crash diets or extreme workouts—it's about consistent habits that fit your lifestyle. If something feels unsustainable, tweak it so you can actually stick to it long-term.

Ask yourself:
✓ Can I see myself eating this way for months?
✓ Can I enjoy my workouts without feeling burned out?
✓ Am I allowing flexibility (treats, social events) while staying on track

KEEP IT SIMPLE

Don't get stuck in paralysis by analysis—you don't need fancy supplements, extreme meal plans, or a perfect routine. The basics work: Stick with them!

Keep these priorities in check:
✓ Strength train 3-5x per week
✓ Stay active daily (walk, move, stand more)
✓ Eat mostly whole foods & prioritize protein
✓ Sleep 7-9 hours a night
✓ Manage stress & enjoy the process

TRACK YOUR PROGRESS

The scale isn't the only measure of fat loss. It fluctuates daily based on water, stress, and hormones.

Better ways to track progress:
✔ Progress photos – Take one every 2-4 weeks
✔ Measurements – Waist, hips, arms, legs
✔ How clothes fit – Notice if things feel looser or more comfortable
✔ Energy & strength levels – Are workouts feeling easier?

MAKE A PLAN

Fat loss isn't linear—you'll hit plateaus, have bad days, and face obstacles. But instead of quitting, adjust and keep going.

🔥 When progress slows, try this:
✔ Increase daily movement (walk more, take the stairs)
✔ Reassess portions & mindful eating habits
✔ Prioritize strength training & recovery
✔ Stay patient—consistency always wins

DAY 7
PROGRESS LOG

Daily Tasks to Complete

- [ ] Read through day 5 information page
- [ ] Complete 1 workout **(optional)**
- [ ] Create 1 healthy balanced meal
- [ ] Plan tomorrow's meals on a note pad **(optional)**
- [ ] Drink 2+ litres of water
- [ ] Scheduled your chosen sleep improvement hack for tonight
- [ ] Choose 1 fat loss accelerator option for today

Additional Goals Complete Today

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Journal for today

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THANK YOU

You've just completed the 7-Day Fat Loss Kick-Start Bible, and that's no small feat! Over the past week, you've built powerful habits that lay the foundation for long-term success.

But this is just the beginning. Fat loss isn't about quick fixes—it's about consistency, progression, and making sustainable choices that fit your lifestyle.

Now, it's time to take things to the next level!

Option #1

The best thing you can do right now is keep the momentum going. Whether that means repeating this guide for another week, setting new goals, or leveling up your nutrition and training, don't stop here.

LIMITED SPOTS

Option #2

If you're ready for a structured & more accelerated transformation, we currently have 3 spots available on our online 1:1 coaching program.

Apply to work with us.

Lee Smith
Coach