

Your next week.
A clearer plan.

The 7-Day Fat Loss Kickstarter

Practical meals. Two manageable strength sessions. One useful focus each day. A week you can build on.

No crash diet. No seven-day transformation promise. No purchase required.

Inside: seven daily lessons, home and gym options, flexible meal templates, a shopping list and a private review worksheet.

Start with a useful plan.

This guide is general education for adults. It is not an individual diet, medical advice or a prescribed rehabilitation program. Adapt the examples to your experience, equipment, preferences and circumstances.

Use support when you need it

If you are under 18, pregnant, breastfeeding, managing a medical condition or injury, or have a history of disordered eating, seek appropriate professional advice before changing your diet or training. Stop exercise for pain, dizziness or unusual symptoms.

There is no compulsory calorie, protein, step or weight-loss target. If calorie tracking is suitable for you, an appropriately qualified professional can help you choose an individual target. Regular meals and repeatable habits are a useful place to start.

How to use your seven days

• Read one day at a time and choose an action that fits your routine.

• Use the full-body workout on page 10 for days two and five.

• Use page 11 when planning meals and shopping.

• Keep your observations private. Use page 12 to decide what to repeat.

Your first useful goal is consistency and confidence. One week is too short to judge a training plan by weight or appearance.

DAY 1 / 7

Set a baseline you can use

Understand your starting routine before changing it.

Fat loss requires an energy deficit over time, but the right intake depends on the person. This week starts with regular meals, manageable movement and repeatable training. You do not need to calculate a large calorie cut or prove progress in seven days.

Today's actions

• Choose one practical goal: prepare lunches, train twice, or take a short walk after work.

• Notice your usual meals, movement and sleep for a normal day. Keep observations privately; they do not need to be uploaded.

• Put two strength sessions on your calendar with a recovery day between them.

• Choose one habit and write: After [existing routine], I will [small action].

A practical example

After making my morning coffee, I will pack yoghurt, fruit and my lunch for work.

☐ I have chosen one habit and booked two realistic training times.

Your private notes

DAY 2 / 7

Learn your first strength session

Build confidence with a small full-body session.

Start with movements you can perform comfortably and with control. Warm up, use an easy load and stop each set while you could still do a few more good repetitions. Two well-spaced sessions are a useful starting structure; more is not a requirement for this first week.

Today's actions

• Use the home or gym session below. Start with one set per movement if you are new; add a second only if you recover comfortably.

• Move slowly enough to control the exercise. Rest about 60-120 seconds, or longer when needed.

• Record the exercise and repetitions privately so the next session has a reference.

• Stop for pain, dizziness or unusual symptoms. Ask a qualified professional about technique or suitability when uncertain.

A practical example

A comfortable set of eight chair squats is a useful starting point. It does not need to leave you exhausted.

☐ I completed an appropriate session or arranged help with exercise suitability.

Your private notes

DAY 3 / 7

Build meals that fit normal life

Make the next useful meal easier to choose.

Use a variety of foods from the five food groups across your day. Protein foods, high-fibre carbohydrates, vegetables and fruit can form practical meals. Carbohydrates provide fuel; dietary fats also have a place. You do not need to ban either to make progress.

Today's actions

• Include a protein food such as eggs, fish, tofu, beans, lentils or lean meat in your main meals.

• Add vegetables or fruit and a carbohydrate you enjoy, such as oats, potato, rice or wholegrain bread.

• Include an appropriate amount of fats, for example olive oil, nuts or avocado. Portions depend on appetite, activity and your needs.

• Use the meal templates and shopping list below to plan two easy meals. Adjust for allergies, culture, budget and preferences.

A practical example

Lunch: tofu or chicken, rice, frozen vegetables and a sauce you enjoy. Prepare enough for another lunch.

☐ I have planned two meals I can realistically prepare and repeat.

Your private notes

DAY 4 / 7

Make movement achievable

Build from your current activity rather than a universal step target.

Activity can be accumulated through short walks and ordinary daily movement. Start at a level that suits your mobility and fitness. Ten thousand steps is not a compulsory target, and exercise does not need to compensate for food.

Today's actions

• Notice your normal movement. If appropriate, add one comfortable 5-10 minute walk or a comparable accessible activity.

• Break up long sitting periods when practical.

• Attach movement to a routine you already have: after lunch, before commuting, or during a break.

• Keep an easier option for busy days. Gradual progress is more useful than a target you cannot sustain.

A practical example

My full plan is a ten-minute walk after lunch. My busy-day option is five minutes at a comfortable pace.

☐ I have a realistic movement habit and an easier backup option.

Your private notes

DAY 5 / 7

Repeat, then progress gradually

Use the second strength session to practise rather than chase fatigue.

Repeat the same movement patterns after adequate recovery. Over time, progression might mean improved control, another repetition, or a small increase in resistance. One week is too short to judge a training program by bodyweight or appearance.

Today's actions

• Repeat your chosen full-body session, adjusting exercises if you need professional guidance.

• Compare technique and comfort with the first session. Keep the load the same when you are still learning.

• Only progress when the existing exercise feels controlled and manageable; change one thing at a time.

• Review your routine: what made it easier to turn up, and what got in the way?

A practical example

Both sets felt controlled, so next time I might try one extra repetition. I do not need to increase everything at once.

☐ I have completed or appropriately adapted my second session and noted one useful improvement.

Your private notes

DAY 6 / 7

Plan recovery and the difficult days

Reduce friction around sleep, hydration and food preparation.

A routine needs to work outside ideal conditions. Plan an easy meal, protect a regular sleep opportunity and keep water available. Fluid needs vary with weather, activity and health; follow any individual fluid advice you have been given.

Today's actions

• Choose a repeatable wind-down time and a realistic opportunity for sleep.

• Keep drinking water accessible through the day. Do not force a universal litre target.

• Prepare a backup meal from familiar foods: eggs on toast, a bean bowl, or yoghurt, oats and fruit.

• For eating out, choose an enjoyable meal and return to your ordinary routine afterwards. Skip punishment workouts and compensatory restriction.

A practical example

If I work late, I will use the quick meal I planned instead of treating the whole day as a failure.

☐ I have a backup meal and one practical recovery habit.

Your private notes

DAY 7 / 7

Review the week and choose what stays

Keep the useful habits and identify the support you need next.

Review consistency, energy, confidence and training comfort. Scale weight can fluctuate with fluid, food and other factors. One week does not establish a fat-loss plateau or prove that an intake target needs reducing.

Today's actions

• Count the habits you followed and note what made them easier. A missed day is information, not a verdict.

• If you choose to monitor weight or measurements, keep them private and use a longer trend under similar conditions. Skip these measures if they are unhelpful or distressing.

• Choose two habits to repeat next week and one obstacle to solve.

• Decide whether you can continue independently or want a personalised plan and support. Coaching suitability is reviewed by Theo; applying does not automatically approve or charge you.

A practical example

I trained twice and prepared four lunches. Next week I will keep those and organise an easier Friday dinner.

☐ I have chosen what to repeat and one clear next step.

Your private notes

Your full-body session.

Use on days two and five, with recovery between. Warm up with comfortable movement and an easy practice set. Begin with one set per movement. A second set is optional when technique and recovery are comfortable.

Movement	Gym option	Home option	Starting example
Squat	Leg press or light goblet squat	Sit to stand from a stable chair	6-10 controlled reps
Hinge	Light dumbbell Romanian deadlift with familiar technique	Glute bridge	6-10 controlled reps
Push	Machine chest press	Wall or bench push-up	6-10 controlled reps
Pull	Seated cable row	Resistance-band row with a safe anchor	8-12 controlled reps
Trunk	Comfortable dead bug	Comfortable dead bug	4-6 controlled reps each side

Use a stable setup and a load you control. Leave a few comfortable repetitions in reserve. Rest around 60-120 seconds, or longer as needed. Do not improvise unsafe band anchors. Choose a suitable alternative or ask for technique guidance when uncertain.

Repeat the same movements in session two. Only progress when the current movement feels controlled and manageable. You can improve technique before increasing repetitions or resistance.

Your private notes

Meals you can repeat.

Choose varied foods across your day. Protein foods, carbohydrates, vegetables and fruit, and appropriate amounts of fats can form satisfying meals. Portions depend on your individual needs. These examples are not a calorie prescription.

Breakfast

Oats, milk or a suitable fortified alternative, yoghurt and fruit. Alternative: Eggs or tofu on wholegrain toast with tomato.

Lunch

Chicken, tofu or beans with rice and vegetables. Alternative: Tuna or chickpea wrap with salad.

Dinner

Fish, lean meat or lentils with potato and vegetables. Alternative: Bean or tofu stir-fry with rice.

If a snack helps

Fruit and yoghurt, or wholegrain toast. Alternative: A small serving of nuts or a suitable alternative.

Your flexible shopping list

Eggs, tofu, beans or lean protein; oats, rice, potatoes or wholegrain bread; vegetables and fruit; milk, yoghurt or a suitable fortified alternative; nuts, olive oil or other preferred fats. Frozen and canned staples can help keep preparation affordable. Choose allergy-safe options and check labels.

Plan two meals you enjoy and one quick backup meal. Gradually increase fibre if needed. Avoid treating one meal as a test you pass or fail.

Keep what worked.

Which two habits were easiest to repeat?

What made training or meals harder?

What simple change would help next week?

Would an individual plan or accountability help?

Want a plan built around you?

TBF coaching includes personalised training and nutrition support, weekly check-ins, ongoing support and the coaching app. Interested in a plan built around you? Apply to start a conversation with Theo about your goals and the support you need.

Theo reviews suitability before the next step. Applying does not approve or charge you. Follow-up can happen by email or DM; a call is optional when useful. Continuing independently is welcome - this guide remains free.

Apply for TBF coaching at tbfcoaching.com/apply

Further reading

Australian Dietary Guidelines: the five food groups

Australian adult movement recommendations

Healthdirect: sustainable weight management