

STEP by STEP GUIDE: HOW TO DROP THE FIRST 15 LBS

Alan Clark, Fitness Coach and Owner
FocusedFitnessNW
~Empowering individuals to look, feel and
perform better.

Contact me today for your complimentary
consultation:

360-854-8213

alan@focusedfitnessnw.com

www.focusedfitnessnw.com

www.facebook.com/AlanClarkFocusedFitnessNW



Excited to share this with you! Follow the steps below which
outlines how we drop the first 15 lbs with my Level Up clients.
Let's get started!

STEP:	TO DO:	NOTES:
<u>Step 1</u>	Get a starting bodyweight, measurements and photos	This is important in order to track your progress. And make sure to take these EVERY week to see if things are changing.
<u>Step 2</u>	Download the My Fitness Pal app - it is a free app to track your calories	This is a big thing I focus on with clients in the first 4 weeks.

<p><u>Step 3</u></p>	<p>Determine starting calories!</p> <p>The easiest way to find this out is getting your BMR (Basal Metabolic Rate)</p> <p>Bodyweight (kg) x 22 = BMR</p> <p>Depending on activity levels, you can then multiply this by the activity you feel you do.</p> <p>1 = Sedentary (as in you just lie in bed all day)</p> <p>1.1 = You have a desk job and do little movement throughout the day</p> <p>1.3 = You have a sedentary job but walk/cycle to work</p> <p>1.5 = You have an active job that you walk around most of the day (e.g. restaurant job)</p> <p>... and so on</p> <p>If you are unsure, you can play it on the safe side and go a little lower with the number to start off and then adjust later</p> <p>Once you have your number -</p>	<p>You want to consistently hit your calories across the WEEK (this includes weekends)!</p> <p>If you're dropping at a very fast rate (e.g., 3-4 lbs per week), you can add a few more calories to what you initially determined.</p> <p>* Split the rest of your calories equally between carbohydrates and fats.</p> <p>Example: $75 \text{ kg} \times 22 = 1,650$ $1,650 \times 1.3 = 2,145$</p>
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<u>(Step 3 - cont'd)</u>	<p>You want to subtract the total number by 500 to create your starting calories (500 = deficit per day)</p> <p>Protein intake: I aim for 2.2 g per kg of bodyweight if you are weight training</p> <p>You can do anywhere between 1.6-2.2 g per kg bodyweight</p>	<p>$2,145 - 500 = 1,645$</p> <p>$2.2 \times 75 = 165$ grams of protein/ day</p> <p>$165 \times 4 = 660$ calories</p> <p>$1645 - 660 = 985$ calories to divide equally between carbohydrates and fats</p>
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<u>Step 4</u>	<p>Training: Choosing a schedule that suits your lifestyle</p> <p>Resistance training will add 'tone' to your physique</p> <p>You can do anywhere between 3-5 days</p>	<p>How you do these days is going to depend on how many training days you have</p> <p>e.g., 3 days I opt for full body days!</p>
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<u>Step 5</u>	CONSISTENCY	A 'one week on, one week off' approach will not work
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<u>Step 6</u>	Check In	At the end of every week - retake your measurements, bodyweight and photos to see how things have changed.
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<u>Step 7</u>	Adjustments -	If you hit a plateau and things stall, it's time to
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(Step 7 - cont'd)	<p>You have three options:</p> <ol style="list-style-type: none"> 1. Adding in cardio 2. Adjusting your step count goal 3. Reducing your calorie intake 	<p>adjust</p> <p>Choose an option that will suit you!</p>
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