

FAT-LOSS RESET CHECKLIST

The daily checklist should be your main priority (bottom left) and the days listed above them can be changed/restructured to align to your own life schedule. I truly encourage you to fast as the days suggest, thus you would not incorporate anything in the daily list that has calories when you fast (i.e. no protein, fruits, veggies or omega-3). As you may see though? Moringa in the morning on an empty stomach is the only non-negotiable thing that **MUST** be done every day. Even if you don't get all the daily checklist requirements in every day, you'll thank me if you make moringa a daily habit.

I believe in you and your fat loss journey... Now it's up to you to believe in you too ❤️

SUNDAY

☐	Moringa with water
☐	Visualiza a great week
☐	Get over guilt of cheating
☐	Go in nature (breath deep)
☐	Genuinely smile (gratitude)
☐	Fast 12 or more hours
☐	7-9 hours sleep

MONDAY

☐	Moringa with water
☐	Eat solely raw plant foods
☐	< 500 cal
☐	5 things you're grateful for
☐	NO processed foods
☐	Fast after 6 pm
☐	7-9 hours sleep

TUESDAY

☐	Moringa with water
☐	5-10 minute body stretch
☐	Cheat meal if you want
☐	Resistance training
☐	Fast after 5 pm
☐	> 5 DEEP slow breaths
☐	7-9 hours sleep

WEDNESDAY

☐	Moringa with water
☐	Fast all day (or < 500 cal)
☐	Shift -ve thoughts to +ve
☐	Eating? ONLY RAW plants
☐	Drink no cal herbal tea
☐	Long quick stride walk
☐	7-9 hours sleep

THURSDAY

☐	Moringa with water
☐	5-10 min body stretch
☐	Resistance training
☐	NO processed foods
☐	Affirm your awesomeness
☐	> 5 DEEP slow breaths
☐	7-9 hours sleep

FRIDAY/SATURDAY

☐	Moringa with water
☐	5-10 min body stretch
☐	Reflect - wins of the week?
☐	Let loose
☐	Cheat meal if you want
☐	Be kind and selfless
☐	Sleep - or not 😊

DAILY (PRIORITY)

☐	> 40 g lean protein
☐	1-4 liters of water
☐	2-3 servings raw veggies
☐	1-4 servings raw fruits
☐	2,000-3,000 mg Omega-3
☐	> 8000 steps
☐	> 10 min active movement

WEEKLY

☐	2 days less than 500 cal.
☐	2-5 days resistance training
☐	1-4 cheat meals
☐	24 hour fast
☐	Pamper/treat yourself
☐	Visualize and feel change
☐	Be in nature > 3 days

MONTHLY

☐	Acknowledge ALL wins
☐	Do cm/inch measurements
☐	Take progress photos
☐	Accountability convos
☐	3 day fast if you can
☐	Make achievable goals
☐	Gratitude log/journal

Some more points to consider:

- Try your best to avoid processed foods in general - including bread
- When you fast, have electrolytes and water when you start
 - Celtic sea salt is AWESOME and has all the minerals/electrolytes the body needs
- If you feel up for it, try a dry fast - no food or water - has different benefits
- Feel free to make smoothies and incorporate things like yogourt, protein powder, chia seeds, hemp seeds, coconut oil, veggie/fruit serving(s)
- Your daily > 10 minute active movement should include things like body weight exercises, resistance/weight training, walking with long and quick strides, swimming, cycling, rowing - ten consecutive minutes with minimal/no breaks
- If you have a lot of extra weight, please avoid high impact movements like running, jumping, or anything that involves quick sudden changes of direction
- Really pay attention to your thoughts - if you catch yourself saying things like, "I am so ugly" reform it into, "I am transformed beauty!" Not only that though, try to genuinely feel a true emotion of happiness and gratitude when you do so. The neuroscience behind this is actually incredible and can make results come much faster

If you need more help or guidance with nutrition, fitness, mindset, or truly anything to do with your fat loss journey, please reach out to me! I keep everything confidential and absolutely adore helping people transform into the happier and healthier individuals they're meant to be 💜

Much love and health to you and yours!

Tracy

