

Daily Nutrition Checklist

Day 50 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

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How Did You Do Today?

I ate 5 meals today and drank 8 glasses of water!

I only ate the foods on my Phase 2 Checklist!

I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

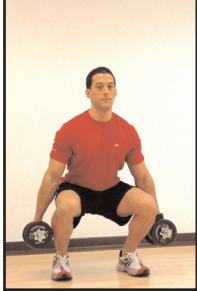
Fatlossity Workouts[©]

Day 50

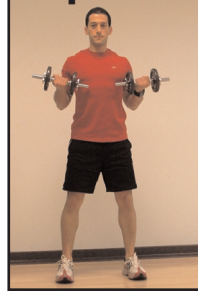
Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Deadlift-Curl-Press - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

Start&Finish



Midpoint



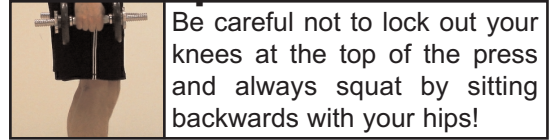
Top



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Be careful not to lock out your knees at the top of the press and always squat by sitting backwards with your hips!

How To: Hold dumbbells by your sides and squat sitting backwards. As you begin to stand, curl the weight up using your biceps. Next, transition from your curl into an overhead press keeping the weights above your shoulders. Reverse the process and repeat.

Reverse Crunch - Complete reps to failure. Rest 20 seconds.

Start&Finish



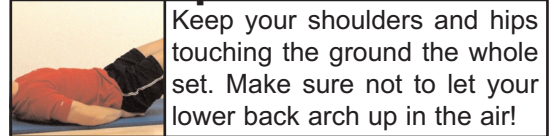
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Keep your shoulders and hips touching the ground the whole set. Make sure not to let your lower back arch up in the air!

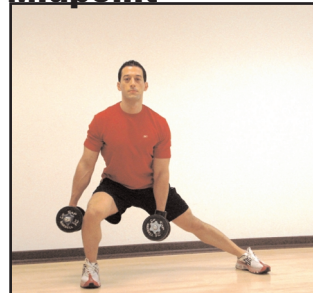
How To: Maintain a flat back by keeping your hands flat under your hips. Keep your shoulders & hips in contact with the ground throughout the set. Pull your knees into your abs & then slowly extend your legs without arching your back. Pull back in & repeat.

Dumbbell Lateral Lunges - Complete 15 reps on each side. Rest 60 seconds.

Start&Finish



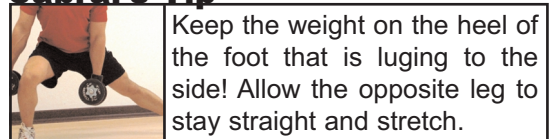
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Keep the weight on the heel of the foot that is lunging to the side! Allow the opposite leg to stay straight and stretch.

How To: Holding the dumbbells by your sides, lunge to only one side keeping your feet in alignment. The weights will now move to each side of the leg that you just lunged out with. Keep the weight on the heel of that foot and push back standing up straight.

Daily Nutrition Checklist

Day 51 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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How Did You Do Today?

I ate 5 meals today and drank 8 glasses of water!

I only ate the foods on my Phase 2 Checklist!

I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

Fatlossity Workouts[©]

Day 51

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Step-Up with Plate Press - Complete 10 reps on each. Rest 20 seconds.

Start&Finish



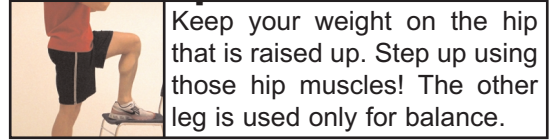
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Keep your weight on the hip that is raised up. Step up using those hip muscles! The other leg is used only for balance.

How To: Hold a weight in front of your chest with one leg up and planted on a step that is about knee high. Push through the heel of the foot that is up on the step and stand all the way up straight while pressing the weight above your head. Repeat 10x - switch.

Dumbbell 1 Arm Chest Press - Complete 15 reps on each side. Rest 20 seconds.

Start&Finish



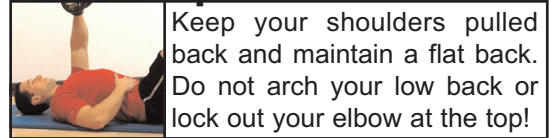
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Keep your shoulders pulled back and maintain a flat back. Do not arch your low back or lock out your elbow at the top!

How To: Lying on your back, hold 1 dumbbell with your palms facing away from your body. Keep your back and shoulders touching the floor as you press the weight over your chest. Lower the weights slowly until the back of your arms just touch the ground.

Dumbbell Bent Over High Pulls - Complete 15 reps lasting 40 seconds. Rest 60 seconds.

Start&Finish



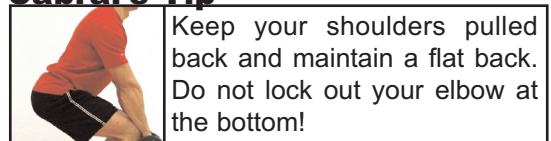
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Keep your shoulders pulled back and maintain a flat back. Do not lock out your elbow at the bottom!

How To: Hold dumbbells with your palms facing your body. Sit back with your hips into a shallow squat allowing the weights to rest by your knees. Squeeze your shoulder blades together and pull the weights up to your shoulders while remaining in a squat.

Daily Nutrition Checklist

Day 52 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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How Did You Do Today?

I ate 5 meals today and drank 8 glasses of water!

I only ate the foods on my Phase 2 Checklist!

I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

Fatlossity Workouts[©]

Day 52

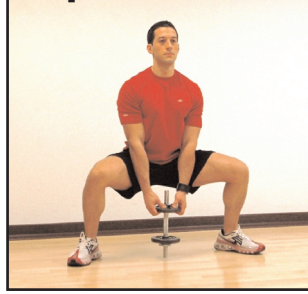
Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Sumo Deadlifts - Complete 15 reps on each side. Rest 20 seconds.

Start&Finish



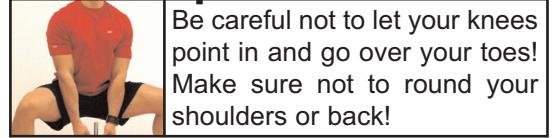
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Be careful not to let your knees point in and go over your toes! Make sure not to round your shoulders or back!

How To: Hold a dumbbell in front of you and between your legs. Start by sitting backwards with your hips until your upper thighs are parallel to the ground. Keep your weight back on your heels and push up through them as you stand back up.

Ab Crunch with Plate Pullover - Complete reps to failure. Rest 20 seconds.

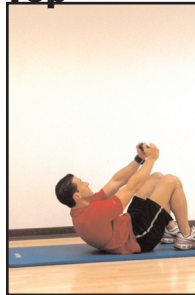
Start&Finish



Midpoint



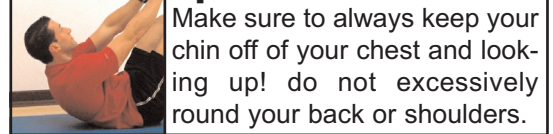
Top



Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip



Make sure to always keep your chin off of your chest and looking up! do not excessively round your back or shoulders.

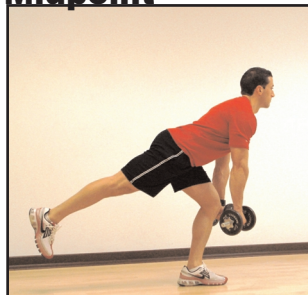
How To: Lie on your back holding a weight behind your head. Pull the weight over your head to your chest. Crunch up lifting the weight to your knees. Look up the whole time, keeping your chin up off of your chest. Come back down the same way.

Dumbbell 1 Leg Romanian Deadlifts - Complete 15 reps each side. Rest 60 seconds.

Start&Finish



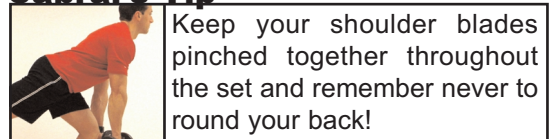
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Keep your shoulder blades pinched together throughout the set and remember never to round your back!

How To: Hold dumbbells with your palms facing each other. With 1 leg raised, sit back with your hips allowing the weights to slowly lower until your back cannot remain flat any longer or you feel enough stretch behind your legs. Keep a 20° bend in your knees.

Daily Nutrition Checklist

Day 53 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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How Did You Do Today?

I ate 5 meals today and drank 8 glasses of water!

I only ate the foods on my Phase 2 Checklist!

I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

The Complete In-Home Weight Loss Guide

Fatlossity Workouts[®]

Day 53

Rest Day! - Concentrate on eating well and enjoying your day off from working out. You may feel free to go for a 20-30 minute walk or just rest your body and prepare for tomorrow's workout!

Daily Nutrition Checklist

Day 54 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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How Did You Do Today?

I ate 5 meals today and drank 8 glasses of water!

I only ate the foods on my Phase 2 Checklist!

I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

Fatlossity Workouts[©]

Day 54

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Bulgarian Split Squat - Complete 15 reps on each side. Rest 20 seconds.

Start&Finish



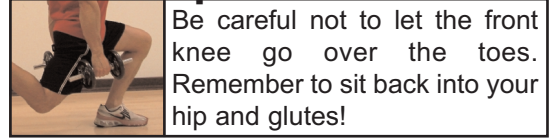
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Be careful not to let the front knee go over the toes. Remember to sit back into your hip and glutes!

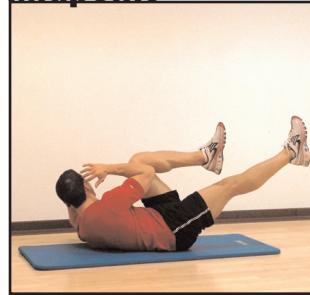
How To: Take a big step forward with 1 leg while holding dumbbells by your sides. Keep the front foot flat with the weight on the heel of that foot. Rest the back foot on a step and allow the knee to move towards the floor as you sit into a lunge.

Bicycle Crunch - Complete reps to failure. Rest 20 seconds.

Start&Finish



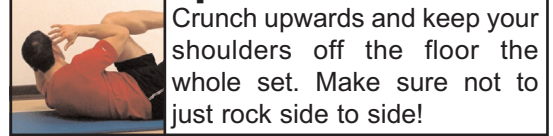
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Crunch upwards and keep your shoulders off the floor the whole set. Make sure not to just rock side to side!

How To: Lie on your back with your shoulders, head & legs off the ground. Crunch up touching your right elbow to your left knee. Come back down to the middle without letting your shoulders touch & alternate by crunching your left elbow up to your right knee.

Dumbbell Modified Good Mornings - Complete 15 reps lasting 40 sec. Rest 60 seconds.

Start&Finish



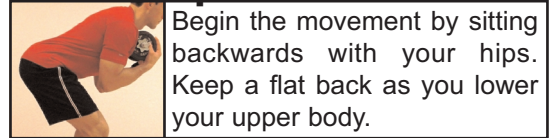
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Begin the movement by sitting backwards with your hips. Keep a flat back as you lower your upper body.

How To: Hold a weight above your chest with your feet hip width apart. Slowly sit back with your hips and lower your upper body. Keep your weight towards your heels and maintain a flat back. Pull yourself up using the back of your legs, glutes and low back.

Daily Nutrition Checklist

Day 55 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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How Did You Do Today?

I ate 5 meals today and drank 8 glasses of water!

I only ate the foods on my Phase 2 Checklist!

I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

Fatlossity Workouts[©]

Day 55

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Multi-Directional Lunge - Complete 15 reps on each leg. Rest 20 seconds.

Start&Finish



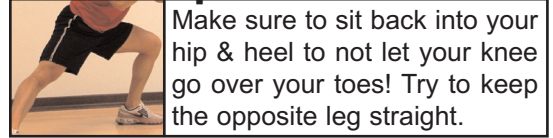
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Make sure to sit back into your hip & heel to not let your knee go over your toes! Try to keep the opposite leg straight.

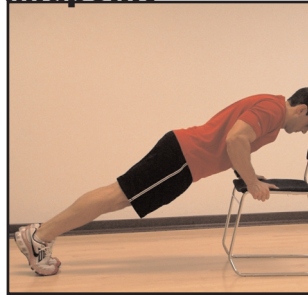
How To: Use your body weight or hold dumbbells by your sides. With both feet pointed straight ahead keep one foot in place as you lunge & rotate the other foot out to face either 3 or 9 o'clock. Sit into your hip and heel. Push off the lunging foot to stand up.

Modified or Regular Push-Ups - Complete reps to failure. Rest 20 seconds.

Start&Finish



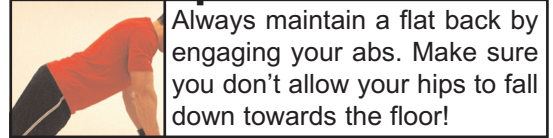
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Always maintain a flat back by engaging your abs. Make sure you don't allow your hips to fall down towards the floor!

How To:

Dumbbell Bent Over Alternating Rows - Complete 30 alternating reps. Rest 60 seconds.

Start&Finish



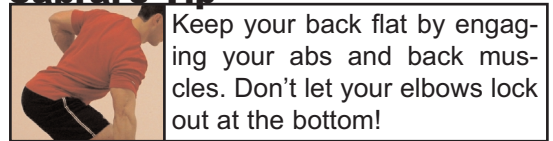
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Keep your back flat by engaging your abs and back muscles. Don't let your elbows lock out at the bottom!

How To: Hold dumbbells with your palms facing each other. Sit back with your hips into a shallow squat, allowing the weights to rest by your knees. Squeeze your shoulder blades together and row 1 weight up to your hip. Lower that weight, then row the other.

Daily Nutrition Checklist

Day 56 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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How Did You Do Today?

I ate 5 meals today and drank 8 glasses of water!

I only ate the foods on my Phase 2 Checklist!

I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

The Complete In-Home Weight Loss Guide

Fatlossity Workouts[®]

Day 56

Rest Day! - Concentrate on eating well and enjoying your day off from working out. You may feel free to go for a 20-30 minute walk or just rest your body and prepare for tomorrow's workout!

Personal Body Composition After 8 Weeks

Place your “after” photo(s) here

It's best to take a front, back, and side view photo

Name: _____
Date: _____
Height: _____
Weight: _____
BMI: _____
Waist-to-Hip: _____
Body Fat %: _____
7-Point Measurement Total: _____

Measurements:
Neck: _____
Upper arm: _____
Chest: _____
Waist: _____
Hips: _____
Thigh: _____
Calf: _____

Fatlossity Certificate of Achievement

8 Weeks Completed

You're almost there! You've completed the 2nd month of the Fatlossity System® and only have 4 more weeks to go!

By now you should feel like you really have a hang of how to exercise efficiently while following a healthy meal plan at the same time. The combination of the two should be yielding some pretty remarkable results by now and I sincerely hope you keep up your hard work and determination to push you through the next 4 weeks of your body transformation.

You've already accomplished so much and teaching yourself lifelong healthy habits to begin feeling good from the inside out and now it is time to further cement those lifestyle changes over the next 4 weeks.

You can do it!

Committed to your success,



Stephen Cabral, CSCS, CPT, NS

Your name: _____ Your signature: _____