

Daily Nutrition Checklist

Day 78 - Phase 2

<input type="checkbox"/>	Breakfast	Time:	Choose 2 <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> Eggs <input type="checkbox"/> Low sugar yogurt <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Protein shake </div> <div> <input type="checkbox"/> Oatmeal <input type="checkbox"/> High fiber cereal <input type="checkbox"/> Veggies <input type="checkbox"/> Skim milk </div> </div>
<input type="checkbox"/>	Snack	Time:	Choose 1 <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> Nuts <input type="checkbox"/> Fruit <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Low sugar yogurt </div> <div> <input type="checkbox"/> Veggies & Hummus <input type="checkbox"/> High fiber crackers <input type="checkbox"/> Protein shake <input type="checkbox"/> Low fat cheese </div> </div>
<input type="checkbox"/>	Lunch	Time:	Choose 2 <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> Chicken <input type="checkbox"/> Cold cuts <input type="checkbox"/> Fish <input type="checkbox"/> Lean beef </div> <div> <input type="checkbox"/> Salad/ Veggies <input type="checkbox"/> High fiber wrap <input type="checkbox"/> Brown rice <input type="checkbox"/> Beans or Chick peas </div> </div>
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8-10 Glasses of Water

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How Did You Do Today?

<input type="checkbox"/>	<i>I ate 5 meals today and drank 8 glasses of water!</i>
<input type="checkbox"/>	<i>I only ate the foods on my Phase 2 Checklist!</i>
<input type="checkbox"/>	<i>I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!</i>

Fatlossity Workouts[©]

Day 78

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

1 Arm Squat Press - Complete 15 reps lasting 40 seconds. 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 buckle in or go over your toes. Make sure to maintain a flat back and keep your chest up!

How To: Hold a dumbbell above 1 shoulder. Slowly lower that weight as you sit back into a squat. Keep the weight on your heels, not allowing your knees to go over your toes. Press the weight up as you push up through your heels to stand back up.

The "Cabral" - Complete 15 reps on 1 side, then switch. 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 back flat and at a constant 45° angle from the floor. Don't let your front knee come over your toes.

How To: The Cabral is combination of a split lunge & 1 arm row. Hold a dumbbell in 1 arm rowing position. Maintain a flat back at a 45° angle to the floor and a strong stance. Sit back into your opposite hip as you lower your back knee and weight to the floor.

Static Bridging - Complete a 60 second static hold. 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 lugging to the side! Allow the opposite leg to stay straight and stretch.

How To: Hold your hips off the ground by squeezing your glutes, lower back and hamstring muscles. Do not let your knees come open too wide. Squeeze a towel between your knees if needed. Keep your feet, shoulders and head flat. Hold for 60 seconds.

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8-10 Glasses of Water

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How Did You Do Today?

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Fatlossity Workouts[©]

Day 79

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

Box Squat Jumps- 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 chest up before and after jumping! Land softly absorbing impact.

How To: Sit down in a chair with your back flat and chest up. Jump straight up raising your arms above your head. Jump as high and as straight as your can. Land softly in a squat absorbing the impact. Sit back down in the chair or box and repeat.

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

Start&Finish



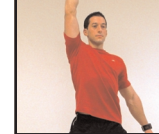
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Don't over arch your low back or raise the dumbbell behind your shoulder joint! Keep your core engaged the entire time!

How To: Hold a dumbbell between your legs in a half squat. Stand up swinging the weight up above your head using your shoulder and hips. Keep your back flat & do not over arch. Allow the weight to swing down & tighten your core, keeping your chest up.

Oblique Bridging/Side Plank - Complete 10 - 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 your elbow directly under your shoulder. Remember to keep your head, shoulders, hips, knees & ankles aligned!

How To: Lie on your side and place your bottom elbow directly below your shoulder. Keep your entire body in a straight line and lift your hips off the ground, targeting the core muscles around your waist. Slowly lower your hip 1 inch from the ground. Repeat.

Daily Nutrition Checklist

Day 80 - Phase 2

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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"/>

How Did You Do Today?

<input type="checkbox"/>	<i>I ate 5 meals today and drank 8 glasses of water!</i>
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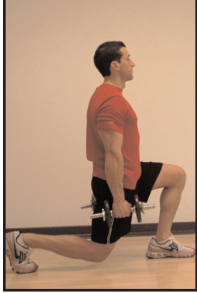
Fatlossity Workouts[©]

Day 80

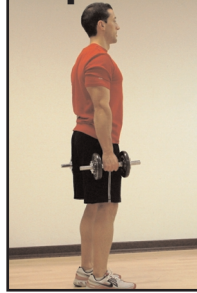
Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Walking Lunges - Complete 24-30 alternating lunges. Rest 20 seconds.

Start&Finish



Midpoint



Top

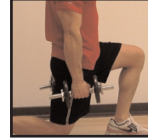


Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip



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

How To: Hold a pair of dumbbells by your sides. Step forward with your left leg into a lunge. Lower your leg slowly to the ground absorbing impact and sitting back into your hip. Push up and forward through your front heel into a standing position. Alternate legs.

Dumbbell Alternating Chest Press - Complete 30 alternating reps. 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 always keep your head and back flat on the floor. Do not over extend your shoulder or elbow when pressing.

How To: Lie flat on your back with your left arm pressed over your chest and the other arm lightly touching the floor. Lower your left arm as you press the right arm over your chest. Alternate back & forth on each side maintaining a flat back.

Dumbbell Bent Over Reverse Flys - 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



Don't round your back during any part of the exercise. Squeeze your shoulder blades together to lift the weight!

How To: Hold dumbbells with your palms facing each other. Sit back into a shallow squat with a flat back facing the floor, and remain there for the exercise. Squeeze your shoulder blades together and pull the weights back, up and out at shoulder level.

Daily Nutrition Checklist

Day 81 - Phase 2

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8-10 Glasses of Water

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How Did You Do Today?

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The Complete In-Home Weight Loss Guide

Fatlossity Workouts®

Day 81

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 82 - Phase 2

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8-10 Glasses of Water

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Fatlossity Workouts[®]

Day 82

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

Dumbbell 1 Leg Reach - Complete 12-15 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



Maintain a flat back by keeping your core engaged and your chest & eyes up! You should feel a stretch in the hamstring.

How To: Balance on 1 leg with your knee slightly bent. Sit back into your hip and begin to “reach” out the weight. Maintain a flat back keeping your chest & eyes up. Use your hip and back muscles to pull and row the weight back by your side.

Chair Dips - Complete reps to failure lasting 40 seconds. 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 go too deep too quickly. Only go as deep as you can control. Don't over-stretch or shrug your shoulders.

How To: Grip an object with your hands shoulder width apart. Keep your elbows lined up with your shoulders and stretch your legs out straight. Slowly lower your hips down until you feel a stretch in your triceps. Use your arms to push you back up straight.

Dumbbell Modified Zercher Squats - 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



Remember to sit back into your hips with your chest up and keep your knees from going over your toes!

How To: Hold a weight above your chest with a flat back and slightly bent knees. Slowly sit back into a full squat, keeping your chest and head up. Push back up through your heels to a standing position.

Daily Nutrition Checklist

Day 83 - Phase 2

<input type="checkbox"/>	Breakfast	Time:	Choose 2								
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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"/>

How Did You Do Today?

<input type="checkbox"/>	<i>I ate 5 meals today and drank 8 glasses of water!</i>
<input type="checkbox"/>	<i>I only ate the foods on my Phase 2 Checklist!</i>
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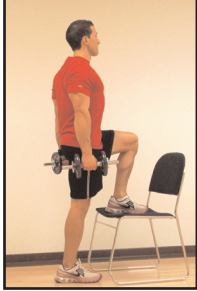
Fatlossity Workouts[©]

Day 83

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

Step-Up - Curl - Press - Complete 10 reps on 1 leg, then switch. Rest 20 seconds.

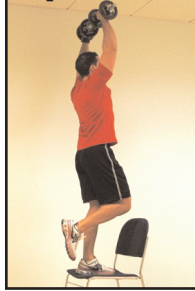
Start&Finish



Midpoint



Top



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip



Keep a flat back and maintain your balance as you press over head!

How To: Hold dumbbells by your sides with your left leg up on the step. Step up by pushing through the hip of your left leg while curling the weight up with your biceps. Maintain balance on your left leg and press the weights overhead. Reverse coming down.

Shin Slaps - Complete reps to failure. Rest 20 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

--	--	--	--

Cabral's Tip



Do not strain to pull up with your head or neck! Keep your chin off your chest and your eyes looking up.

How To: Lie flat on your back with your arms & legs outstretched. Squeeze your abs in tight & lift your legs & upper body toward each other. Slap your hands to your shins. Engage your core & slowly lower yourself down to the mat. Repeat without resting.

Superman's - 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



Do not strain to lift by using your head or neck! Look down at the mat the whole time keeping your spine in alignment.

How To: Lie flat on the mat facing down. Keep your arms, shins and feet off the mat the whole time. Lift from 1 inch off the ground to as high as you can by raising your upper and lower body. Hold for a second and then slowly lower your arms and legs.

Daily Nutrition Checklist

Day 84 - Phase 2

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The Complete In-Home Weight Loss Guide

Fatlossity Workouts®

Day 84

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 12 Weeks

Place your “after” photo(s) here

*It's best to take both 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

12 Weeks Completed

You did it! You've completed all 12 weeks of the Fatlossity System®!

I hope you are as excited and proud of your accomplishment as I am. Very few people ever take up the kind of challenge you just undertook and now you can say you did it! You now know what type of choices in your life lead you toward healthy lifestyle changes and which ones cause you to stray off course from attaining a healthy weight.

Build upon this new information that you've acquired to achieve even greater successes for yourself. By now you should know that the only limitations you have are the ones you place on yourself.

You have the power to achieve anything!

Committed to your success,



Stephen Cabral, CSCS, CPT, NS

Your name: _____ Your signature: _____