

Daily Nutrition Checklist

Day 22 - 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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 22

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

Dumbbell Front Squat - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

Start&Finish



Midpoint

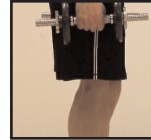


Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip



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

How To: Hold dumbbells on your shoulders with ends pointing directly up. Start by sitting backwards with your hips until your upper thighs are parallel to the ground. Keep the weight back on your heels and push up through them as you stand back up.

Dumbbell Romanian Deadlift - 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



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

How To: Hold dumbbells with your palms facing your body. 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. Maintain a slight 20° bend in your knees.

Inch worms/Hand Walkouts - Complete 10 -15 reps to failure. 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 abdominal and back muscles engaged throughout the set, making sure not to let your hips and stomach drop!

How To: Bend over from the waist and place both hands in front of you for support. Straighten your legs at the top and then begin to walk one hand out at a time until you are as outstretched as you can be without letting your hips drop. Reverse the process.

Daily Nutrition Checklist

Day 23 - 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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 23

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

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

Start&Finish



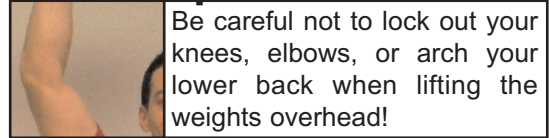
Midpoint



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 lock out your knees, elbows, or arch your lower back when lifting the weights overhead!

How To: Hold dumbbells on your shoulders with your palms turned away from you. Sit backwards with your hips until your upper thighs are parallel to the ground. As you begin to stand back up, push the dumbbells overhead at the same time.

Dumbbell 1 Arm Row - Complete 15 reps on each side lasting 40 seconds. Rest 20 seconds.

Start&Finish



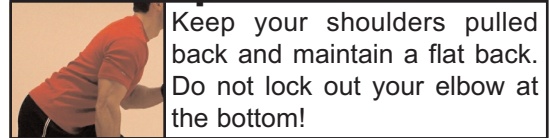
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



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

How To: Hold a dumbbell with your palm facing your body. Place the leg that is beside the dumbbell back behind for a wider base. Place the other hand on an object for support to maintain a flat back. Row the dumbbell up towards your hip using your back.

Weighted Oblique Twists - Complete 30 reps to failure lasting 40 seconds. Rest 60 seconds.

Start&Finish



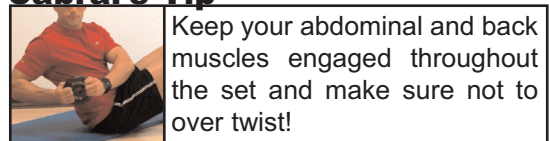
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:				
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Cabral's Tip



Keep your abdominal and back muscles engaged throughout the set and make sure not to over twist!

How To: Hold a weight in front of your abs with your feet lightly touching the floor or lifted up. Twist with your entire upper torso side to side, making sure you are not just moving the weight. Alternate side to side until you feel a sufficient burn in your abs.

Daily Nutrition Checklist

Day 24 - 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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 24

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

Dumbbell Split Squats - 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 hips and glutes!

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

Quadruped Pose/ BirdDog - 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

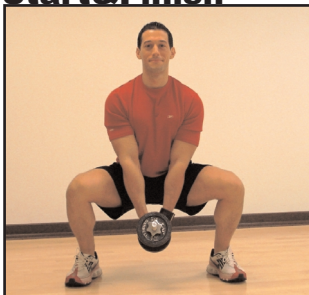


Maintain a flat back throughout the movement. Try to extend each arm and leg all the way out while stabilizing yourself!

How To: Kneel down on all fours. Maintain a flat back by engaging your core muscles and drawing in your abs. Raise your opposite arm & leg until they form a straight line down your body. Hold until you are stable. Come back to the ground and alternate.

Dumbbell 2 Arm Swings with Squat - Complete 15 reps to failure. 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 abdominal and back muscles engaged throughout the set. Make sure not to round your back on the way down!

How To: Hold a weight between your legs with your arms outstretched. Perform a half to three-quarter squat and then swing the weight up by pushing your hips forward. Keeping you core engaged, let the weight swing down between your legs.

Daily Nutrition Checklist

Day 25 - 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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 25

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

Daily Nutrition Checklist

Day 26 - 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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 26

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

Dumbbell Deadlift - 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 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 with your palms facing each other. 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.

Dumbbell Chest 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



Keep your shoulders touching the floor the whole set. Make sure not to lock out your elbows at the top!

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

Dumbbell Dynamic Forward Lunge - Complete 24 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 chest up and shoulders back. Engage your core & make sure that your knee does not go over your front foot!

How To: Hold 2 weights by your side. Lunge forward with one leg keeping the weight on the front heel and sit back into the hip and glute muscles. Push back off of the front leg to stand back up straight. Alternate legs each repetition.

Daily Nutrition Checklist

Day 27 - 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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!

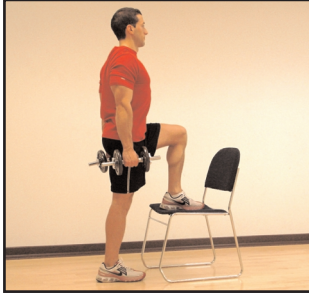
Fatlossity Workouts[©]

Day 27

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

Dumbbell Step-Up - 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



Be careful not to lock out your knees at the top of the step-up. Keep your shoulders back & the weight on your heel!

How To: Hold dumbbells by your sides with one leg up and planted on a step that is about knee height. Push through the heel of the foot that is up on the step and stand all the way up straight. Finish all 15 reps on 1 leg and then switch.

Dumbbell 2 Arm Bent Over Row - 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



Maintain a flat back and shallow squat the entire set. Remember to never round your upper or lower back!

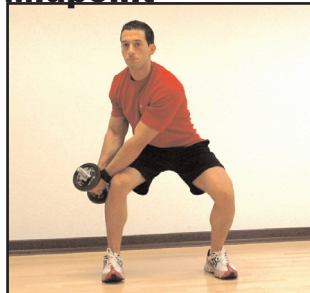
How To: Hold dumbbells with your palms facing each other. Sit back with your hips into a shallow squat with the weights by your knees. Squeeze your shoulder blades together and row the weights up to your hips. Stay in a shallow squat the entire set.

Dumbbell Diagonal Chops - Complete 15 reps on each side. Rest 60 seconds.

Start&Finish



Midpoint

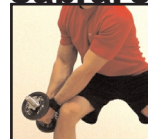


Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip



Keep your abdominal and back muscles engaged throughout the set and make sure not to over twist!

How To: Hold a weight in both hands over your left shoulder. Chop down with the weight until it reaches the outside of your opposite knee. Keep your back flat and core engaged throughout the entire set making sure not to over twist the lower back.

Daily Nutrition Checklist

Day 28 - 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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 28

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

Personal Body Composition After 4 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

4 Weeks Completed

Congratulations! You've completed the most challenging part of the Fatlossity System® - the first 4 weeks! The first four weeks challenge you to break some incredibly old and unhealthy habits and that takes great willpower. You did it and you should be proud of what you've accomplished. I hope you bring the same type of enthusiasm and renewed vigor into the next four weeks.

You'll find that some weeks are easier than others ,but in the end the most challenging weeks in which you are able to persevere through are going to be the most rewarding when you look back on everything you have been able to achieve.

Enjoy every step of the journey!

Committed to your success,



Stephen Cabral, CSCS, CPT, NS

Your name: _____ Your signature: _____