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the stupid simple fatloss checklist

SIMPLE STEPS TO MAXIMIZE FAT LOSS

How this guide works:

Below are 10 simple steps you can implement to make sure you reach your goals without giving up your social life!

In the Stoked Metabolic Coaching Program, we use a method that has gotten countless clients the results they crave - it's called "The One Small Thing Method" and we've changed hundreds of lives with these super easy steps.

You'll see the snapshot view below of the 10 steps with the corresponding pages that give a little more detail into how you can implement these into your lives without getting overwhelmed.

You're going to pick ONE thing from the list below to implement this week and then choose ONE thing you will give yourself as a reward (see the second to last page for what that looks like and why we use it to guarantee weight loss with our clients).

Then each day, you'll check off how many days you were able to do this (on the weekend or during the week) and if you hit the goal you set for yourself with that ONE thing, you'll reward yourself, then choose another step from the list below to begin stacking on to your week (or weekend) and for each thing, you'll also add another reward. The steps are designed so you can even build on top of the same step progressively to create the key to sustainable change = consistency.

*ONE serving of
vegetables a day*

*protein lunch - palm
size protein portion*

*protein breakfast
(frontload protein)*

*protein dinner - palm
size protein portion*

*increase water intake
by 20oz*

*Add 1k steps to your
day*

*volume eating (all the
yummy, zero guilt)*

set a bed time

*add one thing to your
morning routine*

make a switch



*ONE serving of
vegetables a day*

MAXIMIZE FAT LOSS

- proper digestion is essential to fat loss, veggies contain fiber and help regulate digestion for a healthy gut!
- another form of volume eating, veggies are often low in calories, rich in nutrients and seasoned properly - a yummy edition you can stack on your plate to curb cravings and snack less



*protein lunch - palm
size protein portion*

MAXIMIZE FAT LOSS

- adding more protein curbs cravings and helps you not lose all that hard-earned muscle while in a fat loss phase so you can get that toned summer body look
- Check out our [PROTEIN GUIDE](#) linked here for some more options on what kinds of protein you can add to optimize fat loss even more!



*protein breakfast
(frontload protein)*

MAXIMIZE FAT LOSS

- this is a great way to curb cravings and make sure you still hit your protein goals even if you know you have an event to go to later and won't be able to fit much in



*protein dinner - palm
size protein portion*

MAXIMIZE FAT LOSS

- making sure you have one serving of protein at night will prevent late night snacking + help you eat a more balanced diet to accelerate fat loss



*Increase water intake
by 20 oz each day*

MAXIMIZE FAT LOSS

- Dehydration can make you GAIN WEIGHT
- About 60% of our body is made up of water so when we are dehydrated, your body's systems don't work properly and can actually make you gain fat
- Drinking more water helps prevent snacking out of boredom = which makes it EASIER to lose FAT



Add 1k steps to your days

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- plan out one hour walk, two 30-minute walks,, four 15- minute walks throughout your day
- park further away, take the stairs, take a lap around the house every hour



volume eating (all the yummy, zero guilt)

MAXIMIZE FAT LOSS

- The best HACK for fat loss is understanding what types of foods to eat that are going to help you get closer to your goals without being HANGRY
- Check out this post for some examples you can start adding in!



set a bed time

MAXIMIZE FAT LOSS

- Sleep is a highly underrated and essential part to successful and sustainable fat loss - without it, there's really no point in trying anything else to reach your goals
- Setting a bedtime will give you structure and something to aim for to begin creating an evening routine and making the rest of your habits easier to achieve



add one thing to your morning routine

MAXIMIZE FAT LOSS

- Just like setting a bedtime, creating a morning routine helps solidify structure and makes all your other goals easier to hit
- PRO TIP: Make your morning routine your self care (skin care, meditation, etc.)



Make a switch

MAXIMIZE FAT LOSS

- This one can be big - choose one thing that you do that you know is likely not helping you reach your goals and switch it with something (still enjoyable even though it may be scary, that will help) below are some examples of what I mean.
 - if you drink one soda a day, switch it for a low calorie bubbly drink or water
 - if you have desert every night, try implementing a walk or maybe nice shower or listening to an audiobook during that time instead (you can even start with making this switch one day out of the week and building on that)

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Reward system:

Now it's time for the fun part - REWARDS!

HACK your fat loss by creating positive feedback loops and including rewards for yourself.

Think about it - isn't it easier to want to stick to something when you have a reason to?

Sure, the reason is that you want to walk around feeling awesome and HELLA SEXY but sometimes it's easy to lose sight of that with your favorite flavor of Ice Cream staring back at you on your kid's plate.

By implementing a reward system, it helps you reach your long term goal with shorter term rewards that will outweigh the desire for those few moments of bliss when the ice cream hits your tastebuds.

Not only that, but when implemented properly, you'll begin associating the new habit you're implementing to get you closer to feeling awesome to be POSITIVE = you're going to want to keep doing it = C O N S I S T E N C Y = success.

Choose from the list below or think of the things that you love to look forward to and what is doable in your schedule and budget!

small rewards

- a Starbucks coffee date with yourself
- a small gift for yourself from Amazon
- Try that new workout class
- Start that new book

medium rewards

- Manicure
- Pedicure
- Massage
- Bubble bath + wine
- New outfit
- New workout clothes
- Pay yourself

large rewards

- Weekend getaway
- Spa day
- New tattoo
- New piercing
- Buy yourself tools for the hobby you've always wanted to start

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Our clients get transformations by doing exactly what this guide says - nothing fancy, no torture, and best of all - sustainable!

CLICK HERE to join a free community for people just like you see below, tired of dieting and ready to start living!

HEY! I'M TOM

Here's a bit about me and why I created this guide for you!

To summarize, for years I was insecure & honestly never truly felt good in my body - I would avoid photos like I was paid to do it! Then it affected my health & gave me massive anxiety!

This was the catalyst I needed to turn everything around - now, I can proudly say I have unlocked the life of my dreams by the actions I took. I was tired with the endless cycle of diets pushed onto me by social media ads and the diet industry. I was tired of surviving and ready to fight back.

The confidence I've gained has truly changed my life and this is why I created the Stoked Metabolic Coaching - to help others just like YOU fight to feel confident with the life you deserve.

