THE WEIGHT-LOSS PLATEAU FIX KIT · FOR WOMEN 25+



Why Isn't the Scale Moving?

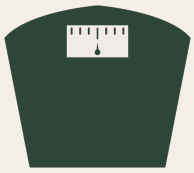
A 5-minute decision tree that finds your most likely cause, the one fix to run for 14 days, and the checklists and trackers to stay on course.

Printable PDF · Undated

By Coach Luke | NASM-CPT, NESTA Nutrition Coach

START HERE

Your plateau, solved one step at a time



A stall usually pushes women to quit or slash calories hard. Both tend to backfire. This kit helps you find the real cause and change one thing at a time.

What's inside

- **Part 1:** The 5-Minute Plateau Decision Tree (14 questions, 11 fixes)
- **Part 2:** The Plateau-Proof Checklist Pack (6 checklists + red flags)
- **Trackers:** 12-Week Trend Tracker and 14-Day Fix Log

How to use the kit in 3 steps

1. **Walk the tree.** Answer honestly using your last 2 to 4 weeks. Stop at your fix.
2. **Do one fix for 14 days.** Only that fix. Log it on the 14-Day Fix Log.
3. **Track with the checklists.** Daily ticks, a weekly check-in, then walk the tree again.

A realistic pace: about 0.5 to 1 lb a week. Judge progress by weekly averages, your waist and your strength, not one morning on the scale.

In perimenopause or menopause? This kit fits you too. Changing cycles, sleep and new symptoms are built into the tree (Nodes 3, 4, 10 and 13).

Talk to your doctor first if you have a health condition, take medication, or notice big unexplained weight changes, constant tiredness or feeling cold all the time.

Undated. Print the daily, weekly and tracker pages as many times as you need, or slip them in a sheet protector and use a dry-erase marker.

PART 1

The 5-Minute Plateau Decision Tree



Answer a few simple questions and get the one fix to make next, instead of changing everything at once.

How to use the tree

1. Start at Node 1.
2. Answer honestly using the last 2 to 4 weeks, not your best week.
3. Follow the arrow to the next node.
4. Stop when you reach a FIX. Do only that fix for 14 days.
5. Then come back and walk the tree again.

What you need

- [ ] Your morning weigh-ins from the last few weeks (or a best guess).
- [ ] Your waist measurement now and a month ago, if you have it.
- [ ] Your average daily steps from your phone or watch.

Rule of thumb: a real plateau is 3 to 4 weeks with no change in weekly average weight **and** waist. A few flat days is normal body-water swing, not a plateau.

See your doctor first if you have big unexplained weight changes, constant fatigue, feel cold all the time, or have a new medication. Those can affect weight and deserve a proper check.

THE DECISION TREE

Nodes 1 to 7

Start at Node 1. Follow each arrow until you land on a FIX.

NODE 1

Has your weekly average weight been flat for 3+ weeks?

- Yes → **Node 2**
- No, it's only been days → **FIX A**

NODE 2

Has your waist measurement also stayed the same?

- Yes, no change → **Node 3**
- No, waist is shrinking → **FIX B**
- I don't measure → **FIX A**

NODE 3

Are you in the week before your period, or are your cycles changing?

- Yes → **Node 4**
- No / not sure → **Node 5**

NODE 4

Has the stall lasted more than one full cycle?

- No → **FIX A**
- Yes → **Node 5**

NODE 5

Do you eat protein at 3 meals on most days?

- Yes → **Node 6**
- No → **FIX C**

NODE 6

Do weekends look very different from weekdays (eating out, drinks, grazing)?

- Yes → **FIX D**
- No → **Node 7**

NODE 7

Have you tracked your food for at least 3 full days (including a weekend day) in the last month?

- No → **FIX E**
- Yes → **Node 8**

THE DECISION TREE

Nodes 8 to 14

NODE 8

Is your daily step average below 6,000?

Yes → **FIX F** | No → **Node 9**

NODE 9

Do you strength train at least 2 times a week?

No → **FIX G** | Yes → **Node 10**

NODE 10

Do you sleep less than 7 hours on most nights?

Yes → **FIX H** | No → **Node 11**

NODE 11

Have you been eating in a deficit for more than 12 weeks straight?

Yes → **FIX I** | No → **Node 12**

NODE 12

Have you lost more than 10% of your starting weight already?

Yes → **FIX J** | No → **Node 13**

NODE 13

Did you start a new medication, or have you had symptoms like constant tiredness or feeling cold?

Yes → **FIX K** | No → **Node 14**

NODE 14

Do liquid calories (lattes, juice, wine, smoothies) show up most days?

Yes → **FIX D** | No → **FIX E**

Every path ends at one fix. If two fixes seem to apply, do the one you reached first. It is usually the bigger lever.

YOUR ANSWER

Fixes A to D

FIX A It's water, not fat. Hold steady.

1. Keep your plan exactly the same for 14 more days.
2. Weigh 3 to 7 mornings a week and use the weekly average.
3. Start measuring your waist weekly.
4. Drink water and keep salt fairly steady day to day.
5. Walk the tree again in two weeks.

FIX B You're losing fat. Don't change a thing.

1. Keep lifting. Muscle and water can hide fat loss on the scale.
2. Take progress photos every 2 weeks.
3. Track strength and how your clothes fit too.
4. Do not cut calories further.
5. Walk the tree again in four weeks.

FIX C Protein at every meal.

1. Aim for about 25 to 35 grams at each meal.
2. Fix breakfast first: eggs, Greek yogurt or a shake.
3. Eat the protein on your plate first.
4. Stock 2 grab-and-go options.
5. Change nothing else for 14 days.

FIX D Tighten weekends and drinks.

1. Pick one planned treat meal, not a whole weekend.
2. Keep protein and a walk on Saturday and Sunday.
3. Cap drinks at 2 per weekend, or swap to sparkling water.
4. Order coffee drinks small and unsweetened.
5. Plan Monday's meals on Sunday.

YOUR ANSWER

Fixes E to H

FIX E Run a 3-day honest food log.

1. Log everything for 2 weekdays and 1 weekend day.
2. Include oils, sauces, bites and drinks.
3. Weigh or measure portions for those 3 days only.
4. Find your top 2 surprise calorie sources.
5. Cut or shrink just those two.

FIX F Raise daily steps.

1. Add 1,000 steps to your current daily average.
2. Walk 10 minutes after your two biggest meals.
3. Take calls on your feet.
4. Hold the new average for 2 weeks, then add another 1,000.
5. Keep food the same while you do this.

FIX G Start lifting twice a week.

1. Two 30-minute full-body sessions.
2. Cover a squat, hinge, push, pull and a carry or plank.
3. Do 2 to 3 sets of 8 to 12 reps.
4. Write down every weight you use.
5. Add a rep or a little weight each week.

FIX H Fix sleep first.

1. Set one wake time for all 7 days.
2. Screens off 30 minutes before bed.
3. Caffeine cut-off at about 1 PM.
4. Keep the bedroom cool and dark.
5. Aim for 7+ hours for 2 weeks before any diet change.

YOUR ANSWER

Fixes I to K

FIX I Take a planned 1 to 2 week maintenance break.

1. Eat at maintenance, not a surplus, for 7 to 14 days.
2. Keep protein, lifting and steps the same.
3. Expect a small water bump on the scale.
4. Return to your deficit afterward.
5. Use the break to rest mentally too.

FIX J Reset your targets for your new body.

1. A smaller body burns less, so your old targets may now equal maintenance.
2. Trim daily intake slightly, about 100 to 200 calories.
3. Or add 1,000 to 2,000 daily steps instead.
4. Keep protein high to protect muscle.
5. Check the trend again in 3 weeks.

FIX K Talk to your doctor.

1. Book a check-up and bring your notes and trackers.
2. Ask whether thyroid, iron or hormone tests make sense for you.
3. Ask if any medication affects weight or appetite.
4. Keep protein, lifting and steps going meanwhile.
5. Don't cut calories hard while you wait.

> Write your fix and start date on the **14-Day Fix Log** (Trackers section) and change nothing else for 14 days.

SEE THE PATHS

Example walkthroughs

Illustrations only, not real clients or results. They show how different situations route through the tree.

The "4 flat days" panic. She holds her plan, uses weekly averages and checks the trend again in two weeks.
Node 1: No, only days → FIX A

The lifter who sees no scale change. She keeps going and tracks photos and strength instead of the scale.
Node 1: Yes → Node 2: waist shrinking → FIX B

The weekend reset. Weekdays were fine. Saturday and Sunday were erasing the deficit.
Node 1 → 2 → 3: No → 5: Yes → 6: Yes → FIX D

The tired desk worker. Sleep comes first, before any change to food.
Nodes 1 → 2 → 3 → 5 → 6 → 7: Yes → 8: No → 9: Yes → 10: Yes → FIX H

The long dieter. Two weeks at maintenance, then back to her deficit.
Nodes 1 to 10 → 11: Yes → FIX I

> Your path may be short (1 node) or long (14 nodes). Both are normal. What matters is that you land on one fix.

BEFORE YOU START YOUR FIX

Confidence check

Tick all four before day one.

- [ ] My fix makes sense for my last month.
- [ ] I can start it within 48 hours.
- [ ] I'm changing only this one thing for 14 days.
- [ ] I wrote the date I'll walk the tree again: _____

My path through the tree

Nodes I passed: _____

The fix I reached: FIX _____ Name: _____

Why it fits me: _____

_____

_____

> Educational information only, not medical advice. Check with your doctor before major diet or exercise changes.

PART 2

The Plateau-Proof Checklist Pack



Six printable checklists that keep you on track every day and every week, so nothing important slips through the cracks.

Checklist	When to use it
1. The Setup Checklist	Once, before you start
2. The Daily Checklist	Every day, takes 1 minute
3. The Weekly Check-in	Same day each week, 10 minutes
4. The Grocery and Prep Checklist	Before your weekly shop
5. The Mistake-Proof Checklist	When progress stalls
6. The Master Checklist	Quick reference on the fridge

> **The goal is not a perfect score.** Hitting most boxes on most days is what moves the needle. Five out of seven days is a win.

Print the daily and weekly pages several times, or slip them into a sheet protector and use a dry-erase marker.

CHECKLIST 1

The Setup Checklist

Do these once, before day one.

- [ ] Write your starting weight, waist and date: _____
- [ ] Take front and side photos in the same spot and light.
- [ ] Check your average daily steps for the last 7 days: _____
- [ ] Pick your 2 to 3 strength days and put them in your calendar.
- [ ] Get basic equipment: 2 pairs of dumbbells or a set of bands.
- [ ] Choose 3 go-to protein breakfasts.
- [ ] Set a fixed wake time and a phone alarm for wind-down.
- [ ] Pick your weekly check-in day and time: _____
- [ ] Tell one person what you're doing, for support.
- [ ] Get your doctor's OK if you have a health condition or take medication.

Starting numbers

Date	Weight	Waist	Hips	Avg. steps	Fix I'm starting with

CHECKLIST 2

The Daily Checklist

Week of: _____ Tick each day. Aim for 5+ ticks a row (strength: 2 to 3).

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Protein at breakfast								
Protein at lunch								
Protein at dinner								
Half the plate veg or fruit (2+ meals)								
Hit my step target								
Strength session (2–3 days)								
8 cups of water or more								
Caffeine stopped by 1 PM								
Screens off 30 min before bed								
7+ hours of sleep								
My fix for today								
Morning weigh-in (optional)								

This week's weigh-ins

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Average

CHECKLIST 3

The Weekly Check-in

Same day, same time, 10 minutes. Week of: _____

Numbers

- [ ] This week's average weight: _____ (last week: _____)
- [ ] Waist at the belly button: _____
- [ ] Average daily steps: _____
- [ ] Strength sessions done: _____ of _____ planned
- [ ] Heaviest weight lifted on one move: _____

Review

- [ ] Counted ticks on each Daily Checklist row.
- [ ] Circled the row with the fewest ticks.
- [ ] One reason it was hard: _____
- [ ] One small fix for next week: _____
- [ ] Checked the 4-week trend, not just this week.

Plan next week

- [ ] Put my strength sessions in the calendar.
- [ ] Picked 3 protein breakfasts and 3 protein lunches.
- [ ] Planned one treat meal.
- [ ] My step target: _____
- [ ] Completed the Grocery and Prep Checklist.

> **If the 4-week trend is flat:** walk the Decision Tree (Part 1) and Checklist 5 before changing anything else.

CHECKLIST 4

The Grocery and Prep Checklist

Tick what goes in the cart this week.

Protein (pick 4+)

- [ ] Eggs or egg whites
- [ ] Plain Greek yogurt
- [ ] Cottage cheese
- [ ] Chicken breast or thighs
- [ ] Lean ground turkey or beef
- [ ] Salmon, tuna or shrimp
- [ ] Tofu, tempeh or edamame
- [ ] Protein powder

Slow carbs (pick 2+)

- [ ] Oats
- [ ] Potatoes or sweet potatoes
- [ ] Brown rice or quinoa
- [ ] Beans or lentils
- [ ] Whole-grain wraps or bread

Produce (pick 6+)

- [ ] Berries (fresh or frozen)
- [ ] Apples or oranges
- [ ] Bagged salad greens
- [ ] Frozen vegetable mix
- [ ] Broccoli or cauliflower
- [ ] Peppers, cucumber, carrots
- [ ] Onions and garlic

Easy extras

- [ ] Olive oil and spices
- [ ] Chia or ground flax
- [ ] Nuts (pre-portioned)
- [ ] Sparkling water
- [ ] Salsa or hot sauce

Sunday prep (45 minutes)

- [ ] Cooked 2 proteins in bulk.
- [ ] Washed and chopped vegetables for 3 days.
- [ ] Portioned 5 protein snacks.
- [ ] Made breakfast for 3 days (egg muffins or overnight oats).
- [ ] Packed tomorrow's lunch.

CHECKLIST 5

The Mistake-Proof Checklist

Progress stalled for 3 to 4 weeks? Confirm none of these apply.

- [ ] Confirmed I'm **NOT** judging progress by a single weigh-in.
- [ ] Confirmed I'm **NOT** skipping breakfast and overeating at night.
- [ ] Confirmed I'm **NOT** eating protein at fewer than 3 meals a day.
- [ ] Confirmed I'm **NOT** doing only cardio with no strength work.
- [ ] Confirmed I'm **NOT** "earning" food with workouts.
- [ ] Confirmed I'm **NOT** drinking most of my treat calories.
- [ ] Confirmed I'm **NOT** undoing weekdays on weekends.
- [ ] Confirmed I'm **NOT** guessing portions of oils, nuts and sauces.
- [ ] Confirmed I'm **NOT** sleeping under 7 hours most nights.
- [ ] Confirmed I'm **NOT** sitting most of the day with under 6,000 steps.
- [ ] Confirmed I'm **NOT** eating so few calories that I'm exhausted.
- [ ] Confirmed I'm **NOT** changing my plan every week.
- [ ] Confirmed I'm **NOT** ignoring my waist and strength gains.
- [ ] Confirmed I'm **NOT** comparing my pace to someone else's.
- [ ] Confirmed I'm **NOT** ignoring new symptoms I should ask my doctor about.

Red flags: stop and fix

If one of these shows up, deal with it before you push harder.

Red flag	Fix	Seen?
Constant hunger and irritability	Add protein and fiber. Check that calories aren't too low.	
Strength dropping week after week	Eat a bit more protein, sleep more, take a lighter week.	
Losing more than 2 lb a week for weeks	Eat a little more. Fast loss often means muscle loss.	
Joint pain during workouts	Use the easier version and slow down. See a pro if it persists.	
Dreading every meal	Add back a food you love in a planned portion.	
Big unexplained weight change, constant tiredness or feeling cold	Book a check-up with your doctor (see FIX K).	

Notes

CHECKLIST 6

The Master Checklist

Stick this on the fridge.



Every day

- [ ] Protein at 3 meals
- [ ] Half the plate veg or fruit
- [ ] Hit step target
- [ ] Water with every meal
- [ ] Wind-down before bed

2 to 3 times a week

- [ ] 30-minute strength session
- [ ] Write down weights used
- [ ] Add a rep or a little weight

Every week

- [ ] 10-minute check-in
- [ ] Fix the lowest-scoring habit
- [ ] Grocery shop and prep
- [ ] One planned treat meal

Every month

- [ ] Progress photos
- [ ] Compare 4-week trends
- [ ] Re-test step average
- [ ] Celebrate one non-scale win

Remember: slow and steady is the plan, not the problem. About 0.5 to 1 pound a week is a healthy, realistic pace.

Educational information only, not medical advice. Check with your doctor before starting a new exercise or eating plan.

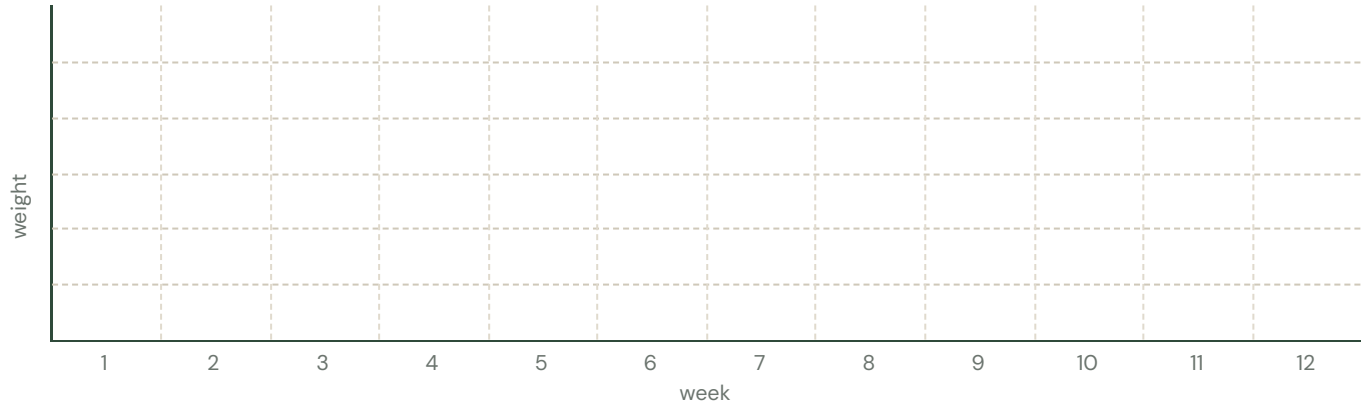
TRACKERS

12-Week Trend Tracker

Fill one row at each weekly check-in. Watch the trend, not the week.

Week	Avg. weight	Waist	Avg. steps	Strength sessions	Fix I'm running	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

Weekly average weight trend



Monthly measurements

	Wk 4	Wk 8	Wk 12
Waist			
Hips			

Non-scale wins

TRACKERS

14-Day Fix Log

One fix, 14 days, nothing else changes.

Fix chosen: FIX _____ Name: _____

Start date: _____ Re-run date (day 15): _____

My 1-line plan: _____

Tick each day you did your fix

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
☐	☐	☐	☐	☐	☐	☐
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
☐	☐	☐	☐	☐	☐	☐

	Start (day 1)	End (day 14)	Change
Weekly avg. weight			
Waist			
Avg. steps			

On day 15

- ☐ Days I did my fix: _____ of 14
- ☐ Walked the tree again and wrote my next fix: FIX _____
- ☐ Kept this fix going if it helped.

Notes



You've got this.

Plateaus are normal. Find the cause, run one fix, give it 14 days, then walk the tree again. Slow and steady is the plan, not the problem.

Coach Luke | NASM-CPT, NESTA Nutrition Coach

More free workouts and recipes at coachluke.com.

Educational information only, not medical advice. This kit does not diagnose or treat any condition. Talk to your doctor before major diet or exercise changes, and about any symptoms that worry you.

© Coach Luke. For personal use only. Please don't share or resell this file.

YOUR FREE STORE BONUSES

Thanks for buying direct

Two extras that come with the kit when you buy from my own shop

Because you bought the Weight-Loss Plateau Fix Kit from coachluke.com, two bonuses come with it. Your kit pages are exactly the same as everywhere else; these are on top.

BONUS 1 · 7 COACHING EMAILS OVER 4 WEEKS

They start automatically after your purchase: a welcome email today, then short emails that walk you through your first fix: setting up your starting numbers, sticking to one change, your weekly check-in, walking the tree again on day 15, the mistake-proof check and your 4-week trend. Check your inbox, and your promotions or spam folder, for the first one.

BONUS 2 · FREE RESOURCE LIBRARY

Scan the code or visit

coachluke.com/free-library

Printable guides, trackers and checklists to use alongside this kit. New ones are added regularly.

Questions? Reply to any coaching email or write to **coach@coachluke.com**. I read every one.

Thank you for supporting a small, independent coach.