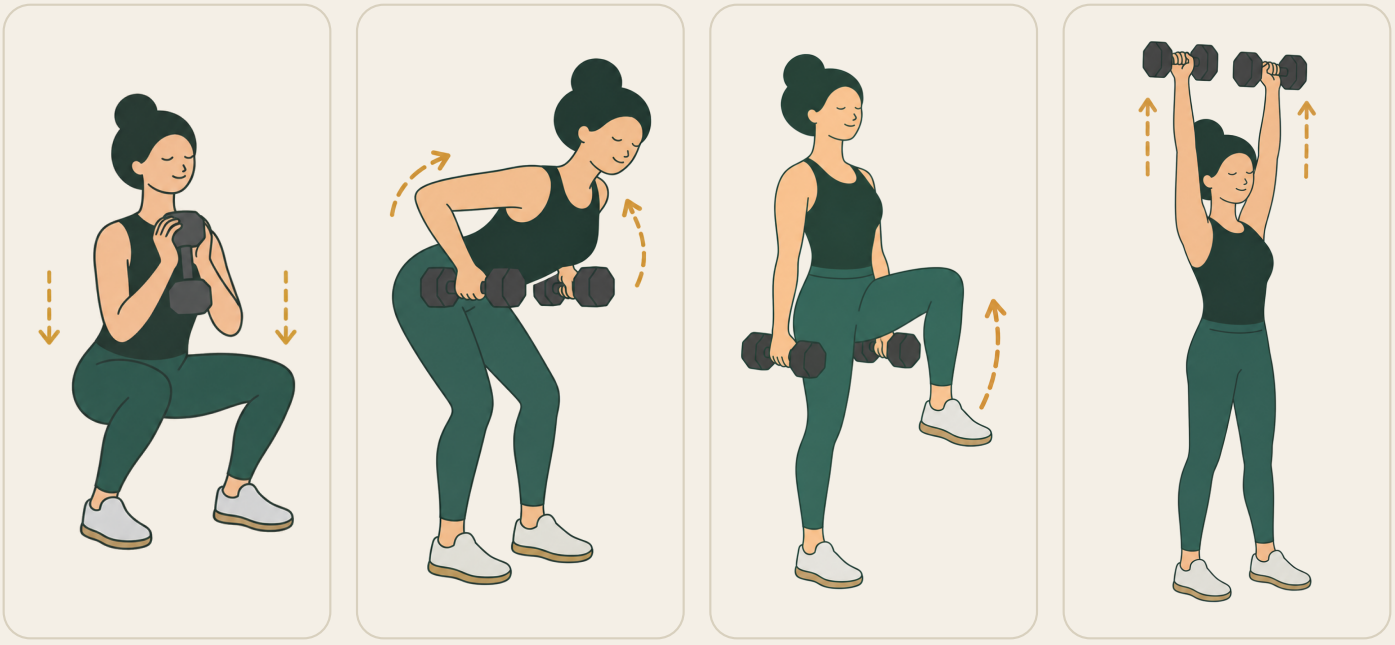
3 GOAL TRACKS · STRENGTH · WALKING · MEALS

Done Starting Over

The 12-Week Fat-Loss Plan for Women 25+



Lose 10 lbs | Lose 20 lbs | Lose 30+ lbs

12 weeks · 15 illustrated moves · 7-day meal plan · 12 weekly check-ins

By Coach Luke | NASM-CPT, NESTA Nutrition Coach

START HERE

How your 12 weeks work

One plan, start to finish. No more Mondays.

I'm Coach Luke. In 20+ years of coaching, the women who finally kept weight off were not the ones with the strictest diet. They were the ones who **stopped starting over**. This plan gives you one steady path for 12 weeks: a calorie and protein target that fits *you*, three short strength workouts a week, a walking plan, real meals and a 10-minute check-in every week that tells you what to fix next.

1. **Pick your track.** Lose about 10, 20 or 30+ lbs. Your track sets your calorie gap and step targets (page 4).
2. **Set up in one sitting.** Measurements, calorie target, protein target and step baseline (pages 6 to 8).
3. **Follow one phase at a time.** Weeks 1-4 Build the Habits, Weeks 5-8 Build Strength, Weeks 9-12 Lock It In.
4. **Train 3 times a week.** Workouts A, B and C, 25 to 35 minutes, at home with dumbbells or bands.
5. **Check in every week.** Your weekly average, waist, workouts, steps, protein days and one fix for next week.

What's inside

Before you start	3
Pick your track	4
What to expect, honestly	5
Setup worksheets	6
Your 12 weeks at a glance	9
Phase overviews	10
How your training works	13
The 15 moves	14
Workouts A, B, C	22
Progression rules	25
Walking plan	26
Eating: plate method + swaps	28
7-day meal plan + grocery list	30
12 weekly check-in spreads	35
Plateau rules	59
After week 12	60
Trackers	62

What you need: dumbbells (a light and a medium pair) or resistance bands, a sturdy step or stair, a counter, a bathroom scale, a soft tape measure, a phone or tracker that counts steps, and about 30 minutes, 3 times a week. **Print it or use it on a tablet.** Reprint the weekly pages and trackers whenever you need them.

READ THIS FIRST

Before you start

Safe, honest and realistic: what this plan can and cannot do.

Talk to your doctor first if...

- You are pregnant, trying to get pregnant or breastfeeding
- You take diabetes medication (including insulin), because eating less can drop blood sugar
- You take a GLP-1 medication (such as semaglutide or tirzepatide); ask how your calories and protein should be set
- You have a history of disordered eating
- You have a heart condition, high blood pressure or take blood pressure medication
- You have a recent injury, surgery or joint problem

What this plan can do

- Give you a steady, realistic pace of fat loss you can keep
- Help you keep muscle while you lose weight
- Build habits that still work after week 12

What it will not do

- Promise a number of pounds by a date
- Burn fat from one spot (no plan can)
- Detox, "melt" or fix hormones
- Replace medical care

Stop and rest if you feel

Sharp or joint pain (muscle burn is fine), dizziness, chest pain, unusual shortness of breath or nausea. If it does not settle quickly, stop and get checked.

The 1,200 rule

This plan never sets a calorie target below **1,200 calories a day**. If your worksheet gives a lower number, use 1,200 and let steps and strength do more of the work. Feeling dizzy, cold, foggy or very low on energy for days is a sign to eat more, not less.

This plan is general fitness and nutrition education, not medical advice. It does not diagnose, treat or cure any condition. Results vary from person to person.

STEP 1

Pick your track

Your track sets your calorie gap, your step targets and how long to expect.

Choose the track closest to the total you want to lose. You can switch tracks later; just redo your calorie worksheet.

10 LBS

Track 10: Lose about 10 lbs

Typical time: 6 to 10 weeks · **Calories: maintenance minus about 300**

Finish the 12 weeks anyway: weeks after your goal become maintenance practice (page 60).

20 LBS

Track 20: Lose about 20 lbs

Typical time: About the full 12 weeks · **Calories: maintenance minus about 400**

Run all 3 phases. Re-check your calorie target at Weeks 4 and 8.

30+ LBS

Track 30+: Lose 30 lbs or more

Typical time: 12 weeks = Phase 1 of your journey · **Calories: maintenance minus about 500**

Week 12 is not the finish line. Take a 2-week maintenance break, then run the next block (page 61).

Why the different gaps? A bigger body can safely run a slightly bigger calorie gap. As you get closer to your goal, the pace naturally slows. That is normal, not failure.

HONEST RESULTS

What to expect, honestly

The scale is a noisy tool. Here is how to read it.

A healthy, realistic pace

Aim for about **0.5 to 1% of your body weight a week**. For most women that is roughly **1 to 2 lbs a week at the start**, and closer to 0.5 to 1 lb a week as you get nearer your goal. Some weeks will be more, some less, and a few will show nothing. That is how real fat loss looks.

Your weight	0.5% a week	1% a week
140 lbs	0.7 lb	1.4 lbs
160 lbs	0.8 lb	1.6 lbs
180 lbs	0.9 lb	1.8 lbs
200 lbs	1.0 lb	2.0 lbs
230 lbs	1.15 lbs	2.3 lbs

Typical weekly range. Your pace will vary; these are not promises.

Why your weight jumps around

- **Water.** A salty meal, a hard workout, poor sleep or your cycle can add 1 to 4 lbs overnight. It is not fat.
- **New workouts.** Working muscles hold extra water for a week or two. The scale often stalls in Weeks 1 and 2 of lifting.
- **Food in your system.** More food volume or fiber means more weight in your gut, not on your hips.

So we use a weekly average

Weigh in each morning after the bathroom, before eating, in the same clothes (or none). At the end of the week, add up the numbers and divide by how many you took. **Compare this week's average to last week's.** That is your real trend. Your waist measurement is your second opinion.

Not a daily weigher? 4 mornings a week works. If weighing in stresses you out, track your waist every 2 weeks and how your clothes fit instead, and talk to your doctor if the scale has ever been a problem for you.

SETUP | WORKSHEET 1

Your starting point

Fill this in once, before Week 1. You will compare against it in Week 12.

Measure	Start	Week 4	Week 8	Week 12
Weight (weekly average)				
Waist (at belly button)				
Hips (widest point)				
Thigh (right, widest point)				
Upper arm (right, mid-point)				
Energy most days (1-10)				
Sleep quality (1-10)				
Hunger, most days (1-10)				
Goblet squat: weight x 10 reps				
Incline push-up: reps in 40 sec				

Progress photos (optional)

- Same spot, same light, same time of day
- Front, side and back, fitted clothes
- Take them at Start, Weeks 4, 8 and 12
- Keep them private. They are for you.

How to measure

- Soft tape, snug but not squeezing
- Measure in the morning, before eating
- Breathe out normally, do not suck in
- Same spot every time

My goal track: _____ My start date: _____ My Week 12 date: _____

SETUP | WORKSHEET 2

Your calorie target

Simple math, done once. Re-check it at Weeks 4 and 8.

This uses the Mifflin-St Jeor equation, a standard estimate. It is a starting point, not an exact number: your weekly average will tell you if you need to adjust. Prefer to skip the math? Use a free online "TDEE calculator" and start from Step 3.

1

Your resting burn (BMR)

(4.5 x weight in lbs) + (15.9 x height in inches) - (5 x age) - 161

BMR = _____

2

Your daily burn (maintenance)

BMR x activity: 1.2 desk job, little walking · 1.375 light activity · 1.55 on your feet a lot

Maintenance = _____

3

Your fat-loss target

Maintenance minus your track gap: Track 10: -300 · Track 20: -400 · Track 30+: -500

Target = _____

4

The floor check

Is your target below 1,200? Then your target is 1,200. Never go lower.

My daily target = _____

Worked example

Maria is 40, 5'5" (65 in), 180 lbs, desk job with some walking, Track 20.

Step	Math	Result
1. BMR	(4.5 x 180) + (15.9 x 65) - (5 x 40) - 161	1,483
2. Maintenance	1,483 x 1.375	2,039
3. Target	2,039 - 400	1,639
4. Floor check	1,639 is above 1,200	about 1,640 a day

Weekly flex: you can hit your target as a weekly total (7 x your daily number) instead of every single day. A little less on weekdays leaves room for the weekend, as long as no day drops under 1,200.

SETUP | WORKSHEETS 3 + 4

Protein target + step baseline

Protein protects muscle and keeps you full. Steps are your easiest extra burn.

Your protein target

Aim for about **0.7 to 1 gram of protein per pound of your goal weight** each day. Start at the low end; move up as it gets easier.

Goal weight	Low end (0.7 g)	High end (1 g)	Per meal (3 meals)
130 lbs	91 g	130 g	30 to 43 g
145 lbs	102 g	145 g	34 to 48 g
160 lbs	112 g	160 g	37 to 53 g
175 lbs	123 g	175 g	41 to 58 g

My goal weight: _____ lbs x 0.7 = _____ g up to x 1 = _____ g a day

If you have kidney disease or take a GLP-1 medication, ask your doctor what protein amount is right for you.

Your step baseline

Before Week 1, wear your phone or tracker for 3 normal days and do not change anything. Your baseline is the average. Your weekly step targets start from it (page 26).

	Day 1	Day 2	Day 3	Average
Steps				

Protein made easy

- Build each meal around a palm or two of protein
- Greek yogurt, eggs, cottage cheese, chicken, fish, tofu, beans
- A protein snack beats a "free" snack

No tracker?

- Use minutes: about 1,000 steps per 10 minutes of brisk walking
- Baseline = how many minutes you walk now
- Add 10 minutes a day each time the plan adds 1,000

THE BIG PICTURE

Your 12 weeks at a glance

Three phases. Each one keeps what came before and adds a little.

PHASE 1

Build the Habits

Weeks 1 to 4

Show up, learn the moves and find your numbers. Nothing extreme: you are building the routine you will keep.

- Weigh in 4 to 7 mornings a week and use the weekly average
- Protein at breakfast, lunch and dinner
- Hit your step target 5 days a week
- 3 workouts a week at an easy-to-moderate effort

PHASE 2

Build Strength

Weeks 5 to 8

The habits run on their own now. This phase is about getting stronger, because muscle is what keeps the weight you lose from being muscle.

- Go heavier on the big moves when the 2-for-2 rule says so
- Add your 2 optional brisk walks
- Plan eating out and weekends before they happen
- Sleep: a regular bedtime, 7 to 9 hours

PHASE 3

Lock It In

Weeks 9 to 12

Keep the pace steady and practise living the plan without the plan. Week 12 is your re-test and your bridge to maintenance or your next block.

- Keep lifting heavier where you can
- Practise one "no tracking" day a week and check it against your average
- Pick your after-week-12 path (pages 60 and 61)
- Steps at your top target most days

Each week	Phase 1	Phase 2	Phase 3
Workouts	A, B, C	A, B, C, heavier	A + B supersets, C
Effort	3 reps left	2 reps left	1 to 2 reps left
Walking	Steps target	+ 2 brisk walks	Top step target
Eating	Target + protein	+ weekend plan	+ 1 untracked day
Check-in	Every week	Every week	Week 12 re-test

Each week: 3 workouts (about 25 to 35 minutes), daily steps, protein at every meal, and one 10-minute check-in.

PHASE 1 | WEEKS 1 TO 4

Phase 1: Build the Habits

Weeks 1 to 4 · one overview, read it at the start of the phase

Show up, learn the moves and find your numbers. Nothing extreme: you are building the routine you will keep.

Your habits this phase

- [ ] Weigh in 4 to 7 mornings a week and use the weekly average
- [ ] Protein at breakfast, lunch and dinner
- [ ] Hit your step target 5 days a week
- [ ] 3 workouts a week at an easy-to-moderate effort
- [ ] Calories at your target most days (aim for 5 of 7)

Training	Starter	Stronger
Workouts A + B	2 sets x 10-12	3 sets x 10-12
Workout C (circuit)	2 rounds	3 rounds
Effort	3 good reps left	3 good reps left

Progression: Same weights for the first 2 weeks while you learn. In Weeks 3 and 4, add 1 to 2 reps per set.

Week by week

WEEK 1 Find your numbers. Weigh in each morning, log steps, do your 3 workouts. Do not change much else yet.

WEEK 2 Protein at breakfast. Pick 2 breakfasts from the meal plan and rotate them.

WEEK 3 Steps after meals. Add a 10-minute walk after your biggest meal.

WEEK 4 Phase 1 review. Compare Week 4 to Week 1 and re-check your calorie target.

Starter or Stronger? Starter if you are new to weights or coming back after a long break. Stronger if you already lift a little. Switch any time.

PHASE 2 | WEEKS 5 TO 8

Phase 2: Build Strength

Weeks 5 to 8 · one overview, read it at the start of the phase

The habits run on their own now. This phase is about getting stronger, because muscle is what keeps the weight you lose from being muscle.

Your habits this phase

- [ ] Go heavier on the big moves when the 2-for-2 rule says so
- [ ] Add your 2 optional brisk walks
- [ ] Plan eating out and weekends before they happen
- [ ] Sleep: a regular bedtime, 7 to 9 hours
- [ ] Keep weighing in and averaging

Training	Starter	Stronger
Workouts A + B	3 sets x 8-12	4 sets x 8-10
Workout C (circuit)	3 rounds	3 to 4 rounds
Effort	2 good reps left	2 good reps left

Progression: Use the 2-for-2 rule: when you beat the top of the rep range by 2 reps for 2 workouts in a row, go up one weight.

Week by week

WEEK 5 Go heavier. Use the 2-for-2 rule on squats, rows and deadlifts.

WEEK 6 Sleep. Pick a bedtime and protect it 5 nights this week.

WEEK 7 Plan the weekend. Decide Friday what Saturday and Sunday look like.

WEEK 8 Phase 2 review. Measure your waist and compare with Week 1.

Hungrier now? Add protein first (a yogurt, an egg, a shake) before adding anything else. Re-check your target this week if the average has dropped more than 8 lbs.

PHASE 3 | WEEKS 9 TO 12

Phase 3: Lock It In

Weeks 9 to 12 · one overview, read it at the start of the phase

Keep the pace steady and practise living the plan without the plan. Week 12 is your re-test and your bridge to maintenance or your next block.

Your habits this phase

- ☐ Keep lifting heavier where you can
- ☐ Practise one "no tracking" day a week and check it against your average
- ☐ Pick your after-week-12 path (pages 60 and 61)
- ☐ Steps at your top target most days
- ☐ Re-test and measure in Week 12

Training	Starter	Stronger
Workouts A + B	3 sets x 10-12, then a 5-minute finisher	4 sets x 8-12, A + B paired as supersets
Workout C (circuit)	3 rounds	4 rounds
Effort	1 to 2 good reps left	1 to 2 good reps left

Progression: Keep the 2-for-2 rule. If you can not go heavier, add a pause or a slower lowering instead.

Week by week

WEEK 9 Supersets. Pair A and B moves to save time and keep the effort up.

WEEK 10 One untracked day. Eat by the plate method and see what your average does.

WEEK 11 Your after-plan. Choose maintenance or your next block (pages 60 and 61).

WEEK 12 Re-test and celebrate. Measurements, photos and your 12-week look back.

In Week 12 you will redo the starting worksheet, then choose: maintenance (page 60) or your next block (page 61).

WORKOUTS

How your training works

3 strength sessions a week, 25 to 35 minutes, at home.

Strength training is the part most fat-loss plans skip, and it is why weight comes back. When you eat less, lifting tells your body to keep its muscle, so more of what you lose is fat. You do not need a gym.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Example	A	Walk	B	Walk	C	Long walk	Rest

Any 3 non-back-to-back days work. Walking happens every day; see page 26.

Equipment

- **Dumbbells:** a light pair (5 to 10 lb) and a medium pair (10 to 20 lb). Adjustable ones are great.
- **Or bands:** a light and a medium loop or handle band can replace most dumbbell moves.
- **Also:** a sturdy step or bottom stair, a counter or table, a mat or rug.

Every session

- **Warm-up, 5 min:** march, arm circles, 10 bodyweight squats, 10 hip hinges, 1 light practice set
- **Workout, 20 to 25 min**
- **Cool-down, 3 min:** hamstring, hip flexor and chest stretches, slow breaths

Your effort scale: reps left in the tank

Stop each set when you could do this many more good reps. Clean form beats more weight.

Reps left	How it feels	When
3	Working, smooth and controlled	Phase 1
2	Challenging, form still clean	Phase 2
1	Very hard, last rep slows down	Phase 3, last set

Rest 60 to 90 seconds between sets. Breathe out as you lift. Tempo: 2 to 3 seconds down, 1 second up.

The 15 moves

Final position shown. Arrows show the direction of the move.



01 Goblet Squat

LEGS + GLUTES

1. Hold one dumbbell upright at your chest, feet a little wider than hips.
2. Sit your hips back and down until your thighs are about parallel, chest tall.
3. Press through your whole foot to stand up tall.

Coach cue: *Knees follow your toes. Elbows inside your knees.*

STARTER
Squat to a chair and stand back up

STRONGER
Pause 2 seconds at the bottom



02 Romanian Deadlift

HAMSTRINGS + GLUTES

1. Stand tall, dumbbells in front of your thighs, soft knees.
2. Push your hips back and slide the weights down your legs, back long and flat.
3. Stop at mid-shin, then squeeze your glutes to stand.

Coach cue: *Hips go back like you are closing a car door with your bottom.*

STARTER
Shorter range, to just below the knees

STRONGER
Slow 3-second lowering

The 15 moves

Final position shown. Arrows show the direction of the move.



03 Reverse Lunge

LEGS + BALANCE

1. Stand tall, a dumbbell in each hand at your sides.
2. Step one foot back and lower until both knees bend about 90 degrees.
3. Push through your front foot to return. Switch legs.

Coach cue: *Most of your weight stays on the front heel.*

STARTER
No weights, hold a chair for balance

STRONGER
Heavier pair, or 3 reps then switch



04 Dumbbell Glute Bridge

GLUTES

1. Lie on your back, knees bent, one dumbbell resting across your hips.
2. Press through your heels and lift your hips until your body is a straight line.
3. Squeeze 1 second at the top, lower slowly.

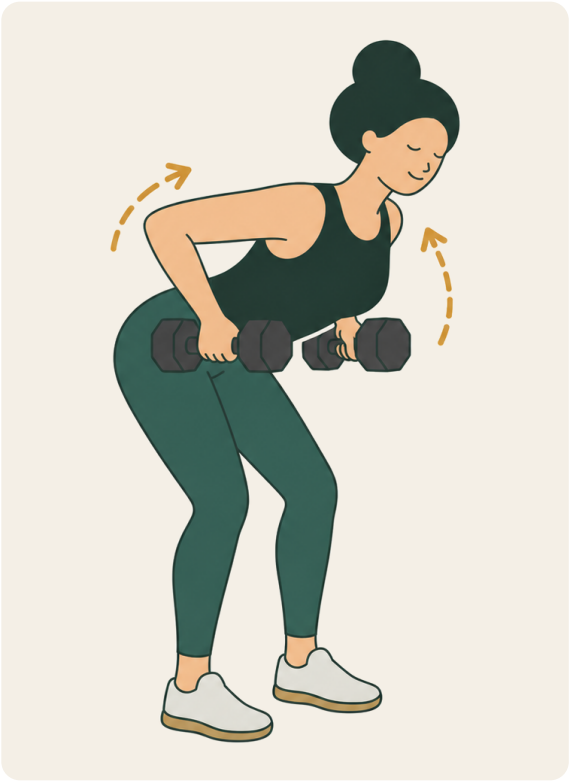
Coach cue: *Ribs down. Lift with your glutes, not your lower back.*

STARTER
No weight, shorter lift

STRONGER
Pause 3 seconds at the top

The 15 moves

Final position shown. Arrows show the direction of the move.



05 Bent-Over Row

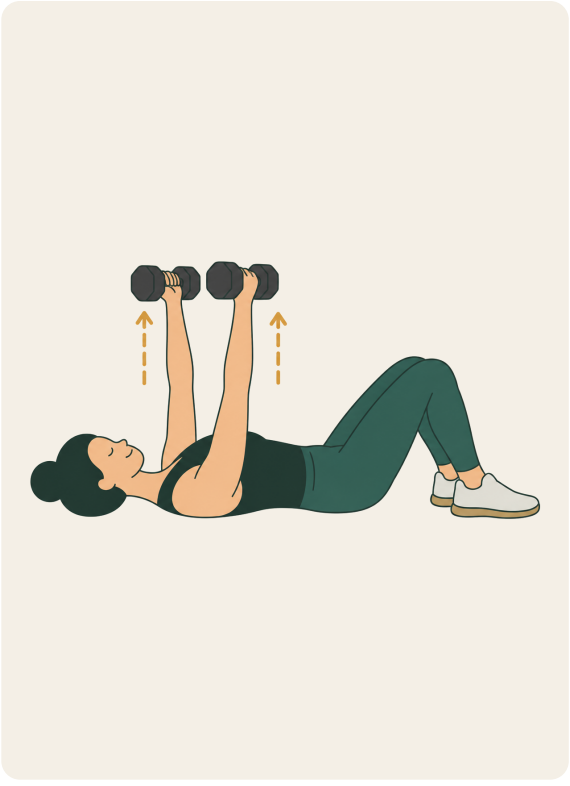
UPPER BACK + ARMS

1. Hinge forward from your hips, back flat, dumbbells hanging under your shoulders.
2. Pull the weights toward your lower ribs, elbows close to your sides.
3. Lower with control until your arms are straight.

Coach cue: *Squeeze your shoulder blades together like holding a pencil.*

STARTER
One arm at a time, other hand on a chair

STRONGER
Pause 1 second at the top



06 Floor Press

CHEST + TRICEPS

1. Lie on your back, knees bent, a dumbbell in each hand, upper arms on the floor.
2. Press both weights straight up over your chest.
3. Lower slowly until your elbows touch the floor.

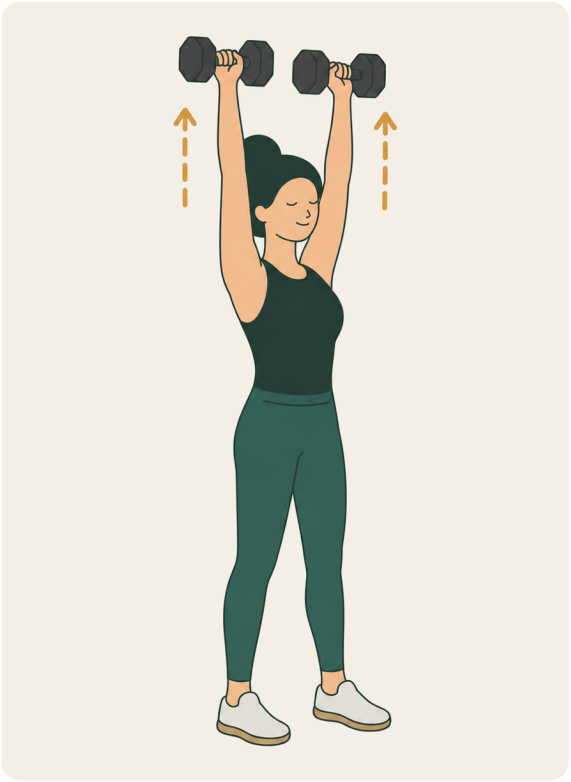
Coach cue: *Wrists stacked over elbows the whole time.*

STARTER
Lighter pair, one arm at a time

STRONGER
Slow 3-second lowering

The 15 moves

Final position shown. Arrows show the direction of the move.



07 Overhead Press

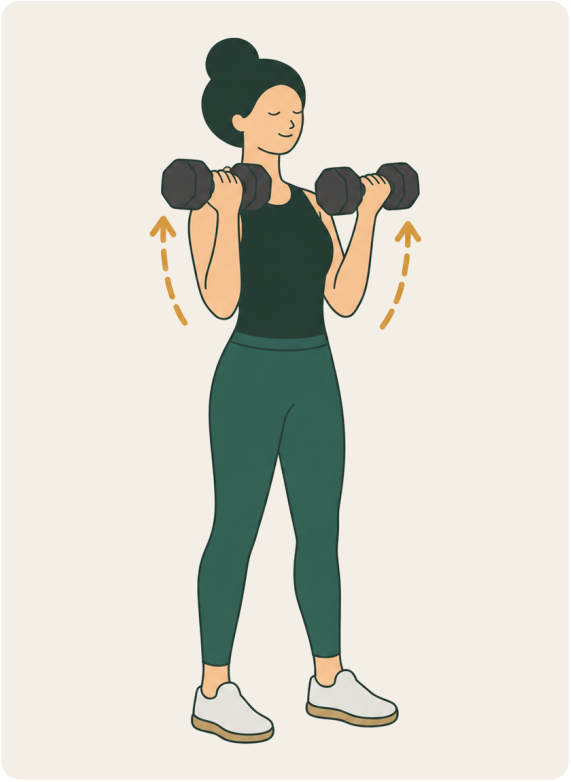
SHOULDERS

1. Stand tall, dumbbells at shoulder height, palms forward.
2. Press straight up until your arms are long, biceps by your ears.
3. Lower back to your shoulders with control.

Coach cue: *Squeeze your glutes so your lower back does not arch.*

STARTER
Seated on a chair, lighter pair

STRONGER
Pause 1 second at the top



08 Biceps Curl

ARMS

1. Stand tall, dumbbells at your sides, palms forward.
2. Curl the weights up toward your shoulders, elbows at your sides.
3. Lower slowly all the way down.

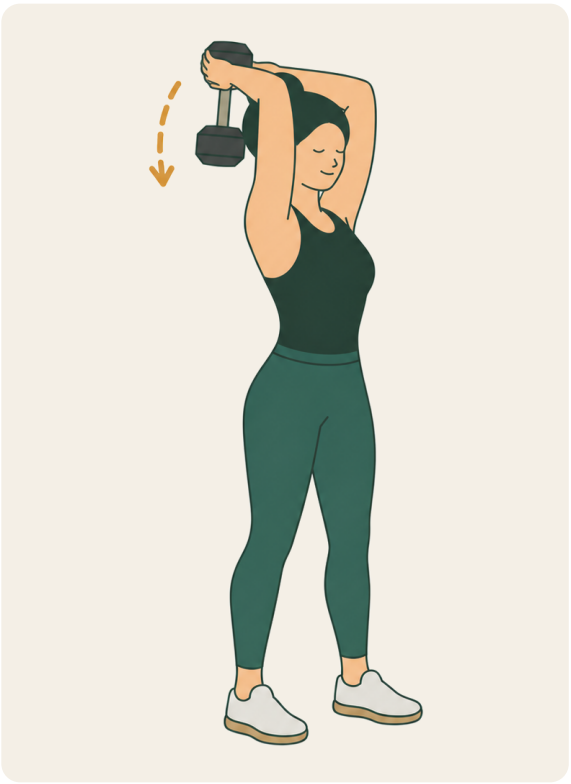
Coach cue: *Elbows stay glued to your ribs. No swinging.*

STARTER
Alternate arms

STRONGER
3 seconds down on every rep

The 15 moves

Final position shown. Arrows show the direction of the move.



09 Overhead Triceps Extension

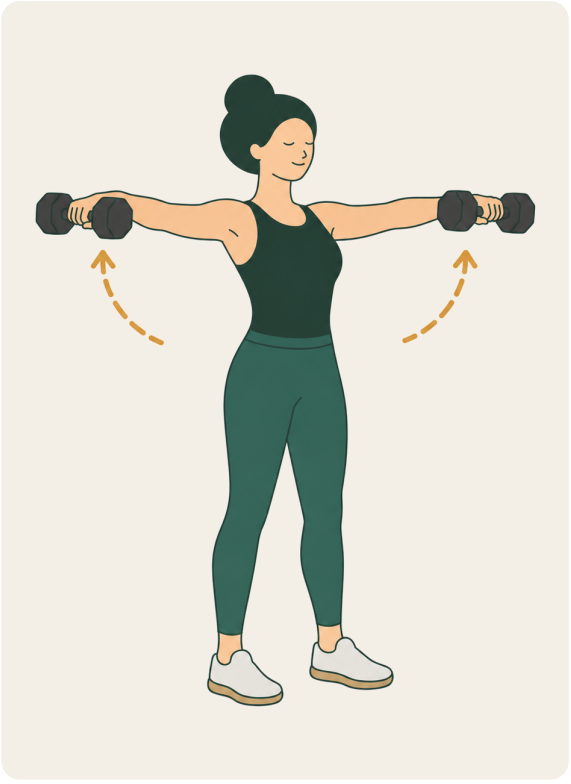
BACK OF ARMS

1. Hold one dumbbell with both hands above your head.
2. Bend your elbows to lower it behind your head.
3. Straighten your arms to lift it back up.

Coach cue: *Elbows point forward and stay close to your head.*

STARTER
Seated, lighter weight

STRONGER
Pause at the bottom



10 Lateral Raise

SHOULDERS

1. Stand tall, light dumbbells at your sides.
2. Raise your arms out to the sides to shoulder height, elbows soft.
3. Lower slowly.

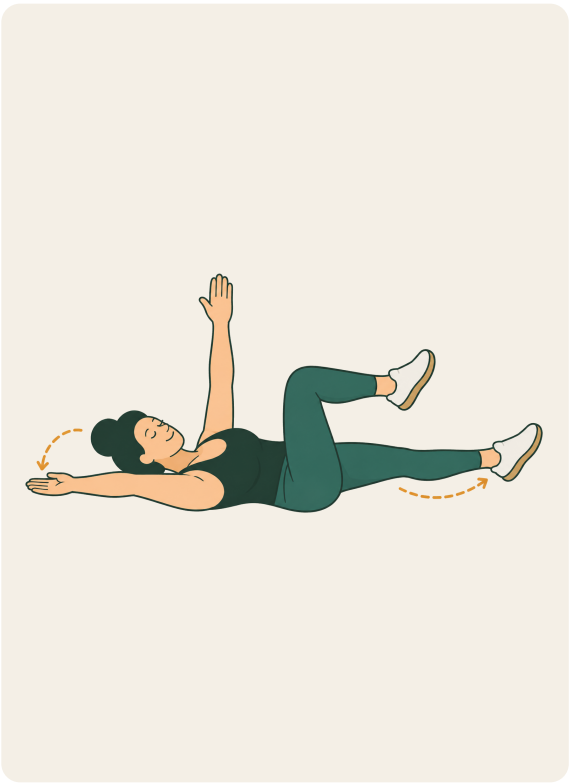
Coach cue: *Lead with your elbows, not your hands. Light is right.*

STARTER
One arm at a time

STRONGER
3 seconds down

The 15 moves

Final position shown. Arrows show the direction of the move.



11 Dead Bug

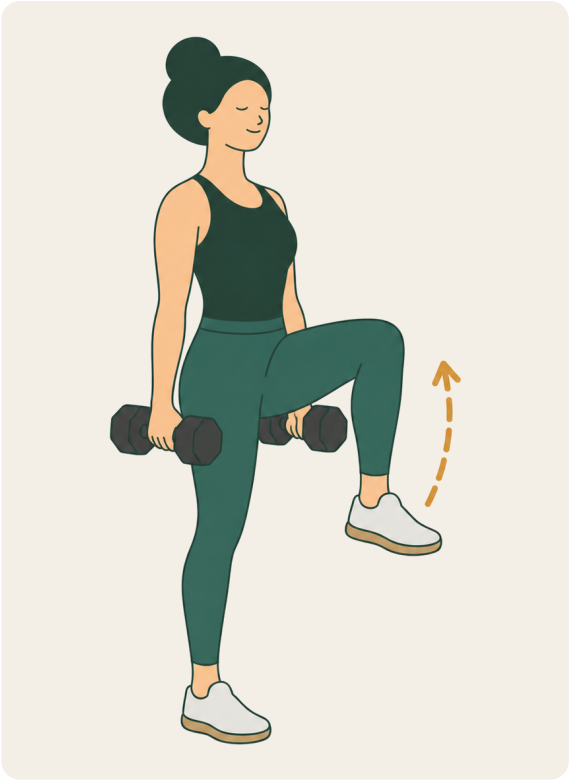
DEEP CORE

1. Lie on your back, arms up to the ceiling, knees bent over your hips.
2. Slowly reach one arm back and the opposite leg out, just above the floor.
3. Return and switch sides. Keep your lower back on the floor.

Coach cue: *Breathe out as you reach. Slow beats fast.*

STARTER
Move only the legs

STRONGER
Hold a light dumbbell in the upper hands



12 Farmer's March

CORE + POSTURE

1. Stand tall, a medium dumbbell in each hand at your sides.
2. Lift one knee to hip height, then the other, in a slow march.
3. Keep going for the time, then set the weights down.

Coach cue: *Tall like a string pulls you up from the top of your head.*

STARTER
No weights, or hold a chair

STRONGER
Heavier pair or longer time

The 15 moves

Final position shown. Arrows show the direction of the move.



13 Incline Push-Up

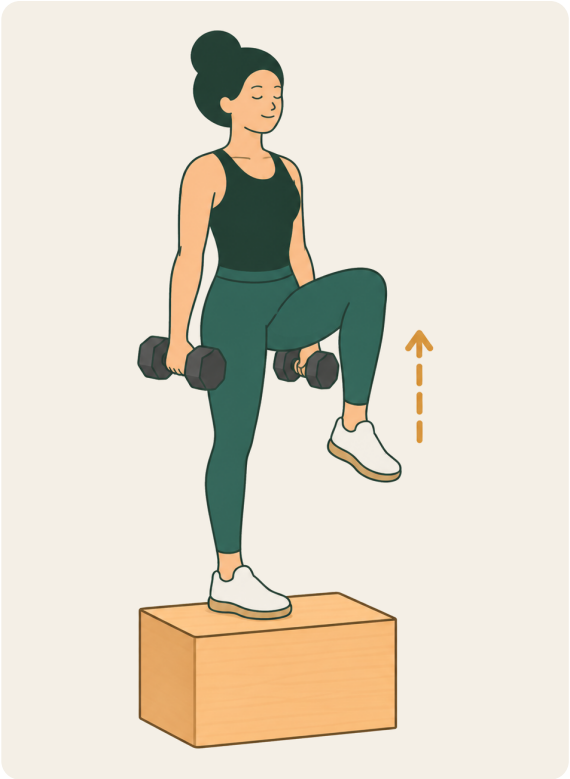
CHEST + ARMS + CORE

1. Hands on a counter or sturdy table edge, a little wider than your shoulders.
2. Walk your feet back until your body is one straight line.
3. Bend your elbows to bring your chest to the edge, then push away.

Coach cue: *Elbows angle back about 45 degrees, not straight out.*

STARTER
Higher surface, like a wall

STRONGER
Lower surface, like a sturdy bench



14 Step-Up

LEGS + GLUTES

1. Stand facing a sturdy step or bottom stair, dumbbells at your sides.
2. Place one whole foot on the step and press through it to stand tall, back knee lifting.
3. Step down slowly with the same leg. Do all reps, then switch.

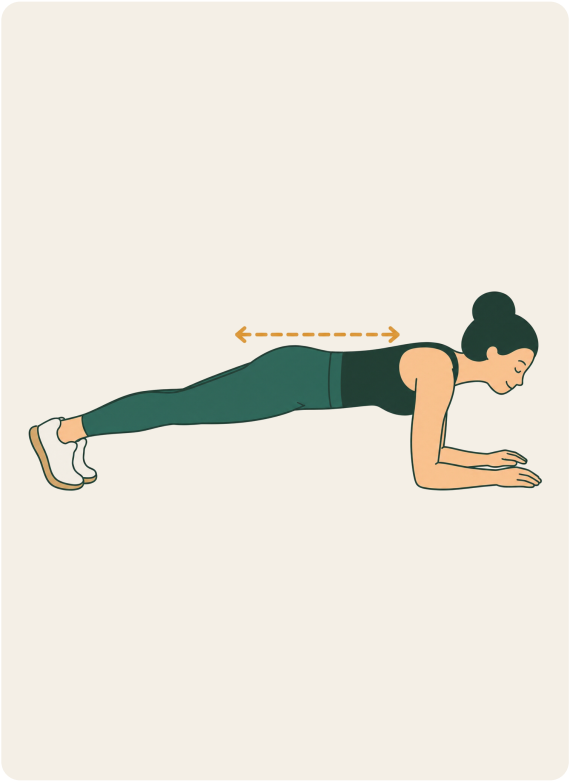
Coach cue: *Push through the top foot. Do not bounce off the back foot.*

STARTER
No weights, lower step, hold the rail

STRONGER
Heavier pair or higher step

The 15 moves

Final position shown. Arrows show the direction of the move.



15 Forearm Plank

CORE

1. Forearms on the floor, elbows under your shoulders.
2. Step your feet back so your body is one straight line from head to heels.
3. Brace your middle and breathe slowly for the time.

Coach cue: *Squeeze your glutes and gently pull your ribs down.*

STARTER
Knees down

STRONGER
Lift one foot for 5 seconds at a time

Bands instead of dumbbells?

Stand on a loop or handle band for squats, deadlifts, curls, rows (pull toward your ribs), overhead press and lateral raises. Anchor it behind you for presses. For lunges, step-ups and the farmer's march, stand on the band and hold the ends, or do them with no weight. Pick a band where the last 2 reps feel hard.

SAME MOVES · SAME REPS · SAME EFFORT SCALE

Workout A: Squat + Push

25 to 35 minutes. Starter and Stronger, by phase.

Do all sets of one move, then go to the next. Rest 60 to 90 seconds between sets. Lunges and dead bugs: reps are per side. Farmer's march: time instead of reps.



1. Goblet Squat



13. Incline Push-Up



2. Romanian DL



7. Overhead Press



11. Dead Bug

Move	P1 Starter	P1 Stronger	P2 Starter	P2 Stronger	P3 Starter	P3 Stronger
Goblet Squat	2 x 10–12	3 x 10–12	3 x 8–12	4 x 8–10	3 x 10–12	4 x 8–12
Incline Push-Up	2 x 10–12	3 x 10–12	3 x 8–12	4 x 8–10	3 x 10–12	4 x 8–12
Romanian Deadlift	2 x 10–12	3 x 10–12	3 x 8–12	4 x 8–10	3 x 10–12	4 x 8–12
Overhead Press	2 x 10–12	3 x 10–12	3 x 8–12	4 x 8–10	3 x 10–12	4 x 8–12
Dead Bug	2 x 6	3 x 6	3 x 8	3 x 8	3 x 10	3 x 10

Phase 3 Stronger: pair Goblet Squat with Incline Push-Up, and Romanian Deadlift with Overhead Press. Do one set of each back to back, then rest.

Log it

Move	Weight	Reps	Weight	Reps	Weight	Reps
Goblet Squat						
Incline Push-Up						
Romanian Deadlift						
Overhead Press						
Dead Bug						

Workout B: Lunge + Pull

25 to 35 minutes. Starter and Stronger, by phase.

Do all sets of one move, then go to the next. Rest 60 to 90 seconds between sets. Lunges and dead bugs: reps are per side. Farmer's march: time instead of reps.



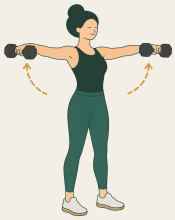
3. Reverse Lunge



5. Bent-Over Row



4. Glute Bridge



10. Lateral Raise



12. Farmer's March

Move	P1 Starter	P1 Stronger	P2 Starter	P2 Stronger	P3 Starter	P3 Stronger
Reverse Lunge	2 x 10–12	3 x 10–12	3 x 8–12	4 x 8–10	3 x 10–12	4 x 8–12
Bent-Over Row	2 x 10–12	3 x 10–12	3 x 8–12	4 x 8–10	3 x 10–12	4 x 8–12
Dumbbell Glute Bridge	2 x 10–12	3 x 10–12	3 x 8–12	4 x 8–10	3 x 10–12	4 x 8–12
Lateral Raise	2 x 10–12	3 x 10–12	3 x 8–12	4 x 8–10	3 x 10–12	4 x 8–12
Farmer's March	2 x 30 sec	3 x 30 sec	3 x 40 sec	3 x 45 sec	3 x 45 sec	4 x 45 sec

Phase 3 Stronger: pair Reverse Lunge with Bent-Over Row, and Glute Bridge with Lateral Raise. Finish with the Farmer's March.

Log it

Move	Weight	Reps	Weight	Reps	Weight	Reps
Reverse Lunge						
Bent-Over Row						
Dumbbell Glute Bridge						
Lateral Raise						
Farmer's March						

Workout C: Full-Body Circuit

25 to 35 minutes. Starter and Stronger, by phase.

A circuit: do each move for **40 seconds, rest 20 seconds**, then go to the next. Rest 90 seconds after each round. Step-ups are 20 seconds each leg.



14. Step-Up



6. Floor Press



1. Goblet Squat



8. Biceps Curl



9. Triceps Ext.



15. Forearm Plank

	Phase 1	Phase 2	Phase 3
Starter	2 rounds	3 rounds	3 rounds
Stronger	3 rounds	3 to 4 rounds	4 rounds
Plank	20-30 sec	30-40 sec	40 sec

Phase 3 Starter finisher (A and B days too): 5 minutes of 30 seconds goblet squats, 30 seconds marching in place. Easy pace, steady breathing.

Log it

Move	Weight	Reps	Weight	Reps	Weight	Reps
Step-Up						
Floor Press						
Goblet Squat						
Biceps Curl						
Overhead Triceps Extension						
Forearm Plank						

Progression rules

How to keep getting stronger for 12 weeks, safely.

The 2-for-2 rule

When you can do **2 more reps than the top of your range**, with clean form, on your last set, **for 2 workouts in a row**, move up to the next weight on that move. Then work back up the reps.

1

Same weight, more reps

10 lb x 10, then x 11, then x 12. Reps first.

2

Go up one step

Next weight up (2 to 5 lb). Drop to the bottom of the range.

3

Build again

Climb the reps until 2-for-2 says go again.

Phase	What changes	If you can not go heavier
1 Habits	Same weights for the first 2 weeks while you learn	Add 1 rep per set
2 Strength	Use the 2-for-2 rule to go heavier	Slow 3-second lowering
3 Lock it in	Keep the 2-for-2 rule	Add a 2-second pause

Stay where you are if...

- Form breaks down on the last 2 reps
- Joints (not muscles) ache the next day
- You slept badly or feel run down
- You are rushing the lowering part

Eating less and lifting

In a calorie gap, some weeks you will not get stronger, and that is fine. **Holding your weights steady while you lose weight is a win**: it means you are keeping muscle.

WALKING PLAN

Your daily step targets

Daily average for the week, by track. Walking is the backbone of this plan.

Steps are low effort, easy on your joints and do not make you hungry the way hard cardio can. Hit your weekly **average**; one low day is fine. Already above a target? Keep your baseline and do not drop.

Week	Track 10	Track 20	Track 30+	My target	My average
Week 1	baseline + 1,000	baseline + 1,000	baseline + 500		
Week 2	6,000	6,000	5,000		
Week 3	7,000	6,500	5,500		
Week 4	7,000	7,000	6,000		
Week 5	7,500	7,500	6,500		
Week 6	8,000	8,000	7,000		
Week 7	8,000	8,000	7,000		
Week 8	8,500	8,500	7,500		
Week 9	8,500	9,000	8,000		
Week 10	9,000	9,000	8,000		
Week 11	9,000	9,500	8,500		
Week 12	9,000	10,000	9,000		

If your baseline is under 4,000: add about 500 a day each week instead, and cap your target at baseline + 5,000 by Week 12.

Easy ways to add steps

- 10 minutes after your biggest meal
- Walk calls and podcasts
- Park farther, take stairs
- A short walk before you sit down at night

Bad weather?

- March in place during TV
- Mall or store laps
- Stairs at home, 5 minutes at a time
- Any movement counts

WALKING PLAN

2 optional brisk walks

From Phase 2. Do them on non-lifting days, if your energy is good.

These are not required. They add a little extra burn and fitness. Brisk means you can talk in short sentences but not sing. If you are very hungry or tired, skip them and keep your steps.

Brisk walk 1: Steady 30

30 MINUTES

Minutes	Pace
0–5	Easy warm-up
5–25	Brisk, steady
25–30	Easy cool-down

Brisk walk 2: Pick-ups

25 MINUTES

Minutes	Pace
0–5	Easy warm-up
5–20	Repeat 5 times: 1 min fast, 2 min brisk
20–25	Easy cool-down

Make it harder, gently

- Add a hill or a few flights of stairs
- Add 5 minutes every 2 weeks, up to 45 minutes
- Walking pole or light backpack (no ankle weights)

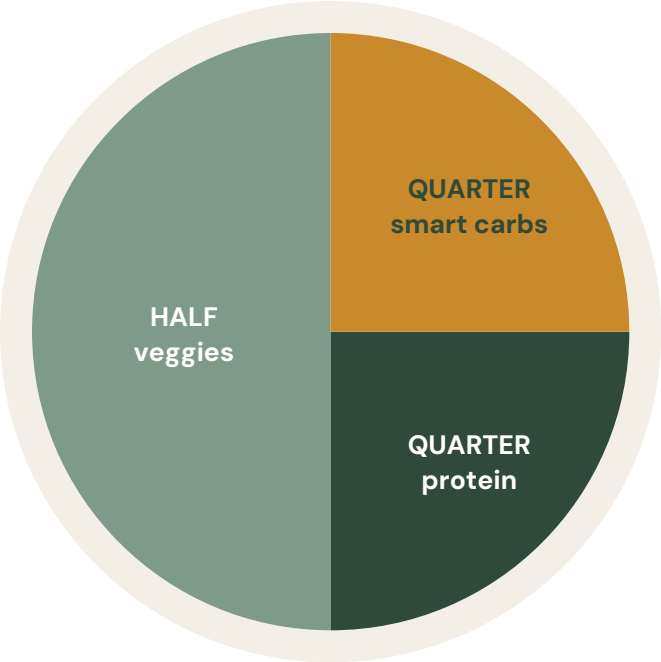
Log it

Week	Walk 1 (min)	Walk 2 (min)	How it felt
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Week 12			

EATING

The plate method

Your no-math backup for any meal: home, work or a restaurant.



Half: vegetables or salad. Big volume, few calories. Fresh, frozen or roasted.

Quarter: protein. A palm or two: chicken, fish, eggs, lean meat, tofu, Greek yogurt, beans.

Quarter: smart carbs. About a cupped hand: potatoes, rice, pasta, bread, fruit, beans.

Plus a thumb of fat (oil, cheese, nuts, avocado) and a no-calorie drink.

Portion guide for your hand

Food	One portion	Most meals
Protein	Your palm	1 to 2 palms
Vegetables	Your fist	2 fists
Carbs	A cupped hand	1 cupped hand
Fats	Your thumb	1 thumb

When to use it: any meal you can not track, on your untracked day in Phase 3, and for life after week 12. Most women find that 3 plate-method meals plus 1 protein snack lands close to their target.

EATING

Protein-first swaps

Small trades that add protein and cut calories without feeling like a diet.

Pick 3 swaps you would actually like. Tick them. Use them until they are automatic, then pick 3 more.

	Instead of	Try	Why it helps
☐	Cereal with milk	Greek yogurt + berries + granola	+15 g protein
☐	Bagel + cream cheese	Eggs + whole-wheat toast	Fewer calories, fuller
☐	Granola bar snack	String cheese + apple	+5 g protein
☐	Chips with lunch	Cottage cheese + cucumber	+12 g protein
☐	Creamy pasta sauce	Cottage cheese pasta sauce	+15 g protein
☐	Sour cream	Plain Greek yogurt	Fewer calories, more protein
☐	Mayo chicken salad	Greek yogurt chicken salad	About half the fat
☐	Fried chicken	Grilled or air-fried chicken	About 150 fewer calories
☐	Beef burger	93% lean turkey burger	Fewer calories
☐	Latte with syrup	Latte, no syrup, or protein coffee	About 100 fewer calories
☐	Second glass of wine	Sparkling water + lime	About 120 fewer calories
☐	Dessert every night	Planned dessert 2-3 nights	Room for treats you love

Calorie numbers are approximate and vary by brand and portion. The point is the direction, not the exact math.

EATING

7-day sample meal plan

Real recipes, about 1,550 to 1,750 calories and 110+ g protein a day.

Use this week as-is, repeat it, or swap any meal for another one with similar numbers. Adjust portions to your own target: **lower target? drop the snack or the side. Higher target? Add a snack or a bigger carb portion. Never go below 1,200.**

	Breakfast	Lunch	Dinner	Snack	Day total
Day 1	Protein Overnight Oats 396 cal · 27 g	Greek Yogurt Chicken Salad 435 cal · 55 g	Slow Cooker Salsa Chicken + 3/4 cup brown rice + side salad 500 cal · 55 g	Cottage Cheese Egg Bites 289 cal · 25 g	**1,620 cal** 162 g protein
Day 2	Cottage Cheese Scrambled Eggs 413 cal · 29 g	Greek Yogurt Chicken Salad 435 cal · 55 g	Egg Roll in a Bowl + 3/4 cup cooked brown rice 537 cal · 42 g	Apple + 1 string cheese 165 cal · 7 g	**1,550 cal** 133 g protein
Day 3	Greek Yogurt Parfait Jars 355 cal · 26 g	Tuna and White Bean Salad 531 cal · 44 g	Parmesan Crusted Baked Cod + roasted potatoes + green beans 470 cal · 48 g	Cottage Cheese Egg Bites 289 cal · 25 g	**1,645 cal** 143 g protein
Day 4	Protein Overnight Oats 396 cal · 27 g	Savory Cottage Cheese Bowls 513 cal · 39 g	Turkey Bolognese 551 cal · 42 g	Apple + 1 string cheese 165 cal · 7 g	**1,625 cal** 115 g protein
Day 5	Cottage Cheese Scrambled Eggs 413 cal · 29 g	Turkey Bolognese 551 cal · 42 g	Grilled Chicken Kabobs + 1/2 cup cooked quinoa 500 cal · 54 g	Cottage Cheese Egg Bites 289 cal · 25 g	**1,753 cal** 150 g protein
Day 6	Greek Yogurt Parfait Jars 355 cal · 26 g	Grilled Chicken Kabobs + 1/2 cup cooked quinoa 500 cal · 54 g	Crispy Tofu Stir-Fry + 3/4 cup cooked brown rice 682 cal · 37 g	Apple + 1 string cheese 165 cal · 7 g	**1,702 cal** 124 g protein
Day 7	High-Protein Breakfast Tacos 430 cal · 28 g	Crispy Tofu Stir-Fry 517 cal · 33 g	Juicy Turkey Burgers + whole-wheat bun + side salad 577 cal · 50 g	1 piece of fruit 90 cal · 1 g	**1,614 cal** 112 g protein

Calories and protein are per serving, from each recipe's nutrition card, rounded; sides are estimates. Every recipe is free at coachluke.com (full list with links on the next page).

EATING

Your recipes + prep plan

The 15 recipes in your sample week, and how to cook less often.

Recipe	Per serving	Find it
Protein Overnight Oats	396 cal · 27 g protein	coachluke.com/protein-overnight-oats/
Greek Yogurt Chicken Salad	435 cal · 55 g protein	coachluke.com/greek-yogurt-chicken-salad/
Slow Cooker Salsa Chicken	300 cal · 50 g protein	coachluke.com/slow-cooker-salsa-chicken/
Cottage Cheese Egg Bites	289 cal · 25 g protein	coachluke.com/cottage-cheese-egg-bites/
Cottage Cheese Scrambled Eggs	413 cal · 29 g protein	coachluke.com/cottage-cheese-scrambled-eggs/
Egg Roll in a Bowl	372 cal · 38 g protein	coachluke.com/egg-roll-in-a-bowl/
Greek Yogurt Parfait Jars	355 cal · 26 g protein	coachluke.com/greek-yogurt-parfait/
Tuna and White Bean Salad	531 cal · 44 g protein	coachluke.com/tuna-white-bean-salad/
Parmesan Crusted Baked Cod	295 cal · 43 g protein	coachluke.com/parmesan-crusted-cod/
Savory Cottage Cheese Bowls	513 cal · 39 g protein	coachluke.com/savory-cottage-cheese-bowls/
Turkey Bolognese	551 cal · 42 g protein	coachluke.com/turkey-bolognese/
Grilled Chicken Kabobs	390 cal · 50 g protein	coachluke.com/grilled-chicken-kabobs/
Crispy Tofu Stir-Fry	517 cal · 33 g protein	coachluke.com/crispy-tofu-stir-fry/
High-Protein Breakfast Tacos	430 cal · 28 g protein	coachluke.com/high-protein-breakfast-tacos/
Juicy Turkey Burgers	387 cal · 43 g protein	coachluke.com/turkey-burger-recipe/

Prep plan: 3 batch-cook sessions

- [ ] **Sunday:** make the Greek Yogurt Chicken Salad (lunch Days 1-2), the Egg Bites (snacks; freeze the Day 5 portion) and 2 jars of overnight oats. Start the Salsa Chicken in the slow cooker.
- [ ] **Wednesday:** cook the Turkey Bolognese (dinner Day 4, lunch Day 5) and portion the Parfait jars for Days 3 and 6.
- [ ] **Friday:** grill the Chicken Kabobs (dinner Day 5, lunch Day 6) and press the tofu for Saturday's stir-fry.
- [ ] **Leftovers are planned:** cook the full recipe, pack the extra portion for tomorrow's lunch right away.

Cooking for a family? Recipes serve 1 to 6. Cook the full amount, serve your portion on the plate method, and let everyone else add extra rice, pasta or bread.

EATING

Grocery list

Everything for the 7-day sample week, one person (with planned leftovers).

PROTEIN

- [ ] Boneless skinless chicken breast, 4 lb (salsa chicken + kabobs)
- [ ] Rotisserie chicken, 1 (3 cups shredded)
- [ ] 93% lean ground turkey, 5.5 lb (egg roll bowl, bolognese, burgers)
- [ ] Cod fillets, 1.75 lb
- [ ] Canned tuna, 2 x 5 oz
- [ ] Extra-firm tofu, 2 x 14 oz
- [ ] Eggs, 3 dozen
- [ ] Shelled edamame, 1.5 cups (frozen)

DAIRY

- [ ] Plain nonfat Greek yogurt, 2 large tubs (about 64 oz)
- [ ] Low-fat cottage cheese, 2 x 24 oz
- [ ] Low-fat milk, 1 quart
- [ ] Feta, 2 oz
- [ ] Grated parmesan, 1 cup
- [ ] Shredded cheddar, 8 oz
- [ ] String cheese, 1 pack

SAUCES + SPICES

- [ ] Olive oil, sesame oil, avocado oil
- [ ] Low-sodium soy sauce + rice vinegar
- [ ] Dijon mustard + Worcestershire
- [ ] Honey + maple syrup
- [ ] Sriracha
- [ ] Cumin, smoked paprika, oregano, Italian seasoning, garlic powder
- [ ] Vanilla extract, sesame seeds, salt + pepper

PRODUCE

- [ ] Baby spinach, 1 bag
- [ ] Coleslaw mix, 6 cups
- [ ] Broccoli florets, 4 cups
- [ ] Red bell peppers, 4
- [ ] Zucchini, 1
- [ ] Red onions, 2 + yellow onions, 2
- [ ] Carrots, 1 small bag
- [ ] Celery, 1 bunch
- [ ] Cucumber, 1
- [ ] Cherry tomatoes, 2 pints
- [ ] Mixed berries, 2 cups (fresh or frozen)
- [ ] Red grapes, 1 cup
- [ ] Lemons, 3 + limes, 1
- [ ] Garlic, 1 head + fresh ginger
- [ ] Fresh parsley, cilantro, chives, green onions
- [ ] Salad greens for 3 sides
- [ ] Potatoes, 1 lb + green beans, 8 oz
- [ ] Apples, 3 + 1 extra fruit

PANTRY

- [ ] Rolled oats
- [ ] Chia seeds
- [ ] Granola, 3/4 cup
- [ ] Sliced almonds
- [ ] Canned white beans, 15 oz
- [ ] Canned black beans, 15 oz
- [ ] Canned chickpeas, 8 oz
- [ ] Crushed tomatoes, 28 oz + tomato paste
- [ ] Salsa, 16 oz jar + 1/2 cup
- [ ] Kalamata olives
- [ ] Whole-wheat pasta, 12 oz
- [ ] Brown rice + quinoa
- [ ] Panko breadcrumbs
- [ ] Cornstarch
- [ ] Corn tortillas, 8
- [ ] Whole-wheat English muffins, 2 + whole-wheat buns, 4

Already have it? Cross it off. Check your spices and oils before you shop.

EATING

Eating out + weekend rules

Real life happens. Here is how to keep it from undoing the week.

Eating out: 5 rules

- **Pick protein first.** Grilled chicken, fish, steak, shrimp or a bean dish. Build the rest on the plate method.
- **Look before you go.** Most menus are online. Decide at home, not when you are hungry.
- **Ask for sauces and dressings on the side.** Dip, do not pour.
- **One "extra", not three.** Bread, a drink or dessert. Pick the one you want most.
- **Stop at satisfied.** Box half when it arrives if portions are huge.

Place	Good order
Mexican	Burrito bowl: chicken, beans, fajita veg, salsa, light cheese
Italian	Grilled fish or chicken + veggies; or a half pasta + side salad
Burger place	Single burger or grilled chicken sandwich + side salad
Asian	Stir-fry with chicken or shrimp, steamed rice, sauce on the side
Coffee shop	Egg bites or a protein box + plain latte

Weekend rules

- **Keep the anchors:** protein breakfast, your steps and water. Everything else can flex.
- **Plan Friday** what the weekend looks like: 1 meal out or 1 treat, not a 3-day free-for-all.
- **Weekly flex is allowed:** eat a little under target on weekdays if you want more room on Saturday.
- **Monday is not a restart.** The next meal is. No making up, no punishing workouts.

EATING

An honest page about alcohol

No lecture. Just the numbers and a plan.

You do not have to quit drinking to lose weight. But alcohol makes fat loss harder in three ways: the drinks themselves have calories, they lower your guard around food, and they often wreck the next day's sleep, steps and workout.

Drink	Typical serving	About
Light beer	12 oz	100 cal
Regular beer	12 oz	150 cal
IPA or craft beer	12 oz	200+ cal
Wine	5 oz glass	120 cal
Big restaurant pour	8 oz	190 cal
Spirit + soda water	1.5 oz	100 cal
Margarita	Restaurant size	300+ cal
Hard seltzer	12 oz	100 cal

Approximate. Brands and pours vary a lot.

If you drink, a simple plan

- [ ] Decide the number before the first drink (1 or 2 is a good line)
- [ ] Count drinks inside your daily calories
- [ ] Water between every drink
- [ ] Eat a protein meal first, never drink on an empty stomach
- [ ] Keep alcohol off weeknights where you can
- [ ] Next morning: still walk, still lift

Alcohol and some medications (including diabetes medications) do not mix well. If you have ever felt your drinking is hard to control, please talk to your doctor. That is a strong, smart move, not a failure.

Week 1: your daily log

Focus: Find your numbers.

This week: Find your numbers. Weigh in each morning, log steps, do your 3 workouts. Do not change much else yet.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit

COACH NOTE

Your first week average is your starting line. Ignore any single day.

WEEK 1 | CHECK-IN

Week 1: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

Average up, or flat? One week is not a trend. Check page 59 only after 2 to 3 flat weeks.

Week 2: your daily log

Focus: Protein at breakfast.

This week: Protein at breakfast. Pick 2 breakfasts from the meal plan and rotate them.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit

COACH NOTE

If the scale jumped after workouts started, that is usually water in working muscles. It settles.

Week 2: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

Average up, or flat? One week is not a trend. Check page 59 only after 2 to 3 flat weeks.

Week 3: your daily log

Focus: Steps after meals.

This week: Steps after meals. Add a 10-minute walk after your biggest meal.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit

COACH NOTE

Missed a workout? Do not double up. Just do the next one.

Week 3: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

Average up, or flat? One week is not a trend. Check page 59 only after 2 to 3 flat weeks.

Week 4: your daily log

Focus: Phase 1 review.

This week: Phase 1 review. Compare Week 4 to Week 1 and re-check your calorie target.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit

COACH NOTE

A drop of 0.5 to 1% of your weight per week is a great month. Less is still progress.

WEEK 4 | CHECK-IN

Week 4: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

End of Phase 1: fill in the Week 4 column on your starting worksheet (page 6) and your measurement log.

WEEK 5 | PHASE 2: BUILD STRENGTH

Week 5: your daily log

Focus: Go heavier.

This week: Go heavier. Use the 2-for-2 rule on squats, rows and deadlifts.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit
- ☐ Brisk walk 1 (optional)
- ☐ Brisk walk 2 (optional)

COACH NOTE

Heavier weights protect muscle while you lose fat. That is why this phase matters.

WEEK 5 | CHECK-IN

Week 5: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

Average up, or flat? One week is not a trend. Check page 59 only after 2 to 3 flat weeks.

WEEK 6 | PHASE 2: BUILD STRENGTH

Week 6: your daily log

Focus: Sleep.

This week: Sleep. Pick a bedtime and protect it 5 nights this week.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit
- ☐ Brisk walk 1 (optional)
- ☐ Brisk walk 2 (optional)

COACH NOTE

Bad night of sleep? Keep the workout, make it lighter.

WEEK 6 | CHECK-IN

Week 6: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

Average up, or flat? One week is not a trend. Check page 59 only after 2 to 3 flat weeks.

WEEK 7 | PHASE 2: BUILD STRENGTH

Week 7: your daily log

Focus: Plan the weekend.

This week: Plan the weekend. Decide Friday what Saturday and Sunday look like.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit
- ☐ Brisk walk 1 (optional)
- ☐ Brisk walk 2 (optional)

COACH NOTE

One big weekend meal does not undo a week. Two weekends of "whatever" can stall a month.

Week 7: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

Average up, or flat? One week is not a trend. Check page 59 only after 2 to 3 flat weeks.

WEEK 8 | PHASE 2: BUILD STRENGTH

Week 8: your daily log

Focus: Phase 2 review.

This week: Phase 2 review. Measure your waist and compare with Week 1.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit
- ☐ Brisk walk 1 (optional)
- ☐ Brisk walk 2 (optional)

COACH NOTE

If your waist is shrinking, the plan is working, even when the scale is slow.

Week 8: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

End of Phase 2: fill in the Week 8 column on your starting worksheet (page 6) and your measurement log.

Week 9: your daily log

Focus: Supersets.

This week: Supersets. Pair A and B moves to save time and keep the effort up.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit
- ☐ Brisk walk 1 (optional)
- ☐ Brisk walk 2 (optional)

COACH NOTE

Women often stall for a week or two around their period. Look at 2 weeks before deciding anything.

WEEK 9 | CHECK-IN

Week 9: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

Average up, or flat? One week is not a trend. Check page 59 only after 2 to 3 flat weeks.

WEEK 10 | PHASE 3: LOCK IT IN

Week 10: your daily log

Focus: One untracked day.

This week: One untracked day. Eat by the plate method and see what your average does.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit
- ☐ Brisk walk 1 (optional)
- ☐ Brisk walk 2 (optional)

COACH NOTE

Notice what you did without thinking. That is your new normal.

Week 10: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

Average up, or flat? One week is not a trend. Check page 59 only after 2 to 3 flat weeks.

WEEK 11 | PHASE 3: LOCK IT IN

Week 11: your daily log

Focus: Your after-plan.

This week: Your after-plan. Choose maintenance or your next block (pages 60 and 61).

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit
- ☐ Brisk walk 1 (optional)
- ☐ Brisk walk 2 (optional)

COACH NOTE

The goal now is to need this plan less, not more.

Week 11: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

Average up, or flat? One week is not a trend. Check page 59 only after 2 to 3 flat weeks.

WEEK 12 | PHASE 3: LOCK IT IN

Week 12: your daily log

Focus: Re-test and celebrate.

This week: Re-test and celebrate. Measurements, photos and your 12-week look back.

Day	AM weight	Steps	Workout	Protein?	Calories?	Notes
Mon				☐	☐	
Tue				☐	☐	
Wed				☐	☐	
Thu				☐	☐	
Fri				☐	☐	
Sat				☐	☐	
Sun				☐	☐	

Workout: write A, B, C, W (walk) or R (rest).

THIS WEEK'S WORKOUTS

- ☐ Workout A: Squat + Push
- ☐ Workout B: Lunge + Pull
- ☐ Workout C: Full-Body Circuit
- ☐ Brisk walk 1 (optional)
- ☐ Brisk walk 2 (optional)

COACH NOTE

You finished. That is the hardest part, and you did it.

WEEK 12 | CHECK-IN

Week 12: check-in

10 minutes at the end of the week. Be honest, not harsh.

WEIGH-IN AVERAGE

Total of this week's weigh-ins	
Divided by number of weigh-ins	
= This week's average	
Last week's average	
Change (+ or -)	

THIS WEEK IN NUMBERS

Waist (inches)	
Workouts done (of 3)	
Average daily steps	
Protein days (of 7)	
Calorie target days (of 7)	

ENERGY (1-10) ____ SLEEP (1-10) ____ HUNGER (1-10) ____

What's working

What got in the way

ONE FIX FOR NEXT WEEK

Just one. Small and specific beats big and vague. Example: "Walk 10 minutes after dinner on Mon, Wed and Fri."

End of Phase 3: fill in the Week 12 column on your starting worksheet (page 6) and your measurement log.

WHEN IT STALLS

Plateau rules

Most "plateaus" are not. Here is how to tell, and what to do.

A real stall = your **weekly average** has not changed for **2 to 3 weeks in a row**, and your waist has not changed either, while you have followed the plan most days. One flat week, or a jump after a salty weekend or around your period, is not a stall.

5 fixes, in this order

Do one fix for 2 weeks before moving to the next. Changing everything at once tells you nothing.

1. **Check the basics honestly.** Weigh or measure portions for 3 days. Count oils, sauces, drinks, bites and weekends. Most stalls end here.
2. **Re-do your calorie target.** You weigh less now, so you burn less. Redo the worksheet on page 7 with your current weight.
3. **Add 1,500 to 2,000 daily steps.** A small, steady bump that does not raise hunger much.
4. **Fix sleep.** Fewer than 6 to 7 hours often means more hunger and fewer steps. Protect your bedtime for 2 weeks.
5. **Take a 1 to 2 week maintenance break.** Eat at maintenance, keep lifting. It is not quitting: it often helps you restart with more energy.

Do not drop below 1,200 calories, add hours of cardio or cut out whole food groups. If you are stuck for more than 6 weeks, or have symptoms like unusual tiredness, feeling cold or hair loss, see your doctor.

AFTER WEEK 12

Maintenance: keep what you lost

For Track 10 and 20, and for your break between blocks on Track 30+.

Maintenance is a skill, and you have been practising it for 12 weeks. The only change is your calorie number. Everything else stays.

Find your maintenance calories

Step	What to do
1	Redo Steps 1 and 2 of the calorie worksheet with your current weight
2	Add back 100 to 150 calories a day each week, until you reach that number
3	Watch the weekly average: a 1 to 2 lb rise in the first week is water and food volume
4	Hold steady for 4 weeks. Up more than 2 lbs and climbing? Take back 100 to 150 calories

My new maintenance: _____ calories a day

Keep these forever

- ☐ Workouts A, B, C (2 to 3 a week)
- ☐ Your Week 12 step target
- ☐ Protein at every meal
- ☐ Weighing in and averaging, at least 2 to 3 times a week
- ☐ The plate method for meals you do not track

Your guardrail: pick a number about 4 to 5 lbs above your Week 12 average. If your weekly average reaches it, run Phase 1 habits for 4 weeks. No starting over: you already know exactly what to do.

TRACK 30+

Your next block

Lost some, more to go? Here is how to run the plan again, smarter.

Twelve weeks is a strong first chapter, not the end. Most women with 30 or more pounds to lose do best in blocks: **12 weeks of fat loss, then a short break at maintenance**, then the next block.

When	What to do
Weeks 13-14	Maintenance break: eat at maintenance, keep lifting and walking
Week 15	Redo all setup worksheets with your new weight. New calorie and protein targets
Weeks 15-18	Phase 2 workouts (skip Phase 1), Stronger level if you can
Weeks 19-26	Phase 3 workouts. Keep the check-ins going
Week 26	Re-test, then repeat the break-and-block cycle until you reach your goal

What changes in block 2

- **Your gap may shrink.** Lower weight means a smaller gap. Track 20's -400 often fits now.
- **Weights go up.** Start where your Week 12 numbers left off.
- **Steps stay at your top target.** No need to keep raising them.
- **Print fresh check-ins.** Reprint the weekly pages and logs from this file.

My block 2 start date: _____ New target: _____ calories New protein: _____ g

Losing a lot of weight is a long project. If you have medical conditions or take medications, check in with your doctor between blocks, as some doses may need to change as your weight goes down.

TRACKERS

Habit tracker

Tick each day you do it. Aim for most days, not every day.

	WEEK 1							WEEK 2							WEEK 3							WEEK 4							WEEK 5							WEEK 6						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Weighed in	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Protein each meal	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Step target	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Workout or walk	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Calories on target	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
7+ hours sleep	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

	WEEK 7							WEEK 8							WEEK 9							WEEK 10							WEEK 11							WEEK 12						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Weighed in	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Protein each meal	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Step target	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Workout or walk	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Calories on target	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
7+ hours sleep	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

TRACKERS

Weekly weigh-in average log

One line per week. This is the number that matters.

Week	Average	Change	Total lost	Waist	Note
Start					
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Plot your weekly average

TRACKERS

Measurement log

Every 2 weeks. When the scale is slow, this page often is not.

Week	Waist	Hips	Thigh	Arm	Clothes fit (1-10)	Photo?
Start						
Week 2						
Week 4						
Week 6						
Week 8						
Week 10						
Week 12						

My 12-week look back

What am I most proud of?

What feels easier than in Week 1?

Which habits am I keeping for good?

FREE BUYER BONUS

Your weekly coaching emails

For buyers of the plan, free.

You bought the plan. Now let me coach you through it. Scan the code to get a short email from me each week of your 12 weeks: what to focus on, one fix that helps most women at that point, and a nudge for your check-in. Free for buyers, unsubscribe any time.

Or type: coachluke.com/fat-loss-plan-bonus

- **Weeks 1 to 12:** the week's focus, a form or food tip and a small win to aim for
- **Phase reviews** at Weeks 4 and 8, and your Week 12 re-test
- **Plain answers** to common questions: scale jumps, hunger, weekends, plateaus
- **After week 12:** how to settle into maintenance or start your next block

THANK YOU

You are done starting over.

Thank you for choosing this plan. Keep it, reprint the trackers whenever you need them, and come back to Phase 1 any time life knocks you off course. You know exactly what to do now.

Printing tips

- Print at 100% (actual size) on Letter or A4
- Print only the pages you need; reprint the weekly pages and trackers
- Works on a tablet with any PDF annotation app

Please note

This plan is general fitness and nutrition education, not medical advice. Results vary. Talk to your doctor before starting, especially if any item on page 3 applies to you. For personal use only; please do not share or resell.

Coach Luke

NASM-CPT, CES, PES | NESTA Nutrition Coach

More free workouts and recipes at coachluke.com.