

LOSE BELLY FAT IN 2 WEEKS

SIMPLE DAILY CHECKLIST

DATE WAIST *

CHECK THE BOXES OF THE THINGS YOU DO

To achieve your desired results, you need to complete ALL of the things on the checklist daily.

LAY THE GROUNDWORK

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- GET A SOUND SLEEP (7-8 HOURS)
- 15 MIN FAST WALKING, RUNNING, BICYCLING OR SWIMMING BEFORE BREAKFAST
- BREAKFAST - OATMEAL OR EGGS

OUTLINE YOUR DAY

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- KEEP CALM, DON'T STRESS OUT
- DO AT LEAST 30 MIN AEROBIC EXERCISE SUCH AS FAST WALKING, RUNNING, SWIMMING

SELECT YOUR FOODS AND DRINKS

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- DRINK 3L OF WATER DAILY
- REDUCE CARB (FOOD, DRINKS, SNACKS)
- PROTEIN INTAKE AT 25-30% OF CALORIES
- EAT AVOCADO
- EAT ALMONDS

ELIMINATE FROM YOUR DIET

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- SUGAR (FOOD, DRINKS, SNACKS)
- TRANS FAT (FOOD, DRINKS, SNACKS)
- ALCOHOL

*Abdominal obesity: 40 inches (102 cm) in men and 35 inches (88 cm) in women

Make it a habit to take care of yourself!

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