

THE ULTIMATE FAT LOSS COURSE

A Science-backed System to Shed
Unwanted Pounds and Transform Your Body



Welcome to the start of your journey!

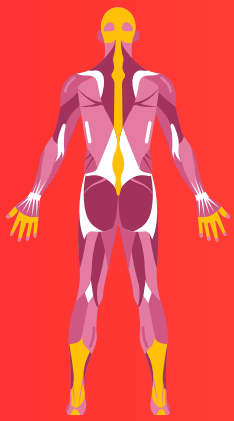
This will be your workbook for the next 12-weeks. Be sure to keep this someplace easily accessible!

Remember: Each day is a brand new day, and a brand new opportunity to start fresh. Everything you need to accomplish your goals is already inside of you!

I, _____, COMMIT THE NEXT 12-WEEKS TO BEGIN A JOURNEY THAT WILL NOT ONLY LEAD ME TOWARDS BECOMING HEALTHIER, BUT ULTIMATELY, HELP ME CREATE LASTING POSITIVE HABITS THAT WILL GREATLY IMPACT MY DAY-TO-DAY LIFESTYLE. THIS IS MY ACKNOWLEDGEMENT THAT I WILL LOVE MYSELF THROUGH THIS PROCESS, AND GIVE MYSELF GRACE AND KINDNESS THROUGHOUT THE NEXT 12-WEEKS.

Follow the 80/20 Rule! Give yourself grace and if you're feeling stressed or low, allow 20% of the week to be time to have a serving of your favorite treat or give yourself a little freedom in your habit path. Making positive habit changes is all about ADDING to your every day lifestyle, not SUBTRACTING or limiting your every day lifestyle. Example: Instead of removing breads, try adding in various fiber-rich foods with delicious seasoning to your meals!

How to find your approximate Target Calorie: <https://form.jotform.com/220550768520352>



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12-Week Nutrition Schedule

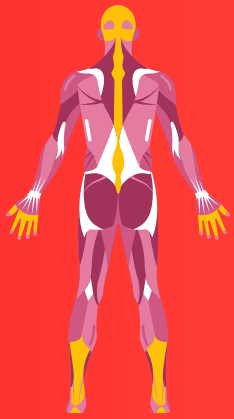
Name: _____

Target Calorie (TC): _____

Recommended calories per meal:

Breakfast - 25%-30% of daily calories Lunch - 30%-35% Dinner - 20%-25% Snacks - 5%-10%

	Plan of Action	Calorie Goal	Breakfast Plan	Lunch Plan	Dinner Plan	Snack Plan
Week 1	Stay within 170% of your caloric limit for 1 day/week	_____ (TC) x 1.7 = _____ Calories				
Week 2	Stay within 160% of your caloric limit for 1 day/week	_____ (TC) x 1.6 = _____ Calories				
Week 3	Stay within 150% of your caloric limit for 2 day/week	_____ (TC) x 1.5 = _____ Calories				
Week 4	Stay within 140% of your caloric limit for 2 day/week	_____ (TC) x 1.4 = _____ Calories				
Week 5	Stay within 130% of your caloric limit for 3 day/week	_____ (TC) x 1.3 = _____ Calories				
Week 6	Stay within 120% of your caloric limit for 3 day/week	_____ (TC) x 1.2 = _____ Calories				



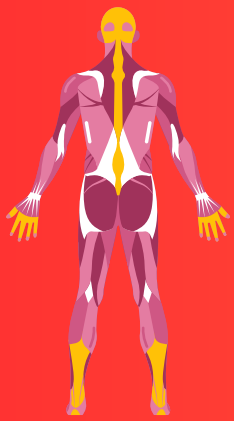
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	Plan of Action	Calorie Goal	Breakfast Plan	Lunch Plan	Dinner Plan	Snack Plan
Week 7	Stay within 110% of your caloric limit for 4 day/week	_____(TC) x 1.1 = ____Calories				
Week 8	Stay within 110% of your caloric limit for 4 day/week	_____(TC) x 1.1 = ____Calories				
Week 9	Stay within 110% of your caloric limit for 5 day/week	_____(TC) x 1.1 = ____Calories				
Week 10	Stay within 110% of your caloric limit for 5 day/week	_____(TC) x 1.1 = ____Calories				
Week 11	Stay within 110% of your caloric limit for 6 day/week	_____(TC) x 1.1 = ____Calories				
Week 12	Stay within 110% of your caloric limit for 6 day/week	_____(TC) x 1.1 = ____Calories				

NOTES:



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12-Week Fat Loss Tracker

	BUST	UNDERBUST / CHEST	WAIST	HIPS	THIGHS - LEFT & RIGHT	WAIST TO HIP RATIO
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						
Week 11						
Week 12						

Ideally, measure yourself naked or wearing tight-fitting clothes, at the same body location every time, at the same time of day, in the following areas:

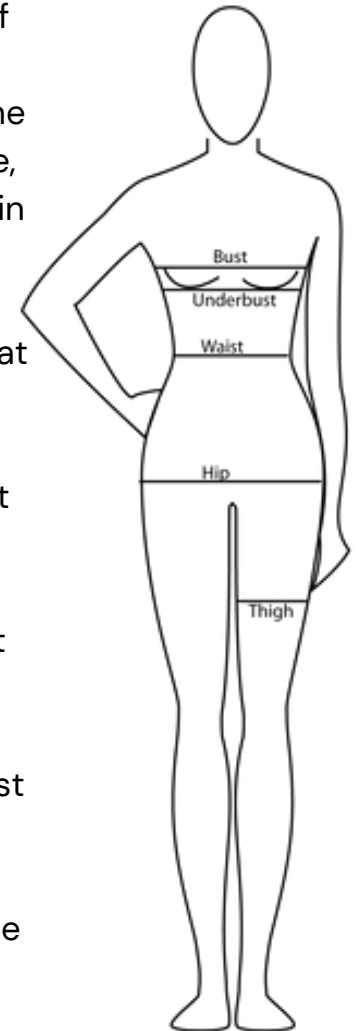
Bust: Around your chest at the nipple line

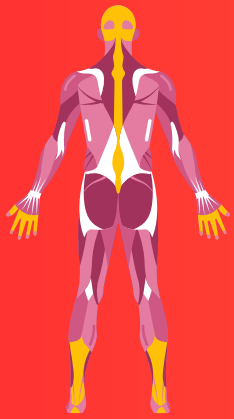
Underbust / Chest: Just under your bust

Hips: Around the widest part of your hips / butt

Thighs: Around the largest part of each thigh

Waist to Hip Ratio: Divide your waist to your hips
Waist # ÷ Hip #





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Are you looking for more support?

Let's work together to get you to your goals!

Whether You Are Trying To...

- ✓ Get back in shape (or get in shape for the first time!)
- ✓ Feel more confident in your own body by slimming down or bulking up
- ✓ Have more energy throughout the day
- ✓ Go on that hike with your family and not worry that you'll fall behind
- ✓ Level up your weightlifting skills & strength
- ✓ Create a healthier relationship with food and develop guilt-free eating habits
- ✓ Finally escape the start-stop cycle of getting healthy with a plan that lasts
- ✓ Or plan on surviving the zombie apocalypse (don't trip your friends to escape!)

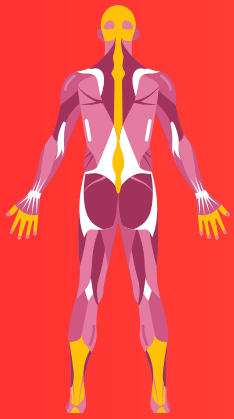
We can help you with a personalized coaching experience that fits YOUR unique circumstances!

We will support you with online weekly check-ins, adjustments in meal plans and workout plans that fit your personal lifestyle and body, consistent motivation and encouragement, winning mindset and intention setting, and more!

\$99 Single Session
(Normally \$150)

\$959 12-Week Support
(Normally \$1,800)

Send an email to contact@fitnesslacey.com



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We'd love to hear from you!

Please share your experience and feedback here:

<https://tinyurl.com/LaceyTestimony>

Thank you so much! Big Hugs!

♥ Lacey