



THE BODY FAT LOSS BLUEPRINT WORKSHEET

A simple worksheet to execute fat loss without over-correcting.

Name _____

Start date _____

Goal window (8–12 weeks)

Target date _____

The philosophy (read once, then execute)

- Fat loss is quiet. Water weight is loud.
- The scale is not the judge — it's one data point.
- Patience. Precision. One lever.



BF 9.5%

MI 24.3 • Lean 84.6 kg • Fat 8.9 kg

Tracked with BodyFatAI



Scan Me



The system (no improvising)

The 4-step protocol

- Step 1 — Find your true maintenance (7 days)
- Step 2 — Drop 300 kcal/day
- Step 3 — Wait until the trend is truly flat (10 days)
- Step 4 — Drop another 300 kcal/day (one lever) and repeat

Progress ranking (in order)

- 1) Trends (7-day average body fat + 30-day direction)
- 2) Photos (same conditions)
- 3) Gym performance (stable strength = muscle protected)

The “one lever” rule

I will not change calories + cardio + steps + training all at once.

I only adjust calories after the 10-day plateau test AND real adherence.

My one lever (circle): Calories / Steps / Training volume (only if necessary)



Setup (targets that stay stable)

Protein (your anchor)

Body weight: _____ kg

Protein target range: 1.6–2.2 g/kg

Daily target: _____ to _____ g

Protein anchor rule: I get 20g+ protein within 1 hour of waking.

Training (muscle protection)

Weekly training frequency: 2 3 4 5 6 sessions/week

Non-negotiables:

- At least 1 heavy compound per session.
- If recovery is rough: reduce volume before intensity.
- Don't chase PRs weekly in a deficit — keep performance stable.

My default heavy compounds:

Lower: Squat RDL/Deadlift Leg Press Split Squat

Upper: Bench Incline OHP Row Pull-up/Lat pulldown

Consistency anchors

Steps target: _____ /day

Sleep goal: _____ hours

Water + salt consistency: stable chaotic (fix this first)



BodyFatAI (how to use it in this system)

You're using BodyFatAI for trend clarity — so you don't confuse water noise with real fat change.

The rules (simple)

- Scan daily if you can (more data = better trend).
- Only judge progress by the 7-day body fat average and 30-day trend.
- Daily numbers = data collection, not identity.

How to scan (about 60 seconds)

- Use the same conditions as often as possible (lighting, time of day, pose setup).
- Complete the guided 3 poses in the app.
- Save the scan and move on — no emotional decisions.

What to look at (ranked)

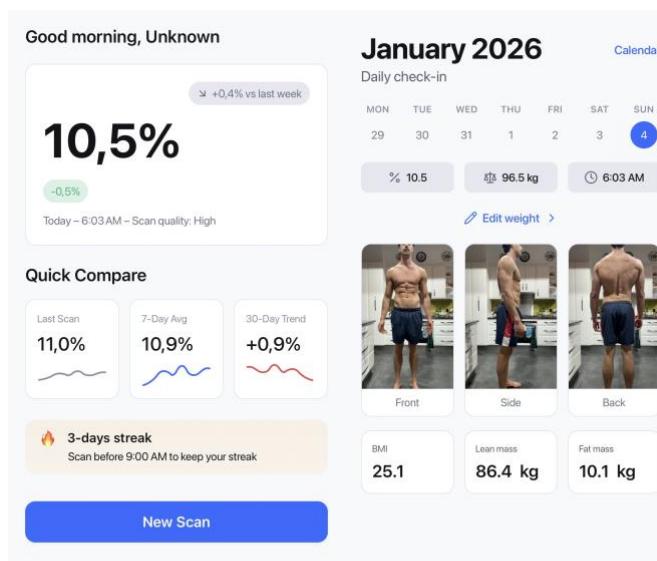
- 1) 30-day trend direction (down = fat loss working)
- 2) 7-day average (smooths noise)
- 3) Progress photos stored consistently

If the scale jumps

- Check BodyFatAI trend before changing anything.
- Assume water/salt/carbs/stress until proven otherwise.
- No changes until the 10-day plateau test passes.

Download Body Fat AI

Website: bodyfataiapp.com



The screenshot shows the BodyFatAI app's home screen. It displays a large '10,5%' with a downward arrow and '+0,4% vs last week'. Below this, a '3-days streak' button is visible. To the right, a calendar for January 2026 shows the 4th as the active day. It lists '10.5' as the body fat percentage, '96.5 kg' as weight, and '6:03 AM' as the scan time. Below the calendar are three progress photos: 'Front', 'Side', and 'Back'. At the bottom, there are BMI (25.1), Lean mass (86.4 kg), and Fat mass (10.1 kg) metrics. A large QR code is overlaid on the right side of the screen, and a 'Scan Me' button with a smartphone icon is at the bottom right.



7-day maintenance finder (no guessing)

Instructions (7 days)

- Eat to satiated (not a planned deficit).
- Track calories + protein.
- Lift normally.
- Keep steps consistent.
- Track weight + BodyFatAI trend (if using).

Maintenance calculation

Total weekly calories: _____

Maintenance ($\div 7$): _____ kcal/day

Validity check (tick all to accept)

- Body fat trend roughly stable across the week.
- Steps consistent.
- Tracking honest enough.

If not: repeat 7 days with better consistency.



7-day log (fill daily)

Day	Calories	Protein (g)	Steps	Lift? (Y/N)	Scale (kg)	Scan / Trend note
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1						
2						
3						
4						
5						
6						
7						



Your deficit (boring on purpose)

Maintenance: _____ kcal/day

Starting calories (maintenance – 300): _____ kcal/day

The 10-day plateau test (before you change anything)

- Trend has been flat for 10 days.
- Adherence is real (no weekend erase).
- Basics checklist passed.

Basics checklist (most plateaus are here)

- Liquid calories measured (oils, alcohol, coffees, sauces).
- Portions not creeping up.
- Protein target hit most days.
- Steps stayed consistent.
- Sleep/stress not wrecking recovery.
- Weekends didn't delete the deficit.

Adjustment ladder (one lever)

If plateau test passes → drop another 300 kcal/day.

New calories: _____ kcal/day

Earliest next adjustment date: _____



Daily execution (repeat this page)

Date: _____

Today's targets: Calories _____ Protein _____ g Steps _____ Training

Did I execute?

- Calories hit (or close).
- Protein hit.
- Steps hit.
- Training done (or rest day planned).
- Logged honestly.

Noise check (circle)

Salt / Carbs / Stress / Poor sleep / Hard training / Alcohol / Travel

Notes (data only)



Pick your lane (choose one)

Lane 1: Tracking (flexible)

Rule: Build the day around protein first → spend remaining calories after.

My protein staples (choose 3–6):

Greek yoghurt Whey shake Tuna Eggs/whites Chicken Lean mince Steak Cottage cheese

My volume helpers:

Potatoes Veggies Berries Salads Low-fat dairy

If calories are tight today, I will:

Choose leaner protein Add volume foods Simplify meals

Lane 2: Autopilot (repeatable)

Pick 2–3 meals you genuinely enjoy and repeat the structure.

Breakfast options (2–3)

1) _____
2) _____
3) _____

Lunch options (2–3)

1) _____
2) _____
3) _____

Dinner options (2–3)

1) _____
2) _____
3) _____

Snack defaults

1) _____
2) _____



Swap bank (the secret weapon)

When trend plateaus (and plateau test passes), make ONE swap per meal.

Lower-calorie swaps (tick your go-tos):

- Chicken thighs → chicken breast
- Whole milk → low-fat milk
- 2 tbsp peanut butter → 1 tbsp
- Cereal → higher-protein yoghurt
- Fries → air-fried wedges
- Juice → zero-cal drinks
- Treat → fruit + yoghurt
- Oil-heavy cooking → spray / measured oil

My top 3 swaps:

- 1) _____
- 2) _____
- 3) _____

One lever I'm changing this week (only one):



Weekends + eating out (stop the spiral)

One high-calorie night doesn't ruin fat loss. The reaction does.

If I go out:

- Protein anchor before I leave.
- Enjoy the meal in moderation.
- Next day = return to baseline immediately.
- No punishment cardio. No starvation.

My protein anchor meal: _____

What I will NOT do:

- “Start again Monday” thinking.
- Binge-restrict cycles.
- Panic-slash calories.



Refeed + diet break (strategy, not emotion)

Refeed (1–2 days at maintenance)

Use if:

- Training suffering.
- Hunger extreme.
- Mood/energy crushed.

Maintenance calories: _____ kcal/day

Refeed days: 1 day 2 days Dates: _____ to _____

Diet break (1–2 weeks at maintenance)

Use if:

- Dieting 8–12 weeks.
- Mentally cooked.
- Performance crashing.

Maintenance calories: _____ kcal/day

Diet break length: 1 week 2 weeks

Method (add +300–500 kcal via ONE food): _____

- Expectation: scale may jump (water). I won't panic.



Weekly review (do this every 7 days)

Week of: _____

Trend metrics

7-day avg body fat%: _____ kg

30-day trend: down flat up

Photos taken (same conditions): yes no

Gym performance: stable down up

Adherence reality check

- Weekdays consistent.
- Weekend didn't erase deficit.
- Protein mostly hit.
- Steps consistent.

Decision (one lever only)

- Keep calories the same.
- Fix basics (no calorie change).
- Adjust -300 (only if plateau test passed).

This week's single focus:

What worked:

What caused friction:
