



THE BODY FAT LOSS BLUEPRINT WORKSHEET

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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.





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)

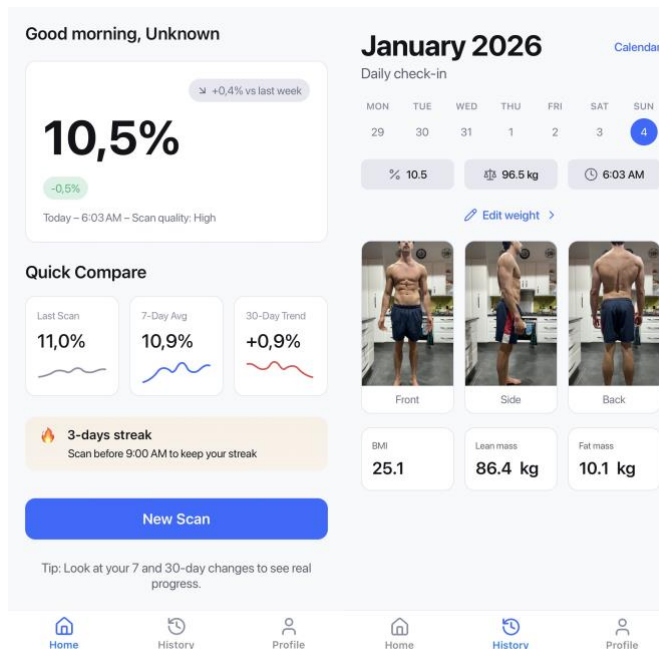
- 1) 30-day trend direction (down = fat loss working)
- 2) 7-day average (smooths noise)
- 3) Progress photos stored consistently

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





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
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:
