

# THE FAT-LOSS FAST-TRACK

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**THIS IS A 4-WEEK FAT-LOSS PLAN TO  
FAST-TRACK LOSING YOUR FIRST FEW KILOS,  
AND POSSIBLY EVEN MORE!**

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**GETTING  
STARTED**



# GETTING STARTED

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## Welcome to the Fat-Loss Fast-Track Plan!

**This is your ultimate guide to not only shifting unwanted body-fat, but more importantly learning how to sustain it.**

In this plan, I'll share with you the most **critical tools** that I use with my premium coaching clients at the start of their own journeys, to get in the **shape of their lives**, for the rest of their lives.

This plan focuses on building **healthy-habits** that make fat-loss much easier and more consistent, to really get the ball rolling.

Our key areas of focus are - **Nutrition, Training, and Lifestyle**. These all go hand-in-hand to determining if and how you'll progress.

Following this plan, the realistic aim is for you to lose 1% of your total bodyweight per week, so 4% in bodyweight after 4 weeks.

**TOOL KIT**  


# TOOL KIT

These are the essential items that you'll need to maximise your progress:



### Fitness Tracker

Track your steps with a watch, or phone

[BUY HERE](#)



### Food Scales

Ensure accurate portioning of your food

[BUY HERE](#)



### Bodyweight Scales

Track your daily bodyweight

[BUY HERE](#)



### Large Steel Waterbottle

It's easier to drink enough with a larger bottle

[BUY HERE](#)



### Your Smartphone + Food Diary App

To keep track of your food & drink



### Lifting Straps

Bonus for those who want to get really strong

[BUY HERE](#)

**KEY HABITS**



# KEY HABITS

**These 5 habits form the biggest rocks for your success:**



**Habit 1:**

Follow Your Nutrition Plan Every Day



**Habit 2:**

Walk 10,000+ Steps Every Day



**Habit 3:**

Train 3-4 Days Every Week



**Habit 4:**

Sleep 7-8 Hours Every Night



**Habit 5:**

Drink 2-4 Litres of Filtered Water Daily

**NUTRITION**



BE CONSISTENT

# NUTRITION PLAN

The most important factor for losing weight and burning fat is to burn more calories than you consume, a.k.a. a **calorie deficit**. This starts by being **aware** of your caloric intake from food and drink, as well as your activity level which affects your caloric expenditure. Your overall **health** does also impact this, so it's still important to assess other areas of your life where healthier choices can be made, which we'll touch on in the 'Lifestyle' section.

**To work out your calorie and nutrient targets, use the following info:**

- 1g Protein = 4 kcals
- 1g Carbs = 4 kals
- 1g Fat = 9 kcals

Then calculate...

1. **Calories** = 10 x your bodyweight (lbs)
2. **Protein** = 0.8g x your bodyweight (lbs)
3. **Fat** = 0.4g x your bodyweight (lbs)
4. **Carbs** = Remaining calories

Examples for a 160 lb & 200 lb person.

<b>Calories:</b>	1,600 kcals		2,000 kcals
<b>Protein:</b>	128g		160g
<b>Fat:</b>	64g		80g
<b>Carbs:</b>	128g		160g

**Split your nutrient targets into 3-4 daily meals, for example:**

**160 lb person**      **200 lb person**

## MEAL 1

4 Whole Eggs	4 Whole Eggs
50g Sourdough Bread	75g Sourdough Bread
50g Blueberries	100g Blueberries

## MEAL 2

150g Chicken Breast	200g Chicken Breast
2 tsp Olive Oil	2 tsp Olive Oil
125g Cooked Rice	175g Cooked Rice
15g Almonds	15g Almonds
125g Green Veg	125g Green Veg

## MEAL 3

150g Salmon Fillet	200g Salmon Fillet
200g White Potato	250g White Potato
2 tsp Olive Oil	2 tsp Olive Oil
125g Green Veg	125g Green Veg

**\*Food-weights are 'uncooked' unless specified**

## ALTERNATIVE PROTEIN SOURCES

Protein sources can be any meat or fish variety. Vegetarians can opt for dairy, tofu, soy, or plant-based protein powder

- For simplicity, stick to the same daily meal plan for 2 weeks before making any switches.
- Eat Meal-1 within 2-hours of waking.
- Leave 3-5 hours inbetween each meal.
- Finish eating your last meal 2-3 hours before bed.
- If you are excessively hungry between meals, try splitting your nutrition into 4 meals
- If you're extremely hungry or full-up with this amount of food, try 8-12 x your bodyweight (lbs) for your caloric amount, and recalculate your carbs.

## TRAINING



# TRAINING PLAN

- The training plan is designed to be simple and effective. The plan focuses on two full-body workouts, to be alternated with across three or four training sessions per week.
- If three, train on non-consecutive days. If four, train on two consecutive days where needed, but not three. Two exercises are performed back-to-back with the given rest periods in between, for the given number of sets/rounds, before moving onto the next pair.
- Focus on learning the correct technique, demonstrated in the hyperlinked exercises, and push yourself hard, without wrecklessly breaking your technique.

## EXAMPLE TRAINING SCHEDULE:

3-DAY SPLIT	WEEK 1	WEEK 2
MON	WORKOUT A	WORKOUT B
WED	WORKOUT B	WORKOUT A
FRI	WORKOUT A	WORKOUT B

4-DAY SPLIT	WEEK 1	WEEK 2
MON	WORKOUT A	WORKOUT B
WED	WORKOUT B	WORKOUT A
FRI	WORKOUT A	WORKOUT B
SAT	WORKOUT B	WORKOUT A

## WORKOUT A

ORDER	EXERCISE	SETS	REPS	REST
A1	<a href="#">DB SPLIT SQUATS</a>	3	8-12	60s
A2	<a href="#">60 DEGREE INCLINE DB PRESS</a>	3	8-12	60s
B1	<a href="#">LEG CURL MACHINE</a>	3	8-12	60s
B2	<a href="#">SEATED ROW MACHINE</a>	3	8-12	60s
C1	<a href="#">60* INCLINE DB BICEP CURL</a>	3	8-12	30s
C2	<a href="#">FLAT BENCH DB TRICEP EXTENSIONS</a>	3	8-12	30s
C3	<a href="#">15 DEGREE INCLINE REVERSE CRUNCHES</a>	3	10-15	60s

## WORKOUT B

ORDER	EXERCISE	SETS	REPS	REST
A1	<a href="#">BB RACK DEADLIFT</a>	3	8-12	60s
A2	<a href="#">15 DEGREE INCLINE DB PRESS</a>	3	8-12	60s
B1	<a href="#">LEG PRESS MACHINE</a>	3	8-12	60s
B2	<a href="#">PULLDOWN MACHINE</a>	3	8-12	60s
C1	<a href="#">SINGLE ARM PREACHER CURLS</a>	3	8-12	30s
C2	<a href="#">HIGH CABLE ROPE TRICEP PUSHDOWNS</a>	3	8-12	30s
C3	<a href="#">SWISS BALL CRUNCHES</a>	3	10-15	60s

# TRAINING TIPS

Here are my tips and tricks for making the most of your training;

## WARMING UP

- Start with some light stretching if you feel tight in any particular areas. This can help your training exercises to feel better, if you sometimes feel restricted in your movement.
- Spend 3-5 minutes on a cardio machine to slightly increase your heart-rate and blood circulation.
- With the first 2 exercises, do 1-2 rounds with a lighter (not challenging) weight, to warm up your muscles for the given exercise. This is more important for the 1st exercises (A series) in the workout, but can good to do for each exercise you do on a new muscle group within the same workout

### TIP 1

If your gym is busy, making the order of the exercises difficult to follow, you can do each exercise one at a time instead of paired, and slightly increase your rest period by up to 30 seconds, if you need more time to recover to repeat the same effort on the next set. Or if your gym doesn't have the equipment for one of the exercises, there's always another variation you can use with whatever you have access to.

### TIP 2

Stick to the plan - program hopping because you're 'bored', or getting 'shiny object syndrome' because your favourite influencer has launched a new workout plan is a sure-fire way to stall progress. It's impossible to know whether you're progressing if you're chopping and changing exercises every other week. Execute your program week-by-week, and gauge progress from there.

### TIP 3

Form > weight - leave your ego at the door and prioritise execution ahead of weight. You should aim to standardise your reps at each weight. If you're sacrificing range of movement, or general form just to eke out a few extra kilos, you're missing the point of training. Earn your right to progress.

### TIP 4

Log your weights - whether it's your phone, or good old pen and paper, keep track of the weight, sets and reps you're doing. Don't play the guessing game each week in the gym as to whether you're improving or not. Be accountable to your logbook, and aim to beat it as frequently as you can.

## SUPPLEMENTS



# SUPPLEMENTS

- Below are the Foundational Five supplements I'd recommend to 99% of people, both for fat-loss and general health. Quality is important for supplements, which unfortunately can't be obtained from high-street pharmacies or supermarkets.
- Supplements do not replace dietary nutrition, but support the intake of vitamins and minerals that can be difficult to fully obtain from your diet.



## Omega-3 Fish Oil

Lowers inflammation, supports brain function, cardiovascular and cellular health.

*1-3g of Total Omega-3 Fatty Acids per day, with food*

BUY HERE: [UK](#) | [Hong Kong](#) & [Worldwide](#)



## B-Vitamins

Supports metabolism, energy production and detoxification

*One capsule with breakfast*

BUY HERE: [UK](#) | [Hong Kong](#) & [Worldwide](#)



## Magnesium

Involved in over 350 processes in the body, including energy production, muscular relaxation, and sleep.

*300-600mg per day, with food, split across meals*

BUY HERE: [UK](#) | [Hong Kong](#) & [Worldwide](#)



## Zinc

Supports digestion, immunity, fertility, skin, hair, and nails.

*One 30mg capsule with breakfast*

BUY HERE: [UK](#) | [Hong Kong](#) & [Worldwide](#)



## Vitamin D3 & K2

Supports Bone Density, Immunity, Cardiovascular health, and Mental health

*5,000 IUs with breakfast*

BUY HERE: [UK](#) | [Hong Kong](#) & [Worldwide](#)

**LIFESTYLE**



# LIFESTYLE

As mentioned, your overall **health** does also impact your ability to efficiently burn fat, build strength and muscle, so it's still important to assess other areas of your life where healthier choices can be made. Your lifestyle choices aside from your nutrition and training, include things like sleep, stress management, alcohol intake, and managing social occasions.

High quality **sleep** is the foundation, on which all other aspects of health are built on. Consistently keeping your bedtime around 10pm, to wake around 7am, and allowing for the most restful sleep possible, by avoiding caffeine past 2pm, alcohol in the evening, and late night tv binges, go a long way for this.

**Stress** is an inevitable part of the modern world, with work and family life often being the largest contributors.

This frequently impacts the decisions we make around food and drink, which can be used to help 'cope' with that stress.

And you'll already know that this **behavioural pattern** can make it extremely difficult to lose weight and finally feel confident in your own skin.

If this is an issue for you, start to build your **awareness** of this behaviour, and think of better ways to manage your stress that don't involve food or drink. This might be, going for a walk, listening to music, or breath-work/meditation.

Lastly, **social occasions** are another common roadblock, particularly affecting your Friday to Sunday nutrition. The most important message I communicate to my premium clients here is that you have to **weigh-up** the value of your personal fat-loss goal versus the option to indulge at the weekend. It's not necessary to cut yourself off from socialising on the weekend, although reducing them to 1-2 would benefit you if you're used to far more than this. And saying "no" to the **social pressures** of eating and drinking excessively, still means you can have a taste of the bits you like without over consuming them, provided you're still making weekly progress. Start making a habit of putting 'what you want to do' above 'what other people want you to do', and this can quite literally **change your life** for the better in every way possible.



# KEEP TRACK

Progress tracking is proven to be a 'make or break' factor for success, helping to keep you **accountable** and **consistent**, which is where most people fail. You can have the greatest program in the world, but without accountability and consistency, it may lead you nowhere.

Before you start, take your first **pictures** of your front, side, and back as shown, and repeat these pictures every week, at the same time, in the same clothes etc.

As well as this, keep track of your **bodyweight** upon waking, after using the toilet each morning, your daily **step count**, and your **protein, fat, carbohydrate, calories, and water** intake. You can use a free mobile app like **My Fitness Pal** to track your food and drink daily, including any **small bites** and any **oil** used in your cooking.

You can use the table on the next page to keep these data-points all in one place. The table below is for one week, so repeat the tracking process for three more weeks.



# PROGRESS TRACKER

- Start by filling in your 4-week weight-loss target, following the guideline of losing 4% of your total bodyweight after 4 weeks, along with your calculated daily targets.
- Keep track of these data-points every day, using a food tracking app for your nutrition data
- Repeat this week of data-tracking three more times.

	BODY WEIGHT	STEPS	PROTEIN	FAT	CARBS	KCALS	WATER
YOUR DAILY TARGETS	_____ [AFTER 4 WEEKS]	_____ e.g. 10,000	_____ (g) e.g. 140g	_____ (g) e.g. 60g	_____ (g) e.g. 120g	_____ e.g. 1,580 kcals	_____ (L) e.g. 3 L
MON							
TUE							
WED							
THU							
FRI							
SAT							
SUN							

# CONNECT WITH US!

- Join our private [Facebook](#) group and share your journey with like-minded people.
  - Use this FREE group to ask questions, share your wins, and find support on your journey.
  - Tag me in your Instagram posts and stories [@ajay\\_healthperformance!](#)
- If you're still finding it difficult to stick to the plan as it's laid out, this may mean a self-guided approach such as this, will not work for you, and a coaching plan may be of benefit to explore 'why' and 'how-better' to approach your fat-loss.
- You can book a FREE [consultation](#) with me over Zoom to find out more on this.



**“Now that you have the plan to succeed with your fat-loss, you just have to let go of what’s held you back in the past, and focus on executing the plan to push you forwards.”**

**Ajay Patel**

