

# 28 Day Weight Loss Program

The key to losing weight is science: calories in < calories out. There are 2 main ways that this can be accomplished:

1. You reduce your caloric intake
2. You increase your daily exercise amount

Sure, it seems simple enough, but it can be hard to actually follow through. To help you out, I have created this 28 Day Weight Loss Program! Use this as a guide to get you started. I've created a daily checklist for you to follow, as well as a weekly recap to keep you on track. I've also included a workout schedule, with bodyweight programs included. These programs can be done anywhere, anytime.

Print this out and keep it on the fridge. Follow along with the daily checklists, stay up to date on the workouts, and see your body change before your eyes!

## Included In This Package:

- Daily Activity Checklists
- Daily Nutrition Checklists
- 28 Day Workout Calendar with Scheduled Workouts
- 2 Bodyweight Workouts that can be done Anywhere, Anytime

Disclaimer: The content of this resource is for general knowledge only and does not constitute any medical advice. It contains one person's ideas, concepts, and opinions, and you must apply these ideas, concepts, and opinions at your own risk. This resource is not tailored to you as an individual, and it is up to you to make adjustments as necessary. You accept sole responsibility for the outcomes of these ideas, concepts, and opinions; the author is not liable for any possible injuries, loss, damage, or health related issues that may occur from using this resource. Always consult a physician/ health care professional prior to any exercise/ diet changes

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# Daily Checklist: Week 1

These daily checklists are used to help keep you on track each day. They include both activity and nutritional advice that should be done daily. Check the boxes off as you go, and then make sure to look at the weekly recap to keep yourself on track!

## Daily Activity Checklist

1. Take the stairs when you can
2. Walk for 30 min
3. Do 5 min of stretching
4. Get up and move every hour

Day	Day	Day	Day	Day	Day	Day
1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Daily Nutrition Checklist

1. Eat fruit/ veggies at every meal
2. Eat protein at every meal
3. Drink 8 cups of water
4. Minimize sugary drinks (pop, specialty coffees, slurpees, etc)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Weekly Checklist

1. Do 150 min of moderate to vigorous activity
2. Eat out less than 3 times (fast food/ sit down)

<input type="checkbox"/>
<input type="checkbox"/>

If you're wondering how to figure out how many calories you should be eating, try this: multiply your body weight (in pounds) by 12. This will give you a rough estimate of what your maintenance calories are. Try reducing this number by 100 calories to get into a daily caloric deficit. If you need a hand tracking calories, download the MyFitnessPal app!

# Daily Checklist: Week 2

These daily checklists are used to help keep you on track each day. They include both activity and nutritional advice that should be done daily. Check the boxes off as you go, and then make sure to look at the weekly recap to keep yourself on track!

## Daily Activity Checklist

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Take the stairs when you can	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Walk for 30 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do 5 min of stretching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Get up and move every hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Daily Nutrition Checklist

1. Eat fruit/ veggies at every meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Eat protein at every meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Drink 8 cups of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Minimize sugary drinks (pop, specialty coffees, slurpees, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Weekly Checklist

1. Do 150 min of moderate to vigorous activity
2. Eat out less than 3 times (fast food/ sit down)

**It is also encouraged to get in as much walking as possible! Instead of taking the elevator, take the stairs. Park a little farther away from the grocery store to get in a couple extra steps. Make it a goal to do daily walks with your dog. Go out and play with your kids. There are so many ways to increase low to moderate daily activity!**

# Daily Checklist: Week 3

These daily checklists are used to help keep you on track each day. They include both activity and nutritional advice that should be done daily. Check the boxes off as you go, and then make sure to look at the weekly recap to keep yourself on track!

## Daily Activity Checklist

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Take the stairs when you can	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Walk for 30 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do 5 min of stretching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Get up and move every hour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Daily Nutrition Checklist

1. Eat fruit/ veggies at every meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Eat protein at every meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Drink 8 cups of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Minimize sugary drinks (pop, specialty coffees, slurpees, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Weekly Checklist

1. Do 150 min of moderate to vigorous activity
2. Eat out less than 3 times (fast food/ sit down)

An easy fix to reduce the calories you consume is to stop consuming high calorie drinks (juice, soft drinks, coffee with cream & sugar, etc). The best thing you can drink - WATER! If you do need some flavor in your life, try using calorie-free flavor enhancers like Mio. For coffee, drink it black, or with Splenda and skim milk. For juice, try watering it down.



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# Daily Checklist: Week 4

These daily checklists are used to help keep you on track each day. They include both activity and nutritional advice that should be done daily. Check the boxes off as you go, and then make sure to look at the weekly recap to keep yourself on track!

## Daily Activity Checklist

1. Take the stairs when you can
2. Walk for 30 min
3. Do 5 min of stretching
4. Get up and move every hour

Day	Day	Day	Day	Day	Day	Day
1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Daily Nutrition Checklist

1. Eat fruit/ veggies at every meal
2. Eat protein at every meal
3. Drink 8 cups of water
4. Minimize sugary drinks (pop, specialty coffees, slurpees, etc)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Weekly Checklist

1. Do 150 min of moderate to vigorous activity
2. Eat out less than 3 times (fast food/ sit down)

<input type="checkbox"/>
<input type="checkbox"/>

**Find a time to work out and stick with it! Don't push it off and think "I'll do it later today", because later today easily turns into tomorrow. Dedicate some time to your health and well-being. You'll thank yourself for it.**



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# Workout Schedule

Aim to get 4 programs in each week, on top of your daily activity checklist. These programs are used to help you reach your weekly goal of 150 min of moderate to vigorous activity. The goal is to get 2 exercise programs and 2 cardio sessions in per week. Below is a breakdown of what the bodyweight and cardio programs entail.

## Body Weight Programs

The body weight workouts are going to focus on getting your muscles activated and building up overall strength and stability. The only equipment these programs require is a bench/ chair, and your body. Each program will take approx. 30 min to complete, and will focus on the whole body. Also, these workouts are going to be timed, so you don't even have to worry about rep counts! Just set a timer and follow along.

## Cardio

The cardio workouts are going to be used to get your heart rate up for a prolonged period of time. You have some freedom to choose how you get your cardio workout - brisk walking, jogging, or biking at a constant pace. The goal is to get the body moving for a longer duration of time, multiple times per week.

**Track your progress - take body measurements (waist, hip, legs, etc), monitor your weight, and snap a before and after picture! These tools are great to maintain your motivation and keep you working towards your goals!**



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# Calendar

This calendar will help keep you on track with your 4 workouts per week. The workouts have been set up to get you into a routine for these 4 weeks, which will help you manage your time and set aside the time to exercise.

The blank days are rest days. You may not have a program to complete on these days, but make sure to still get everything done from your activity checklist! Completing the workouts as well as the activity checklist will help you reach your weekly goal of 150 min of activity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio		Body Weight Program 1		Cardio		Body Weight Program 2
Cardio		Body Weight Program 1		Cardio		Body Weight Program 2
Cardio		Body Weight Program 1		Cardio		Body Weight Program 2
Cardio		Body Weight Program 1		Cardio		Body Weight Program 2

Share your progress with us! Let us know how everything is going on your social media by tagging us!



@suggyfitness #suggyfitness #suggyfitness28dayprogram

# Body Weight Program 1

This program will take approx. 30 min to complete. It is a timed workout, so make sure to keep your eye on the clock! Pay close attention to the activity times and rest times, and stay on track. If you have any dumbbells, feel free to incorporate them.

Make sure to do a 5 min warm-up (brisk walk/ light jog/ jumping jacks/ high knees/ etc) to get the heart rate up. Once you're done, make sure to stretch!

Perform 3 sets of 8 exercises for 30 sec, with 20 sec rest between each exercise.

**3 x 8 exercises (30 sec on/ 20 sec off), Rest 2 min between sets**

<b>1. Step Ups</b>	<b>30 sec</b>
<b>Rest</b>	<b>20 sec</b>
<b>2. Push Ups</b>	<b>30 sec</b>
<b>Rest</b>	<b>20 sec</b>
<b>3. Squats</b>	<b>30 sec</b>
<b>Rest</b>	<b>20 sec</b>
<b>4. Ab Crunch</b>	<b>30 sec</b>
<b>Rest</b>	<b>20 sec</b>
<b>5. Bench Tricep Dips</b>	<b>30 sec</b>
<b>Rest</b>	<b>20 sec</b>
<b>6. Mountain Climbers</b>	<b>30 sec</b>
<b>Rest</b>	<b>20 sec</b>
<b>7. Flutter Kicks</b>	<b>30 sec</b>
<b>Rest</b>	<b>20 sec</b>
<b>8. Glute Kickback</b>	<b>30 sec</b>
<b>Rest</b>	<b>2 min</b>





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# Body Weight Program 2

This program will take approx. 30 min to complete. It is a timed workout, so make sure to keep your eye on the clock! Pay close attention to the activity times and rest times, and stay on track. If you have any dumbbells, feel free to incorporate them.

Make sure to do a 5 min warm-up (brisk walk/ light jog/ jumping jacks/ high knees/ etc) to get the heart rate up. Once you're done, make sure to stretch!

Perform 2 sets of these 12 exercises for 40 sec each, with 20 sec rest between each exercise. Pay attention to the 2 min rests as well!

**2 x 12 exercises (40 sec on/ 20 sec off), Rest 2 min between sets**

- |                     |                         |
|---------------------|-------------------------|
| 1. Speed Skaters    | 40 sec on / 20 sec rest |
| 2. Side plank       | 40 sec on / 20 sec rest |
| 3. Other Side Plank | 40 sec on / 20 sec rest |
| 4. Ab Row Boat      | 40 sec on / 20 sec rest |
| 5. Burpees          | 40 sec on / 20 sec rest |
| 6. Push Ups         | 40 sec on / 20 sec rest |

**Rest 2 min**

- |                      |                         |
|----------------------|-------------------------|
| 7. Mountain Climbers | 40 sec on / 20 sec rest |
| 8. Squat Jumps       | 40 sec on / 20 sec rest |
| 9. Russian Twist     | 40 sec on / 20 sec rest |
| 10. Supermans        | 40 sec on / 20 sec rest |
| 11. Front Plank      | 40 sec on / 20 sec rest |
| 12. Jumping Jacks    | 40 sec on / 20 sec rest |

**Rest 2 min**