

FAST START



PLANNER



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Getting Started

My best suggestion is to read The Fast 800 Diet book and follow the rapid weight loss phase as often as you choose to.

To eliminate all excuses (I've been 26kg/58lbs overweight, I know a thing or two about excuses) I've created a list of key things to do in order of importance.

1. Fasting

The easiest thing you can do that doesn't cost a cent is to fast.

If you're just getting started I recommend you start out with a 12 hour fast.

Eat all meals within a 12 hour window and fast restricting calories in a 12 hour window.

2. Mediterranean Diet

Eat a Mediterranean style diet within your eating window.

For all meals.

Fill up of vegetables particularly this week as we focus on strengthening our immune systems.

Be aware of high carbohydrate foods (limit if you need to) as they may stall your weight loss.

3. Water, Sleep and Stress

Make sure you're getting 2 litres / half a gallon or more of water per day.

Sleep has a big impact not only on my weight loss but on my decision making the following day. Try your best to get 8 hours of sleep each night.

When we're stressed, the immune system's ability to fight off antigens is reduced.

That is why we are more susceptible to infections. Aim to do 1 meditation and/or yoga this week to help reduce your stress levels. Breathing deeply really helps me relax and reduce my stress levels.

4. Calories

Counting calories comes in at number 4 in importance. It's great to help us adjust our bodies after years of overeating. 800 Calories is recommended on the Fast800 Diet but in my opinion, if you can't do 800 don't let that stop you trying this diet. Focus on 3 meals a day without snacking and eating until you're no longer hungry.

Fast Start Planner

Monday

- Fast _____hours
- Calories _____
- Water _____
- Sleep _____hours
- Exercise _____
- Meal 1: _____
- Meal 2: _____
- Meal 3: _____

Tuesday

- Fast _____hours
- Calories _____
- Water _____
- Sleep _____hours
- Exercise _____
- Meal 1: _____
- Meal 2: _____
- Meal 3: _____

Wednesday

- Fast _____hours
- Calories _____
- Water _____
- Sleep _____hours
- Exercise _____
- Meal 1: _____
- Meal 2: _____
- Meal 3: _____

Thursday

- Fast _____hours
- Calories _____
- Water _____
- Sleep _____hours
- Exercise _____
- Meal 1: _____
- Meal 2: _____
- Meal 3: _____

Fast Start Planner

Friday

Record Your Wins:

Fast _____ hours

Calories _____

Water _____

Sleep _____ hours

Exercise _____

Meal 1: _____

Meal 2: _____

Meal 3: _____

START
COMMIT
ACHIEVE
LIVE

*You've
Got
This!*

