

TRANSFORM FOR LIFE

THE BLUEPRINT



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TEAM BODY PROJECT[®]

THE BLUEPRINT

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www.teambodyproject.com

INTRODUCTION TO THE BLUEPRINT

Important: Read before starting your Blueprint

If you have read *The Science of Physical Transformation* and *The Art of Change* there is a good possibility you are already feeling overwhelmed with the information.

If you haven't read the *The Science of Physical Transformation* and *The Art of Change*, *The Blueprint* is probably about to overwhelm you.

The purpose of *Transform for Life* is to leave you in no doubt concerning the mechanisms behind physical change. This is not a an oversimplified 'diet' book, it is a scientific process of monitoring and producing predictable physical change.

Many people feel frustrated that they "Can't lose the last few pounds" or feel confused as to why, whatever they seem to do, they just can't lose weight.

Transform for Life strips away uncertainty and doubt surrounding physical change.

Having helped people make physical changes for most of my adult life, everything I have learned is available for you to apply in this book.

However, **knowing** what to do to change your body does not mean you have to follow through with it. You no longer need to be victim to an ever changing diet industry - you can shake off the shackles of confusion and replace them with pillars of knowledge.

What you do with them, is up to you.

Transform for Life empowers you to make informed decisions based on facts. It does not suggest you should do anything.

Carefully consider the following points before you decide on your approach to your health plan:

If you want to be happy, healthy and fit - accepting of yourself and your body - reading *The Science of Physical Transformation* and *The Art of Change* alongside implementing *The Quickstart Guide* will be an excellent route.

You will be able to make better overall decisions based on the knowledge you have learned, making small tweaks along the way.

On the other hand, if you are determined to achieve the body you want, driven by a certainty that you want to lose the pounds and/or achieve the body shape you desire, *The Blueprint* will get you there. If you do choose to follow *The Blueprint*, be prepared. This is not a simple, quick fix method.

It requires work, patience and plenty of frustration en route. Every client I ever coached presented entirely unique challenges, and you will face your own.

You will possibly feel overwhelmed, overstretched and, in the early stages, completely out of your comfort zone.

Genuine change doesn't happen through doing the things we have always done, or by living inside of our comfort zone, within a safety net of behaviours we are used to. Lifelong change exists beyond the familiar and in a world where everything feels strange and new. Open your mind to the challenge in front of you and your results will be beyond expectations.

Nothing makes me happier than seeing an individual make *the break* into new comfort zones and enjoying the rewards that come with it.

How to use this section

The Blueprint will help you set a starting point and a strong foundation for your health plan.

- Setting goals: Here you will define the reasons for taking part (pages 151-154)
- Fitness test (optional): This will help you decide on which workout plan to follow (Page 156) **Blueprint task 1**
- Choose a workout plan: Select a workout plan suitable for your goals and current fitness (pages 157-158) **Blueprint task 2**
- Setting NEAT: Make decisions around daily activity (pages 159-160) **Blueprint task 3**
- Starting calories: Decide on calorie intake (pages 161-167) **Blueprint task 4**
- Healthy eating ratios: Decide how much of your diet you choose to be healthy (Pages 168 - 171) **Blueprint task 5**
- FLUX: Decide how you will flux calories to improve body composition and performance (Page 172-177) **Blueprint task 6**
- Macronutrient ratios: Decide on your ratios of protein, carbs and fats (pages 178-181) **Blueprint task 7**
- Tracking: Here you will learn how to track and monitor your progress (pages 182-191)
- Measurements: Here you will set a benchmark to measure yourself against (Pages 193-194) **Blueprint task 8**
- Getting equipped: Here we will make sure you have everything you need to succeed (pages 195-196)
- Finalising your Blueprint and Blueprint light: (Pages 197-200)

What is the right option for you?

There are three ways of using the information in *Transform for Life*:

<i>The Blueprint</i>	A comprehensive approach to lifetime health
<i>The Blueprint Light</i>	Options within <i>The Blueprint</i> which provide a less overwhelming approach to lifetime health
<i>The Quickstart</i>	To help you get going immediately. You will find this in <i>Additional Resources</i> .

Before you decide on which one you want to follow, I want to ask two questions that can support any decisions you make.

Question 1: Has what you have done in the past worked in the way that you have wanted it to?

This is not the same as short-term weight loss. These are fundamental health changes that you can be confident will stay with you for life.

You may have preconceived ideas about what you need to do to achieve lifetime health:

- This is too much work
- Checking details would make me feel anxious
- Tracking calories is obsessive
- I don't need to spend that much time on health, all I need to do is workout
- I just need to eat less, I've done it before

If you want a different outcome, you may need a different approach and to let go of preconceived ideas that have not supported permanent change.

When approached correctly, *Transform for Life* is a process of learning how your body responds to food, exercise and activity.

Question 2: How important is achieving your weight management goals to you?

If achieving a physical goal and keeping it is 10/10 on your importance scale, spending additional time and effort for the next several weeks on learning and developing a tailored approach is certainly well worth it.

If it is quite important to you, but not worth the extra effort, choosing *The Quickstart Guide* would be a better option.

Aligning expectation with effort is crucial for perpetual engagement.

Choosing an approach

If you use *The Quickstart Guide* and don't get results, you can always change. Likewise, if you choose *The Blueprint* but find it too much, you can always revert to a less time-consuming process.

Provided you line up your choice against your expectations you can be proud of yourself and the outcome.

Method 1: The Blueprint

The Blueprint is the coaching system I used with professional athletes, people who want to make permanent change, long-term dieters who can't break lifelong habits and anybody who wants a guarantee that effort would be equalled by outcome.

This is **not** a restrictive plan, it is a comprehensive one. It is comprehensive so we can avoid the pitfalls, obsessive behaviours and downfalls of simpler health plans.

Thorough is paying attention to the details. We want this.

Obsession is becoming consumed by them. We do not want this.

During *The Blueprint* you will still be able to:

- Eat foods you enjoy
- Not feel overly restricted
- Exercise for an amount of time that works for you
- Live a balanced and healthy life

The Blueprint is as restrictive, enjoyable and relevant as you choose to make it.

The Blueprint is suitable for those who:

- Want to create a blueprint that is perfect for them
- Want a health plan they can follow for life
- Are willing to put the time and effort in to learn about their body
- Are determined to put the dieting cycle behind them for good

We do not expect you to spend the rest of your life tracking food and exercise and analysing your behaviours and habits, even if you are following *The Blueprint*.

The time you put into understanding your body and habits will enable you to create a personal *Health Blueprint* that will last for the rest of your life.

Your first week will help you set the foundations for a nutrition and exercise plan that you can follow in the long-term.

Note: As you move through the chapters you will be given tasks to complete in **Your Health Blueprint**.

Method 2: The Blueprint Light

The Blueprint Light introduces you to focused health in a less overwhelming way than *The Blueprint* by offering you 'light' options as you move through the chapter.

Tracking is introduced to raise awareness, but at a far simpler level than *The Blueprint*:

- Follow our workout plans
- Learn how to track your intake without the pressure of meeting targets
- Learn alternative forms of tracking
- Make changes based on what you feel comfortable with

This method will raise awareness around intake and *cause and effect* without the pressure that can be associated with meeting targets. Often a short period following *The Blueprint Light* makes people feel more comfortable moving on to *The Blueprint*.

The Blueprint Light is suitable for those who:

- Want to make permanent changes but feel overwhelmed at the thought of *The Blueprint*
- Are new to exercise and nutrition
- Feel ready to make changes but want to do it at their own pace.

Note: As you move through the chapters you will be given tasks to complete in **Your Health Blueprint Light**.

Method 3: The Quickstart (pages 259-266)

The idea behind *The Quickstart* is simple and, for all the detailed science and precision of this book, this method can be remarkably effective

- Follow our workout plans
- Try and eat healthy foods more often and processed foods less
- If you want to lose weight, try to think about how much you eat and do more NEAT.

The Quickstart is suitable for those who:

- Don't have the time or inclination to track
- Want a simple health routine to slip into their lives
- Are new to exercise and healthy eating

Many thousands of people have followed this advice and achieved everything they want and more.



SETTING YOUR GOALS

Write your goals down here:

<i>GOALS</i>

Note: You may wish to come back to this after you have taken your measurements.

WHY?

What are the motivators that will keep you on track?

Why you are taking part in *Transform for Life*? When the going gets tough, which it will, you need to understand what drove you to start in the first place:

- Your specific physical **goals**
- The **positive impacts** on your life from achieving your targets and expectations
- The **negative impacts** on your life if they don't happen

After you have completed the tasks on this page, when the going gets tough this is a good page to return to and remind you of why you started in the first place.

Goals

What are your physical, aesthetic and performance goals?

1. Make sure your goals are measurable and specific.
Example: if you don't have body fat calipers, you can't measure fat loss, so bodyweight and measurements are better.
2. Make sure your goals are realistic and achievable.
Example: you can target up to 2 lb (0.9 kg) of weight loss a week and up to 0.5 lb (0.2 kg) of muscle gain a week (not simultaneously). If you have 100 lb (45 kg) you want to lose, this can not be healthily achieved in less than 12 months.

The Five Whys technique

If you struggle to reveal what your motivators are, the **Five Whys** technique is a very useful method of discovery. Ask yourself 'why?' until you reach the true conclusion.

Here's an example:

What is your goal?

1. I want to lose weight
- Why do you want to lose weight?
2. So I have more energy
- Why do you want to have more energy?
3. So I can run around the park with my children
- Why do you want to run around the park with your children?
4. My relationship with them is the most important thing in the world to me, and I want them to see me as healthy
- Why do you want them to see you as healthy?
5. So they are influenced to live healthy lives of their own.

Example case study:

Goals

Lose 40 lb in 12 months

Get back into my pre-baby clothes

Run a 5 km with my husband

Do a 90 second plank

Question 1: What negative impact does not being at your goal have on your life?

Why I want to achieve my goals

I hate going on holiday and worrying about the way I look rather than spending time with my family.

My mum had a heart attack at 55 and i'm terrified of the same thing happening to me.

I can't spend any more of my life thinking about and worrying about my weight.

Question 2: What are the top reasons why you want to meet your goals and enjoy the health benefits that accompany them?

Why I want to achieve my goals

I want my children to see me as a positive example of health and make healthy decisions themselves.

I want to be able to choose clothes i want to wear and feel good in my body.

I want to be active, healthy and live a long life.

Discovering why

The following two questions are designed to help you uncover your true motivators for success. If you have set a goal, it is because you would prefer to be there, than where you are at the moment.

Question 1: What negative impact does not being at your goal have on your life?

Some people are driven by the carrot and some by the stick. The negative impact of not achieving goals can be more compelling than the positive impact of achieving them. Why is it important to not fail at achieving your goals?

Consider any negative impacts of not achieving your goals and write them in the box on the next page.

Why I want to achieve my goals

Question 2: What are the top reasons why you want to meet your goals and enjoy the health benefits that accompany them?

Remember to keep asking 'why?' until you are satisfied with your core motivation.

Consider any positive impacts of achieving your goals and write them in the box below.

Why I want to achieve my goals



The Blueprint is the most advanced and detailed blueprint you can create.

If you wish to create a less time consuming and overwhelming blueprint, you can use the **The Blueprint Light** options provided. You will find the *Blueprint Light* tasks in the light blue boxes throughout the text.

If you wish to get going as quickly as possible, please refer to **The Quickstart Guide** in *Additional Resources*.

GETTING STARTED

Choosing the right exercise plan that works for you and fits around your lifestyle is crucial for long-term success. Before you follow the guidelines below and take the fitness test and/or select a suitable workout plan, consider the following:

Long-term exercise commitment

Although it is acceptable and even encouraged to spend periods of time doing additional exercise (we call them 'accelerators' – *Turbos* and *Sculptors*) for now, focus on your long-term, sustainable exercise routine.

- The first intention is to build a baseline habit
- Your daily workout is a baseline habit, so create a habit you can sustain
- Additional exercise is an accelerator
- Once you have established your baseline then you can add 'results-focused accelerators'

TASK

Think hard. Decide how much exercise you can do daily in the **long-term** and how many times a week.

This module will help you choose the initial exercise plan for you to follow. Once you have chosen your plan you can schedule the workouts in your calendar.

Compliance reminder

- The first rule of exercise is compliance
- The second rule of exercise is compliance
- The third rule of exercise is compliance

Nothing is more important in your long-term health success than 'Getting it done'. You can track exercise compliance using *The Exercise Compliance Tracker* (Page 256) located in the *Additional Resources* section.

THE FITNESS TEST

Before you start following a *Team Body Project* workout program we recommend finding your starting point. We've designed a fitness test that assesses various aspects of fitness using a few standard exercises.

1. Upper body strength – press up (moderated or full)
2. Lower body strength – squat and ski sit
3. Core strength – plank (moderated or full) and sit up
4. Cardio fitness – burpee (moderated or full)

Guidance only: This fitness score should be seen as a guide only. Given the limited amount of exercises, in which some of you may be particularly strong or weak, it is not definitive.

Why a fitness test?

1. Most people are stronger in certain areas. This test will enable them to highlight areas for development.
2. The fitness test provides you with a benchmark to track your progress. As you move through our programs it's exciting to track how far you've come.
3. Taking the fitness test will allow us to suggest the most suitable Team Body Project workout program for **you**.

Opting out of the fitness test

You may decide that the fitness test contains exercises you don't like or can't do. Perhaps you don't feel ready for the fitness test or you are confident in your own ability.

If you are not ready to take the fitness test we suggest you start with either:

- The Development Plan
- The Trainee Plan

If you are not taking the fitness test but are confident in your own fitness levels you can read the guidelines for each of the following workout programs to decide on which program to follow.

Take the fitness test now before returning to this module:

www.teambodyproject.com/fitness-test

What happens after the fitness test?

Once the fitness test is complete we will recommend a workout plan based on your score. Guidelines on suitable fitness test scores are in this module for all exercise plans.

TASK 1: THE FITNESS TEST

Note your fitness test score on *Your Health Blueprint* (page 199) or *Your Health Blueprint Light* (page 200).

CHOOSING A WORKOUT PROGRAM

Workout with Team Body Project

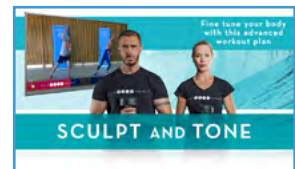
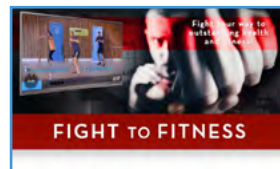
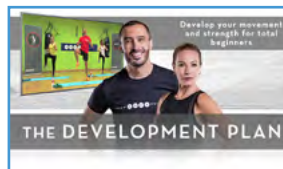
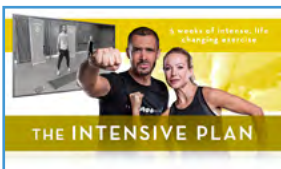
Working out with Team Body Project makes exercise simple. You can workout from the comfort of your own home while achieving everything you need to with your body.

Once you have chosen a workout program with Team Body Project, the guesswork is taken away. All you have to do is follow the plan and mark the workouts as complete – we'll guide you every step of the way.

You'll be covered for resistance training, cardio, pilates and mobilisation and your progress will be continuous.

Follow the link below to choose a suitable exercise program for your current fitness levels and goals. You can create a free account with team body project by visiting:

www.teambodyproject.com



Other methods of exercise

If you choose not to work out with Team Body Project you can still set yourself an exercise program in a number of ways.

1. You can join a gym. The instructors at the gym will set you a suitable exercise routine and you can take part in the group classes.
2. You can start running or cycling. Many people find this to be an effective method of exercising.
3. You can take up an athletic sport like squash, football or badminton.
4. You can start swimming, rowing or taking part in other water sports.

Many methods of exercise are available and choosing the one that is right for you is important. All safe exercise is good exercise. The 'best' exercise for **you** is the method that works for **you**. Team Body Project workout plans are comprehensive, progressive and effective. They are also designed for convenience and ease of use - but if you don't enjoy them, please do find something else. We won't be offended. I promise!

TASK 2: CHOOSE A WORKOUT PLAN

Add your chosen workout plan to Your *Health Blueprint* (page 199) or Your *Health Blueprint Light* (page 200).

Lily's Laws

- Exercise to stimulate muscle growth and fat loss

Well done. You have taken care of a law of change.



SETTING NEAT

Non-Exercise Activity Thermogenesis (NEAT) is activity beyond your focused exercise and natural metabolism. It's a combination of your normal daily activity, your posture and your general movement – anything that uses energy beyond deliberate exercise and your baseline metabolic rate (BMR).

NEAT matters a lot. How many steps you walk, what you do when the adverts come on the television, whether you take the stairs or the lift, how you fill your break times at work, what activities you do with the kids, how much you fidget, what you do when your train is running late... these are all examples of NEAT.

Ignoring NEAT has a far greater impact on your metabolism than anything else.

- Buy a tracker
- Make good choices
- Be active

Moderate versus Low NEAT over 12 weeks

	Person 1: Moderate NEAT	Person 2: Low NEAT
NEAT	+500 kcal per day	+250 kcal per day
Calorie intake	1,500 kcal	1,500 kcal
Exercise	30 minutes = 250 kcal	30 minutes = 250 kcal
Weekly difference	1,750 kcal more burned than Person 2	1,750 kcal less burned than Person 1
12 week weight difference	Lost 6 lb more than person 2*	Lost 6 lb less than person 1*

*assuming 3,500 kcal = 1 lb in bodyweight

Deciding on NEAT

The main way we control NEAT is by tracking our steps. The majority of phones have free apps to use or you can buy an activity tracker.

NEAT table

Low NEAT: Less than < 5,000 steps per day
 Moderate NEAT: 5,000 – 10,000 steps per day
 Higher NEAT: More than > 10,000 steps per day

TASK 3: THE IMPORTANCE OF NEAT

Add your chosen NEAT steps per day to *Your Health Blueprint* (page 199) or *Your Health Blueprint Light* (page 200).

Lily's Laws

- NEAT is an important aspect of your metabolic rate

Well done. You have taken care of another law of change.



Additional exercise support

To learn more about exercise, including modifications, resistance training, rest periods and how to use *Turbos and Sculptors*, you can read *The Exercise Handbook* in *Additional Resources*.



GETTING STARTED WITH NUTRITION

With the help of Lily's Laws, we are going to ensure every aspect of your nutrition is considered to ensure the best possible long-term results for you.

Lily's Laws

Lily wanted to pop by to remind us that nutrition is a vital component to change.

- Calorie balance
- Anabolic and catabolic flux
- Sufficient carbohydrates
- Sufficient protein
- Sufficient fat
- Drink enough water
- Eat plenty of vegetables
- Limit processed food intake



STARTING CALORIES

IMPORTANT

1. Setting your starting calories is something that should not cause you stress.
2. Meeting your calorie targets is something that should not cause you stress.

If setting calories, meeting calorie targets and tracking calories does make you feel stressed in any way, please consider following the *QuickStart guide*, using our *intuitive eating guidelines* or trying *The Blueprint light* suggestions for a few weeks.

Starting calories

Your starting calories are not nearly as important as the changes and adaptations you make over the coming weeks, based on the data you gather.

Many people spend hours worrying about the amount of calories they should start with and whether the quantity is too high or too low.

Every calorie calculator will provide you with a different guideline and none is necessarily correct or incorrect. It is impossible for any calculator or equation to know what the correct starting point for maximum fat loss and muscle retention for **you** is.

The calorie starting point you choose is unlikely to be exactly correct. Only through the process of tracking will you know how many calories cause you to lose fat/build muscle/stay the same.

Based on your results over the coming weeks and months, you will adjust your calories and every aspect of your *Blueprint* until you find your own personal goldilocks zone.

Using the Transform for Life Calculations for calories

If you used the MyFitnessPal* algorithm it would almost certainly give you a much lower starting point than the guidelines we provide here in *The Blueprint*.

Many people are surprised at how high our calorie recommendations are. At Team Body Project we are conservative with calorie reductions for the following reasons:

1. Our goal is for you to eat higher calories whilst losing FAT.

Not to lose WEIGHT as fast as possible and potentially dropping muscle.

If you have a small calorie deficit created through food consumption and a further calorie deficit through exercise, this maximises fat loss and encourages muscle retention.

2. If you go straight to (example) 1200 kcal per day, further reductions are impossible when you hit a plateau.

If you are eating 1700 kcal and losing 1 lb a week, you may not be losing weight as fast as on a lower calorie diet but:

- If you stop losing weight you can still reduce calories.
- You are certainly losing a very high percentage of fat (and you may be building muscle).
- You will have more energy and train better.
- You will feel less deprived.
- You are more likely to keep on track.

If you are eating 1200 kcal and losing 2lb a week:

- If you stop losing weight you can't reduce calories any further.
- You could well be losing some muscle (and will certainly not be building new muscle).
- You will have less energy and struggle to train.
- You may feel constantly hungry, irritable.
- You are less likely to keep on track.

* What is MyFitnessPal

So, rather than worry about your starting calories being too high, too low or anything in between, be confident that whatever your starting calories are, they will provide you with valuable feedback that you can adapt based on your goals.

A. If you gain a pound and train well?

Congratulations, you've just gained a pound of muscle that will help you in your journey. You know what it takes for you to build muscle.

B. If you stay the same weight?

Congratulations, you know what your calorie balance is.

C. If you lose a pound and you want to?

Congratulations, you've nailed it.

D. If you lose 3 pounds?

Congratulations, you can now eat more food and still lose weight.

Using the Blueprint guidelines alongside activity trackers and MyFitnessPal

If you are going to follow our guidelines while using activity trackers and the MyFitnessPal application, it is important you turn off the automatic settings in MyFitnessPal and set to manual.

This way MyFitnessPal will not adjust your calories based on your activity levels. You can still enter your workouts and data into the MyFitnessPal application, but they will not affect the recommended calories and macronutrients you have set yourself.

On flux days you don't need to change the settings, you simply need to increase your intake according to your flux calculations (more details in section on setting flux)

MyFitnessPal is a sophisticated online calorie tracker we suggest using if you wish to track calories. We have free guidelines on how to use MyFitnessPal if you follow this link:

www.teambodyproject.com/additional-resources

Using MyFitnessPal recommendations

If you use set up MyFitnessPal in conjunction with a fitness tracker, like fitbit, it will adjust your required calories based on your activity levels. Therefore, if you are using an activity tracker synced with MyFitnessPal, you should not enter any exercise that the activity tracker is able to monitor.

Don't enter things like walking or running, Team Body Project workouts, or anything else that requires lots of body movement.

If you enter these exercises, you could double the calorie burn, which will result in you thinking you can consume more calories.

If you decide to use the MyFitnessPal algorithms and automatic activity information, MyFitnessPal will make adjustments to your calories based on your activity levels.

Pros of using MyFitnessPal automatic recommendations

- Much less work for you when the process is automated.
- You always adjust calories based on what you are doing and therefore don't risk eating too few calories.

Cons of using MyFitnessPal automatic recommendations

- You are not learning about how your body is working and tuning in to the signals - you are just responding to automated recommendations.
- Your calorie levels are always tracking at the same deficit against your baseline.
- You need to adjust the settings when you choose to introduce a flux day. (more details in section on setting flux)

Calorie tracking is not just for weight loss

If you 'just' want to lose a bit of weight and be a little healthier, follow *The Quickstart guide* confidently and happily.

Expectations drive everything. What are your expectations?

If you expect a specific outcome you must follow a specific plan. Whether that outcome is results based or sustainability based, the same rules apply.

If you want and expect to be exercising for the rest of your life, *The Blueprint* will help you achieve this.

If you want and expect to look a certain way or achieve a certain weight, *The Blueprint* will help you do this.

***The Blueprint* is designed to maximise fat loss, muscle retention and metabolic rate.**

***The Blueprint* is designed to sculpt your body shape, improve your muscle tone and develop your performance.**

***The Blueprint* is designed to develop a plan that works for you, for life.**

You can lose a few pounds and get healthy with *The Quickstart guide*

You wouldn't waste money hiring a personal trainer if you just wanted to "lose a few pounds" because that's easily achievable with a little exercise and slightly fewer calories.

You'd hire a Personal Trainer if you wanted to maximise your physique, performance and long term outcome.

The same principle should apply to the time and effort you apply to *The Blueprint*.

The Blueprint is designed to:

- Find a long term health plan that works for you; especially if you have a history of yo-yo dieting
- Maximise fat loss when losing weight
- Minimise muscle loss when losing weight
- Maintain high performance and energy
- Maintain compliance and discipline
- Minimise fat gain when building muscle
- Develop a strong metabolism
- Fine tune results
- Avoid plateaus
- Transform for Life - commitment to health being one of the most important factors of your life

You can learn everything you need tracking with The Blueprint in 8 weeks. After this you can return to more intuitive or estimating behaviours.

You will not need to track calories, activity and macronutrients forever.

Starting calories

Note: If you track using MyFitnessPal you can use the algorithms they present when setting up an account. Guidelines on using MyFitnessPal are available for free on our website teambodyproject.com/additional-resources. If you don't want to track calories, read about alternative methods in our Tracking chapter.

Calculating your starting calories - Transform for Life method

IMPORTANT: If you weigh more than 200 lb (90 kg) use '200 lb' for your calculations

Note: 2.2 lb = 1 kg

Multiply bodyweight in pounds by:

- 11.5 for starting weight loss calories
- 13 for starting maintenance
- 15 for starting weight gain

- Multiply the calories x 1.2 if you are male
- Add 150 calories if you are an ectomorph*
- Add 75 calories if you are an ecto-mesomorph*
- Leave calories unchanged if you are a mesomorph*
- Deduct 75 calories if you are an endo-mesomorph*
- Deduct 150 calories if you are an endomorph*
- Deduct 100 kcal per day if you are over 30
- Deduct 150 kcal per day if you are over 40
- Deduct 200 kcal per day if you are over 50

* See pages 231-233 to decide on your body type

Examples

1. Female 160 lb (endomorph) age 45 Goal: Weight loss

$160 \text{ lb} \times 11.5 = 1,840 \text{ kcal}$

Endomorph = deduct 150 kcal

Age 45 = deduct 150 kcal

Starting weight loss calories = 1,540 rounded up to 1,550 kcal

2. Male 190 lb (ectomorph). Age 57 Goal: Weight loss

$190 \text{ lb} \times 11.5 = 1,840 \text{ kcal}$

Male $\times 1.2 = 2,208$

Ectomorph = add 150 kcal

Age 57 = deduct 200 kcal

Starting weight loss calories = 2,158 rounded down to 2,150 kcal

1. Do not get caught up in how accurate your calories are or hitting them exactly every day.
2. We don't calculate activity into the equation at this stage as it would just be guess work. Be confident in this number as a starting point, knowing it will soon be changed if it is not accurate.

Calorie deficit rules:

- NEVER drop below 1,200 kcal per day.
- Only drop below 1,500 kcal per day if you have the data OR you weigh less than 132 lb (60 kg).
- Never drop calories by more than 500 kcal per day from baseline, regardless of weight.

TASK 4: STARTING CALORIES

Add your starting calories to Your *Health Blueprint* (page 199) or Your *Health Blueprint Light* (page 200).

If you choose not to have a calorie target, write N/A next to *Daily calories*.

LIGHT

Awareness of intake

You do not need to have a calorie target in the first week of your *Blueprint*; or any week.

A large amount of the benefit of tracking intake is based on increased awareness rather than precision of consumption. Therefore, not setting a calorie target and just tracking what you are eating is an excellent starting point and often enough to see considerable results for a long time.

Awareness of how many calories are in certain foods, how many calories are in portions and foods that make you full versus foods that make you hungry is a priceless experience that will support you in the long-term.

A note on tracking calories

When you start tracking calories you will find some foods have more calories in them than you expected and some have less. This can make meeting your calories targets very challenging in the first couple of weeks.

If any of the guidelines suggest (example) 2000 kcal and you are struggling to meet this target, do not try and hit 2000 kcal as a target.

If you are full and you can't eat any more, simply stop eating. Struggling to meet higher calorie targets is particularly likely to be the case if you have introduced higher levels of protein to your diet.

On the other hand, if the guidelines suggest 1500 kcal and you feel too exhausted to work, live and train, do not try and hit 1500 kcal as a target.

If you are not functioning well on lower calories, eat a little more and relax.

The main goal of the first couple of weeks is to gather data, get used to tracking and understand cause and effect, NOT to make you feel uncomfortable.

Note: *Struggling to meet higher calorie targets is particularly likely to be the case if you have introduced higher levels of protein to your diet.*

Lily's Laws

- Calorie balance

Well done. You have taken care of a law of change.



HEALTHY EATING RATIOS

If you want to achieve long-term results, you should focus on sustainable and enjoyable eating from the start. There are a few key aspects of your nutrition we are going to focus on to create your healthy eating *Blueprint*.

1. Taking into account your likes and dislikes.
2. Deciding on your healthy/unhealthy ratios.
3. Compliance as the key metric.

Likes and dislikes

1. **Make a list of 'unhealthy' foods/alcohol you could drop long-term**
Things like soda and fizzy drinks, processed junk foods and microwave meals are common choices.
2. **Make a list of 'unhealthy' foods/alcohol you can't live without**
Some people love a glass of wine, others an ice cream in the park. There is no point in us removing these from your diet if you are going to reintroduce them. We can reduce their intake but removing them entirely creates risk of rebound.
3. **Make a list of 'healthy' foods you enjoy**
What are healthy foods you really enjoy? Check our shopping lists in *Additional Resources: Healthy Nutrition Handbook* to pick out items that really appeal to you.
4. **Make a list of 'healthy' foods you do not enjoy**
Just because broccoli is a so-called 'superfood', if you don't like it don't eat it. There are other vegetables that have a very similar nutrient content.

Note: We want you to enjoy a long-term sustainable nutrition plan. Sugary, junk type foods and alcohol are NOT an important part of a nutrition plan **physiologically** but for some people they are very important **psychologically**. By removing them completely, you run the risk of 'rebound' eating after your 'diet' is over.

Understanding healthy eating ratios

First, we must define what we mean by 'healthy' and 'unhealthy' alongside what healthy means for you.

Healthy:

- Micronutrient (vitamins and minerals) dense
- High fibre
- Satiating (makes you feel full)
- Unprocessed

Healthy for you:

- Within your calorie limits (set in the previous chapter)
- In line with your macronutrient ratios (set later on in *The Blueprint*)

Unhealthy:

- High sugar content
- Processed
- Low micronutrient density
- Not satiating

Unhealthy for you:

- Outside your calorie limits
- Outside your macronutrient ratios

What is generally healthy is going to have a greater impact on all other aspects of your health.

What is healthy *for you* is going to have the greater impact on your body composition and weight.

Deciding on healthy eating ratios

If you want to make progress with your health, you want your ratio to be more healthy than if you are maintaining. A healthy eating ratio is the amount of meals and snacks that are healthy versus the amount of meals and snacks that are unhealthy.

Your choice should be based on consideration of goals, personal preferences and personal compliance capability.

Healthy eating 100% of the time

One of the biggest reasons we have a yo-yo dieting epidemic. The follower of this diet will last one week, three weeks or even 20 weeks. Once they 'break' and eat the forbidden fruit, the floodgates open. We suggest avoiding this at all costs.

Choose this: If you want 'rebound weight' gain.

Healthy/unhealthy eating ratio 95% to 5%

If you are keen on fast results and do better when focused we suggest this ratio. You will be able to fast progress but must still give some consideration to the long-term reality of eating. Try not to neglect the 5%. You should relax on your healthy eating guidelines every 20 meals and every 20 snacks.

Choose this: If you want faster results and have high discipline.

Healthy/unhealthy eating ratio 90% to 10%

This would be ideal for those looking for faster progress. You can relax on your eating guidelines every 10 meals and every 10 snacks.

Choose this: If you want a good level of results.

Healthy/unhealthy eating ratio 80% to 20%

We would still expect some good progress with this ratio. You can relax on your eating guidelines once every five meals and every five snacks.

Choose this: If you are patient for results and find a more balanced approach easier.

Healthy/unhealthy eating ratio 70% to 30%

We would expect maintenance from this ratio. The majority of your meals are healthy, but one meal or snack every day falls outside of guidelines.

Choose this: If you are happy where you are and want to maintain.

Healthy/unhealthy eating ratio less than 70%

If you want to be healthy, the majority of your decisions should be good ones. That is the case for all of us. Once you drop below 70% each further % of drop moves you further from that majority.

Choose this: If you are not committed to a lifetime of health.

TASK 5: HEALTHY EATING RATIOS

Decide on a healthy eating ratio and add to Your *Health Blueprint* (page 199).

LIGHT

Take note of how many foods you eat that are 'healthy' and how many 'unhealthy' when you review the foods you have eaten in the week.
Less than 70% may be harming your goals.

Lily's Laws

- Eat plenty of vegetables
- Limit processed food intake

Well done. You have taken care of TWO laws of change.



'Holiday' ratios

Balance is a pendulum that swings both ways.

If you spend the Christmas holiday eating healthy just 10% of the time, you'll need to spend at least as much time swinging the pendulum the other way. Take charge and make the choice. If you decide you want to spend the two weeks away on holiday eating and drinking merrily, also take the choice that the day you come back you will resume your health and fitness routine.

The secret is not being 'perfect'.

It comes down to having good compliance. You decide how often and for how long you let your hair down.

Implementing healthy eating ratios

Track healthy eating compliance ratios using The Food Compliance Tracker (page 255) located in *Additional Resources*.

FLUX

Many people hit long-term plateaus, rebound weight gain, fail to retain and build muscle, damage metabolism and hit problems with permanent residence in a caloric deficit. You can avoid any of these issues by managing a calorie flux. While a calorie flux may slow down your short-term results a little, you will experience:

- Higher percentage of fat loss
- Fewer plateaus
- Stronger metabolism
- Muscle retention and muscle gain
- Reduced chance of rebound eating

If serious muscle growth and body sculpting is your goal higher calorie weeks are a better option. If muscle retention and maximum fat loss is your goal higher calorie days are a better option.

These are not absolute rules - try different options to see what works best for you.

The following table illustrates how you set out your ratios and flux.

Fat loss flux table

If you have more than 50 lb (23 kg) of weight/fat to lose

Weekly: You can spend 10 weeks in a calorie deficit versus 1 week in a calorie balance.

And/Or

Daily: You can spend 13 days in a calorie deficit for every day in a calorie balance.

If you have between 25 lb (11 kg) and 50 lb of weight/fat to lose

Weekly: You can spend 8 weeks in a calorie deficit versus 1 week in a calorie balance.

And/Or

Daily: You can spend 6 days in a calorie deficit for every day in a calorie balance.

If you have between 10 lb (4.5 kg) and 25 lb of weight/fat to lose

Weekly: You can spend 6 weeks in a calorie deficit versus 1 week in a calorie balance.

And/Or

Daily: You can spend 5 days in a calorie deficit for every 2 days in a calorie balance.

Less than 10lbs to lose

Weekly: You can spend 4 weeks in a calorie deficit versus 1 week in a calorie balance.

And/Or

Daily: You can spend 5 days in a calorie deficit for every 2 days in a calorie balance.

Note 1: You can do both daily and weekly flux but it is not necessary

Note 2: On daily flux, it does not matter if flux days are consecutive

Note 3: You do not need to worry about daily flux on flux weeks.

Increase muscle + reduce fat + retain weight

Weekly: A ratio of one week in surplus versus one week in deficit with a recommended minimum of four weeks in each state.

Note: If you find you are struggling to build muscle, you may need to spend more time in a surplus than in a deficit. This will be a common experience for females, where even a quarter of a pound of additional muscle per week can be a decent return.

AND

Daily: We recommend 1-2 days of flux in both surplus and deficits.

- A. Higher calorie days when you have heavy training sessions in overall deficit weeks.
- B. Lower calories on rest days in overall surplus weeks.

Increase muscle mass

Weekly: Up to 8 weeks in surplus versus 1 week in calorie deficit

AND

Daily: We recommend 1 day of lower calorie flux in surplus weeks.

- A. Lower calories on 1 rest day in overall surplus weeks
- B. No flux on deficit weeks.

Muscle gain targets should be conservative. Even $\frac{1}{4}$ lb of muscle in a week is a success. For females $\frac{1}{4}$ of muscle should be seen as excellent.

Flux is a simple process with three purposes.

1. Protecting your metabolism
2. Providing your body with an opportunity to build muscle
3. Stopping you entering a plateau

How to manage flux

Higher calorie days

1. Increase your calories to bring total calories to 'balance' on 'higher' calorie days. Increase carbs, not protein or fat.
2. Have your higher calorie days on your most intense workout days of the week. NEVER increase calories on rest days.

Note: If muscle growth is your overall goal, higher calorie weeks are usually more effective.

Higher calorie weeks

1. On your higher calorie weeks, increase your calories to 'balance' or above. Increase carbs, not protein or fat.
2. Increase your training intensity and duration on weeks you increase your calorie intake. Resistance should form a higher percentage of your workouts on higher calorie weeks.

Flux calculations

As with all calculations in Transform for Life, there is no absolute rule.

These calculations may be accurate or they may need considerable tweaking to work for you.

Flux calculations based on weight loss calories.

Weight loss kcal	1500 kcal
Balance kcal x 1.3	1950 kcal
Muscle gain kcal x 1.5 kcal	2250 kcal

Calculations with adding/subtracting calories*

Weight loss kcal	1500 kcal
Balance + 500 kcal	2000 kcal
Muscle gain + 750 kcal	2250 kcal

*Simple calorie changes may not as accurate as calculations since adding and subtracting is the same regardless of baseline kcal. However, since none of the calculation can be 100% accurate and will develop based on feedback, I do not find this to be particularly relevant.

Why is the calorie surplus for building muscle usually not as high as for a deficit?

It is harder to build muscle than it is to burn fat. Whilst it is feasible that you can lose 1 lb + of fat week in week out, it is not feasible to build muscle at the same speed.

Note: It is possible, especially in the early stages, to build 1 lb of muscle in a week, so don't worry too much if the scales go up by 1 lb. It may all be muscle.

- If you have **more than 10 lbs** of fat to lose, the surplus for building muscle should be smaller than the deficit for losing fat.
- If you have **less than 10 lbs** of fat lose, the deficit to surplus ratio will be closer to 1/1, although this will be based on:
 - A. How quickly you are able to build muscle
 - B. How quickly you are able to lose fat

Examples

Woman A struggles to build more than $\frac{1}{4}$ pound of muscle per week regardless of calorie quantity.
Woman A is able to still lose $\frac{1}{2}$ pound of fat per week in a deficit.
Suitable ratio may be **1 to 2** fat burning/deficit to muscle building/surplus.

AND

Calorie deficits should be slightly higher than calorie surpluses

Man A can comfortably build $\frac{1}{2}$ to 1 pound of muscle per week in a surplus.
Man A struggles to lose more than $\frac{1}{2}$ pound of fat per week in a deficit.
Suitable ratio may be **3 to 2** fat burning/deficit to muscle building/surplus.

AND

Calorie deficits should be slightly lower than calorie surpluses

Woman B can build around $\frac{1}{2}$ pound of muscle per week in a surplus.
Woman B can lose $\frac{1}{2}$ pound of fat per week in a deficit.
Suitable ratio may be **1 to 1** fat burning/deficit to muscle building/surplus

AND

Calorie deficits should be similar to calorie surpluses

Important

Building muscle is a slow process that can't be rushed. Creating small calorie surpluses alongside resistance training is the best way to gain muscle without gaining fat.

Losing the last 10 lbs of fat is a slow process that can't be rushed. (the last 5 lbs can be a very tedious and long process.)

Creating small calorie deficits alongside resistance and cardio training is the best way to lose fat without losing muscle when you already have low body fat.

Flux examples

- Weight loss daily calories = 1,700
- Flux day 'balance' calculation = $1,700 \times 1.3$
- Flux day 'balance' calories = 2,210
- Flux daily muscle gain calculation = $1,700 \times 1.45$
- Flux day muscle gain calories = 2,465

TASK 6: FLUX

Decide on daily and weekly calorie flux and add to Your *Health Blueprint* (page 199).

LIGHT

If you are choosing the *Light* options you will not need to set your ratios and flux, just try and eat more calories on days when you are training and less calories on days when you are not.

Lily's Laws

- Anabolic and catabolic flux

Well done. You have taken care of a law of change.



MACRONUTRIENT RATIOS

Macronutrient ratios are not a one-size-fits-all solution. There is no way of truly knowing what ratio suits you the best without some trial and error.

Important: *Tracking macronutrients can be overwhelming when you start. Unless you have prior experience with tracking or have been struggling to lose weight for some time, it may be sensible to leave tracking macronutrients until you are comfortable with calories OR you have hit a plateau.*

A macronutrient starting point can be determined based on:

- Body type (outlined on the following pages)
- Goals (performance = higher carbs, fat loss = lower carbs)
- Personal preference

Before setting your starting macronutrient remember the fixed minimums.

- Protein – 30%*
- Carbs – 25%
- Fats – 25%

That gives you just 20% to adjust to taste and goals.

*Vegans and vegetarians usually struggle to meet 30% without supplementation. In this instance, put additional focus on protein availability by eating protein with all meals and snacks.

Body type*

Read the descriptions on the following pages and decide which one best fits your own body type. Be objective. If you aren't sure ask somebody who knows you. This is NOT about how much you currently weigh. An ectomorph can carry lots of excess fat; that does not mean the ectomorph has become an endomorph.

Note: *You can sit between body types. Endo-meso would be a combination of both endomorphic and mesomorphic traits. Ecto-meso would be a combination of both ectomorphic and mesomorphic traits.*

**There is some fair contention around the relevance of body types. In my practical experience I have found them useful in guiding starting positions for calories and macronutrients. However, they are by no means absolute and they are certainly not indicative of your ultimate outcome. They are used here for guideline purposes only.*

Endomorphs

Endomorphs have a larger bone structure and shorter limbs.

Additional calories consumed do not result in an additional 'need' to burn off calories, making weight gain common.

They are naturally less active and tend to have slower metabolisms. An endomorph would rarely define themselves as 'sporty', and activity and exercise is something they usually have to 'learn' to love.

- Usually shorter than average
- Wider hips and shoulders
- Store fat everywhere

As a rule of thumb, endomorphs do better with lower carbohydrate diets as they have a propensity to insulin response and carb adaptation, making fat loss harder.

Macronutrient starting point: 25% carbs, 40% protein, 35% fat

Mesomorphs

Mesomorphs have a medium bone structure and an athletic overall shape with a natural propensity to build muscle.

They naturally excel at, and enjoy, sports and are normally 'all rounders'.

While mesomorphs have a more natural propensity to build muscle and be lean, they can also gain excess weight if they are inactive and over time become more typical of endomorphs.

- Can be any height
- Wider shoulders with narrow hips
- Store fat on torso and upper limbs (female on glutes and upper thighs too)

As a rule of thumb, as they usually have an effective 'built in' structure for utilizing macronutrients effectively they can function well on most ratios provided calories are correct, so a balanced ratio works best.

Mesomorph Macronutrient starting point: 40% carbs, 30% protein, 30% fat

Endo-mesomorph starting point: 30% carbs, 35% protein, 35% fat

Ectomorphs

Ectomorphs have a smaller bone structure and longer limbs. They are typically high energy, fidgeters and any excess calories will be burned off through additional use. The increased 'speed' of an ectomorph's metabolism is less to do with BMR and more to do with NEAT (refer to *The Science* section to learn more about NEAT).

For this reason, they don't do as well with low carb diets, since they tend to use any additional nutrients they consume with extra activity without planning it.

- Usually taller
- Narrower hips and shoulders
- Usually store fat around middle

Macronutrient starting point: 50% carbs, 30% protein, 20% fat

Ecto-mesomorph starting point: 45% carbs, 30% protein, 25% fat

Don't worry about getting your ratio perfect at the start. You will adapt as you go.

TASK 7: MACRONUTRIENT RATIOS

Add your chosen macronutrient ratios to Your *Health Blueprint* (page 199).

LIGHT

Try and eat sufficient carbohydrates, fats and proteins. If any macronutrient is too low, eat a little more of it.

A note on tracking Macronutrients

When you first track macronutrients you will find it almost impossible to meet the targets you have set yourself.

This is not a problem, it is wonderful. Learning about the macronutrient quantities in foods is part of the education. It is one of the most important elements of tracking. Hitting your targeted macronutrients consistently will take you weeks to get right and understand. Don't worry if you struggle to eat enough protein or if your carbohydrates are too high. Trial and error will get you there eventually.

You may find trying to eat 40% protein doesn't work for you and instead choose to focus on small amounts of quality protein in every meal. Alternatively, you may find a protein shake is needed to make it work.

Enjoy learning about the macronutrient qualities of foods and how you can change them to suit your lifestyle, preferences and goals.

If you have to change your macronutrients because you find it too hard to meet them or it just doesn't fit your lifestyle, relax. It isn't the end of the world and it certainly isn't the end of your *Blueprint*.

Most people make compromises to their initial plans and every moment you spend learning about food, it's macronutrient breakdown and the impact it has on your body is a positive one.

Calorie control, regular exercise and good healthy food ratios are more important for your results than a 10% +/- in carbohydrates/protein.

Lily's Laws

- Sufficient carbohydrates
- Sufficient protein
- Sufficient fat

Well done. You have taken care of THREE laws of change.



Congratulations

Lily's Laws

Well done. You've dealt with all of Lily's Laws of Change.

Exercise

- Exercise to stimulate muscle growth and fat loss
- NEAT

Nutrition

- Calorie balance
- Anabolic and catabolic flux
- Sufficient carbohydrates
- Sufficient protein
- Sufficient fat
- Drink enough water
- Eat plenty of vegetables
- Limit processed food intake



Additional nutrition support

To learn more about nutrition, including clearing cupboards and healthy shopping lists, read *The Nutrition guide*, available in *Additional Resources*.

INTRODUCTION TO TRACKING

Tracking is the process of monitoring foods and drinks consumed against movement. It is our proven and recommended method for creating a *Health Blueprint* for life.

I want to make this next point crystal clear.

The best long-term healthy eating system is intuitive eating and NOT tracking.

Intuitive eating, covered below and in *Maintenance Fundamentals* (later in this section) is the ideal end goal for the majority of people. The problem with intuitive eating is that most of us have been attempting to do it our whole lives, and we're not that good at it! We can learn to be good at it – and tracking supports this process.

Tracking is a learning process that helps you discover the foods you respond well to, how many calories and macronutrients are in them, and raises awareness around hunger, appetite, emotional eating and, crucially for results, cause and effect.

Problems with tracking

Before we look at implementing any method, it's important to understand the problems associated with it.

Tracking is the most effective method I have found for building awareness around food intake and achieving sustainable and predictable results, but it is not without its issues.

If any of the below are deal breakers for you, you can choose one of our other methods to support you in pursuit of your goals.

1. It increases the amount of time we think about food and eating

During the process of tracking you will spend more time thinking about food and experiencing food than you ever have before. If you have a difficult relationship with food, this heightened awareness of food intake and hunger could be a challenge.

For some people, a focus on becoming more aware of thoughts around food decisions is a better option than tracking what is eaten.

Tracking exerts external control on our choices, whereas increasing awareness develops internal control over what we do. Intuitive eating would develop stronger internal control.

For the majority of people both awareness and control are important. I find the conscious relationship that food tracking develops is an important step in changing the way we think about what we eat.

2. It is very time consuming

For the first week or two it can be a pain as you build up recipe lists and learn what's in certain products. However, most of the benefits you get from tracking will be achieved within 8 short weeks.

After 8 weeks you can move on from tracking with a clear understanding of foods and the impact they have on your body along with a deeper clarity around emotional eating and hunger signals. Once these 8 weeks are done you may find tracking takes much less time and wish to continue or you may choose to stop.

The work you put into tracking will pay you back 100 times over. If lifetime health is your aim, the additional effort of tracking to create *Your Health Blueprint* is worth every moment.

3. It is not entirely accurate

Tracking calories does not provide you with a cast iron guarantee you will get it right – calorie and macronutrient guidelines on foods can be wrong and people are notoriously bad at tracking accurately.

Although on face value it may seem that tracking is a promise of absolute accuracy, it is not. It is centered on adjusting relative values and building a coachable footprint, not on the promise of precise data.

If you estimate a meal to be 500 kcal and it is actually 600 kcal, this does not matter as much as building a consistent value which can be adapted if necessary. Tracking builds a *Blueprint* that helps you understand perceived quantities and their relationship to your body composition and the scale. Whether you are actually eating 1,800 kcal or 2,000 kcal is less important than understanding what this perceived and relative value does to your body and being able to adapt it.

False reporting or underreporting, where calorie-rich foods like butter and oils are ignored or quantities are vastly underestimated, can be a problem and is covered in *The Plan* chapter.

4. It supports the consumption of 'unhealthy' foods

Some of the opponents of tracking take issue with the fact that it supports the consumption of 'unhealthy' foods.

Again, this is true. Tracking intake does provide more leeway for consumption of less 'healthy' options. Unlike opponents, I see this as a positive thing.

I believe in the power of choice for the individual. Giving people freedom to eat the foods they want in a sensible way, within a framework, is a valuable option.

If you wish to eat 100% healthy foods and this works for you, the need for tracking is lower – but most people want to eat cake and drink beer. Tracking allows us to develop long-term, sensible approaches to our diet.

Potential contraindications of tracking:

History of eating disorders – if you have a history of eating disorders, it is important you speak with a medical professional before you engage in any dietary control method, including tracking.

Anxiety personality types – some anxiety personality types have a tendency to become obsessed around food intake. This personality type is better suited to throwing away the scales and focusing on *tracking behaviour* or *intuitive eating*.

Why tracking?

It doesn't matter if you eat avocados, nuts, seeds, beef, fish or chocolate, if you eat too much of it you will not lose weight or fat.

Tracking has two purposes:

1. To set a baseline understanding of your metabolism
2. To understand which changes to implement

Most people don't sustain healthy weight loss for two reasons:

1. Lack of knowledge of what they are eating and the impact it has on their body.
2. Chronic exposure to unnecessarily extreme caloric deficits.

The two go hand in hand.

People don't know what they are eating so when they want to lose weight, they take it to extreme levels.

It's very hard to gauge how much 250-500 calories a day less is, so people end up starving themselves so they can be sure they aren't eating too much.

In the process of writing this book, I was forced to look deep into my own coaching career; the time I spent managing my own weight as a boxer, the time helping fighters make weight and the last few years online supporting thousands of people achieve weight goals.

I've connected the lines between:

- A. The early part of my career when I had sporadic results with personal clients.
- B. The 100% success rate I had to achieve when working with boxers (they didn't get paid if they didn't make weight).
- C. The 90+% success rate I had with personal clients in the latter part of my coaching career.
- D. The frustration I feel seeing people putting in the same effort, yet some achieving goals and others not.

Training weight-class athletes forced me to let go of preconceived ideas and attach to facts.

If you have to weigh 165 lb (75 kg) by August 14th or you don't get paid, you make 165 lb (75 kg) by August 14th. A boxer does not have the option to say:

"I don't understand. I can't lose weight."

When you're dealing in absolutes you realize that a metabolism is entirely predictable. No magic avocados, no mystery and more importantly, no *"Why can't I lose weight?"*

If you track food against activity, people lose weight in a predictable, if not linear way from baseline. If you consider macronutrients and other factors, you can control the factors that influence body composition.

It is ridiculous to assume we can ever exact absolute control over every aspect of our body – we are not machines – but with tracking we manage factors we can influence in a positive way.

Bringing this clinical approach to non-professional athletes needs to be accompanied by sustainability and built around lifestyles, but the fundamentals remain.

As a coach, I had a rule:

If you choose not to track what you are eating (including butter, oils, sauces, picking from kids' plates, tasting while cooking and all the other underreported areas), I can't **promise** results!

I can support you, help you, guide you, and get the most out of your workouts, but I can't coach your weight management.

Unlike with professional athletes, where control is the centerpiece, results come for different reasons:

- People can eat things they love in larger quantities than they had imagined
- People take leaps forwards with emotional eating
- People are surprised by how much they enjoy understanding their body
- People enjoy predictability of outcomes
- People learn that every decision (including the 'couple' of chips they have from their partners' plate) makes a difference – but that sometimes the difference is not big enough to matter!
- People become aware of cause and effect

For predictable and repeatable results, nothing comes close to tracking – and I have tried everything!

It allows for mistakes, balance and eating foods you love, but it needs you to keep track of it.

Other options

If you decide you don't want to track, we have provided guidelines on portion control, intuitive eating and behaviour tracking.

Intuitive eating is important for everybody in the long-term.

Within the context of everything else in the *Transform for Life* guidelines, these alternative methods should still be very effective.

TASK: DECIDE ON A TRACKING OPTION:

Option 1: Macronutrient tracking (pages 186-187)

Option 2: Portion control (pages 188-189)

Option 3: Intuitive eating (pages 189-191)

Option 4: Behaviour tracking (pages 191-192)

Option 1: Macronutrient tracking

The principles of macronutrient tracking are:

- Record all food and drink consumed

Advantages:

- The most accurate method
- Easiest to implement changes and manipulate results
- Leaves a footprint; creating a clear picture of dietary habits over time

Disadvantages:

- Time-consuming in the early stages
- Reporting can be inaccurate – see *Underreporting*

Macronutrient tracking is suitable for people who:

- Want to enjoy foods that are not on a 'healthy' list
- Want to achieve consistent and repeatable results
- Are dedicated to getting the data for long-term change
- Want the most accurate and effective transformation system

Macronutrient tracking is not suitable for people who:

- Have a history of certain eating disorders
- Do not have any time to record data, even in the short-term
- Are happy with weight, fat and muscle levels

Implementing Your Method – Macronutrient and Calorie Tracking

Whether you are following *The Blueprint* or *The Blueprint Light* we strongly recommend you use *MyFitnessPal* to track your calories and macronutrients.

Follow our *MyFitnessPal* guidelines by visiting the following link:

www.teambodyproject.com/additional-resources

TASK

Using our guidelines, set up an account on *myfitnesspal* before you continue creating Your *Health Blueprint*.

You may find the tracking experience a little overwhelming at first and that is both understandable and natural but remember:

1. The tracking process is not forever. Very, very few people track for longer than 8-12 weeks. It is a system of discovery around the cause and effect of food, not a lifetime habit.
2. This system has come from a professional sports environment, where accuracy of information was the difference between winning and losing – you don't need this level of precision.

If you find the thought of tracking your food intake, macronutrients and health a little overwhelming, follow this three-step system to ease yourself into the process without any pressure.

Three-step system

1. **Just track it**

Don't worry about how much you are eating, what you are eating or why you are eating it.

Just track it!

This will raise a new-found awareness around food that will start your process of change.

2. **Calorie balance**

Once you get used to tracking food and activity, you can attempt to create a calorie deficit, if weight loss is important to you. This will be much easier when you understand the calorie quantities of foods.

You do not have to be perfect. If you are over or under your calories by 10% or so, it doesn't matter.

3. **Track your macronutrients**

Once you get used to creating a calorie deficit you can start attempting to hit macronutrients.

ALTERNATIVE TRACKING METHODS

Macronutrient tracking is not for everybody. For some it is too time consuming, even in the short-term.

The below methods have proven levels of efficacy and can be used alongside the rest of the guidance within *Transform for Life*.

Option 2: Portion control

With portion control you assess the food on your plate using a variety of methods.

The method we recommend is based on using our hands to judge the amount of foods and make suitable adaptations.

The principles of portion control are:

- Use hands to measure the amount of food eaten

Advantages:

- A simple method of portion control
- Once you understand principles, it is easy to implement
- Time friendly

Disadvantages:

- Harder to make small changes
- Not as accurate as macronutrient tracking
- Doesn't leave a 'footprint' of behaviours to revert back to

Portion control is suitable for people who:

- Want a simple method of managing portions
- Are not as interested in 'fine tuning' results
- Don't have time to record everything

Portion control is not suitable for people who:

- Have very specific goals
- Are already happy with weight, fat and muscle levels
- Want to build up a footprint of changes

Implementing Your Method - Portion Control

The best thing about the portion control method is no measuring devices or calculators are required. All you need is your hands. After all, your hands are with you everywhere you go!

It is true that some people have large or small hands for their size, but it is an easy-to-implement starting point for portion control.

As with every other method, portion control only creates a starting point, after which hunger, weight loss and body changes will dictate how you adapt. For every meal you have, simply calculate your portions based on the 'hand measured' sizes suggested below.

Calculating Macronutrients

How to calculate protein required in each meal

Men: 2 palms of protein

Women: 1-1.5 palms of protein

Protein: Eggs, chicken, turkey, white fish, steak, cottage cheese

A palm-sized portion is roughly the same width and diameter as your palm.

How to calculate vegetables required in each meal

Men: 2 fists of vegetables

Women: 1-1.5 fist of vegetables

Vegetables: Spinach, carrots, kale, watercress, broccoli, etc.

A fist-sized portion is roughly the same width and diameter as your fist.

How to determine carbohydrates required in each meal

Men: 2 cupped hands of carbohydrates

Women: 1-1.5 cupped hands of carbohydrates

Carbs: Grains, potatoes, fruits, etc.

A cupped hand is roughly what you could fit inside your palm.

How to determine fats required in each meal

Men: 2 thumb sizes of fat

Women: 1-1.5 thumb sizes of fat

Fats: Nuts, oils, butters, seeds, etc.

If you use the rough estimates above to set a baseline, you can use our modification guidelines to adapt as you go.

Option 3: Intuitive eating

If you follow the fundamentals of *Transform for Life* alongside intuitive eating, you will almost certainly achieve results in the short-term.

In the medium-term, specific results cannot always be **guaranteed** with this approach, creating frustration. If we have developed a sound understanding of how our body is responding to foods it can be very effective but for many people this isn't the case and results are slow.

In the long-term, once goals are met, intuitive eating is the best method for the majority of people – although not all.

Note: *The principles of intuitive eating should be implemented by everybody, regardless of tracking method.*

The principles of intuitive eating are:

- Eat slowly
- Stop eating before you feel full
- Focus on fibre rich and voluminous foods
- Ensure high protein, high carbs, high fat and vegetables
- Tune in to hunger signals and separate actual hunger from emotional hunger
- Make peace with food – don't see food as good or bad

Advantages:

- No tracking required
- Easy to implement
- Perfect if general health is the goal, rather than weight loss
- Excellent for long-term maintenance

Disadvantages:

- Hard/impossible to coach and make precise alterations
- Requires a higher quantity of healthy whole foods to work well
- Difficult to implement for somebody coming directly from a lifetime of poor choices

Intuitive eating is suitable for people who:

- Can follow healthier diets without danger of rebound eating
- Cannot bear to track and just want to be healthy
- Have spent a period of time tracking and feel confident in macronutrient and calorie control; nobody should have to track forever unless they want to

Intuitive eating is not suitable for people who:

- Like to build a higher quantity of non-healthy foods into their diet
- Have specific physical appearance goals
- Like data and trackable progress
- Want to find a baseline of information to work from for the future

Implementing Your Method – Intuitive Eating

If you want to rely on Intuitive eating as your chosen method of portion control, it's important you are committed to having a slightly higher ratio of healthy eating.

Processed and refined foods have different impacts on hormones (such as ghrelin, leptin and insulin) than non-refined foods, making it much harder to make decisions mindfully.

To use intuitive eating you must first learn the difference between hunger and appetite:

- Hunger is the need to eat
- Appetite is the desire to eat
- Appetite can be ignored, hunger should not be ignored; if you are to be successful with mindful eating, you must learn to recognize the difference

How to implement:

- Pay close attention to signs of satiety. Satiety is the satisfied feeling of being full after eating
- Eat filling foods. Empty calories leave you hungry for more and disrupt our ability to tune in to food requirements
- Go for nutrient-dense foods that fill you up. High-fibre fruits, vegetables, proteins and whole grains beat hunger pangs and can help you resist temptations

Intuitive eating checklist:

- Put reminders in the cutlery draw and on the table to eat slowly and consciously
- Stop frequently during eating times to check you are still hungry
- Never eat snacks until at least 15 minutes **after** hunger strikes
- Always drink water as the first option when hunger strikes
- Differentiate between hunger and appetite; see *The Art of Change – Emotional eating*

With an understanding of the importance of calorie balance, healthy food ratios, calorie flux, macronutrients and the importance of exercise, intuitive eating could work very well for you.

Intuitive eating will make some of our specific coaching methods harder, but certainly not impossible to implement.

Use our shopping lists in the *Nutrition Handbook* in the *Additional Resources* section to stock your cupboard with the foods that can fit into any healthy meal plan.

You can find our *10 Principles of Intuitive Eating* checklist in the *Trackers* chapter of *Additional Resources*.

Option 4: Behaviour tracking

I love the idea of people throwing away the scales and focusing on doing healthy things or 'tracking behaviours' as the goal.

I wish this concept would find more mainstream appeal, but people want visible results and tracking behaviours does not take calorie balance into account.

The principles of tracking behaviours are:

- Your 'metric' becomes what you do, not what you achieve
- Throw away the scales and measuring tape for good
- Work hard at self acceptance

Advantages:

- No tracking required
- Easy to implement
- Perfect if general health is the goal, rather than weight loss
- Excellent for long-term maintenance

Disadvantages :

- Tangible results cannot be guaranteed
- Most people are more satisfied working towards a concrete goal

Tracking behaviours is suitable for people who:

- Cannot bear to track and just want to be healthy
- Have spent a period of time tracking and feel confident in macronutrient and calorie control; **nobody** should have to track forever
- Like ticking boxes

Tracking behaviours is not suitable for people who:

- Like to build a higher quantity of non-healthy foods into their diet
- Have specific physical appearance goals
- Like data and trackable progress
- Want to find a baseline of information to work from for the future

Implementing your method - Tracking behaviours

- Eat healthy meals as a goal
- Exercise every day as a goal
- Drink plenty of water as a goal
- Avoid junk foods as a goal
- Walk steps as a goal
- There are no scales or measuring tapes

If this is the way you want to do things, you can't step on the scales every few weeks and hope you've lost a few pounds as that will lead to disappointment and you are better off tracking from the start.

If you let go of tracking and weighing and replace it with a focus on tracking health behaviours, your accountability, goal and result are based on the amount of behaviours you have done rather than the measurements or scales.

Be proud of accomplishing healthy behaviours.

In the *Additional Resources* section there are a few features that will help you track behaviours:

- Food Compliance Tracker
- Exercise Compliance Tracker
- Behaviour Tracker

MEASUREMENTS

If you want to know that what you are doing is working, you'll need to take measurements to check against.

As a general rule of thumb you can take:

- Weight weekly
- Measurements bi-weekly
- A photograph monthly

Weight

We suggest against weighing every day as it can fluctuate with water retention and cause unnecessary concern. We recommend weighing weekly as it gives you the opportunity to 'steer the ship' if the results aren't what you were expecting.

Calibrating scales

Find something heavy that is a fixed weight like a dumbbell (over 7 lb / 3 kg).

- Before you weigh yourself, first weigh an object to ensure the scales have not changed the calibration point
- Check the weight of the object a couple of times
- Recheck the weight of the object every week before you weigh yourself to check calibration

Creating similar conditions before weight is taken

1. Eat your last meal of the day as early as possible on the evening before. Make this the same time you eat your final meal every evening before weighing and measuring.
2. Weigh yourself AFTER any bathroom toilet habits and BEFORE any drinks or foods in the morning at the same time.
3. Weigh yourself completely naked or with underwear only.

This time of the week, EVERY week is the ONLY time you weigh yourself – after eating at the same time the night before and following the same protocol in the morning.

TASK 8: MEASUREMENTS

Add your weight and measurements to *Your Health Blueprint* (page 199) or *Your Health Blueprint Light* (page 200).

A note on single measurements

Never take the number on the scales on any given week too seriously and certainly don't panic and make drastic changes one way or another. Whether you've lost 4 lb (1.8 kg) or gained 1 lb (0.45 kg) in a single week is not necessarily indicative of your overall direction. If you consistently don't lose weight or consistently gain weight, that is when you should respond.

Taking measurements

You should take your measurements every two weeks and if you're going to do it, you should have a decent measuring tape that you can use easily. Take measurements after you have weighed yourself. Always tighten the tape to a snug fit.

Shoulder:	Measure at the widest point of the shoulders. Measure after a normal rather than forced exhalation.
Chest:	Measure across the nipple line. Measure after a normal rather than forced exhalation.
Upper arm:	Measure at the halfway point between elbow and top of shoulder with an unflexed arm. Measure to this point if you have to.
Waist:	Measure across the belly button. Relax and measure after a normal exhalation.
Hips:	Measure at the widest point.
Thigh:	Measure halfway between the knee and the thigh crease.

TASK

Add measurements to *Your Health Blueprint* or *Your Health Blueprint Light*.

Taking a photograph

Take a full body photograph:

- Directly front on
- Directly back to camera
- Facing to one side

Take all future photographs in the same room under the same lighting conditions. If you retake your photos every month you should see a significant difference in your image and it is a very visual way of tracking your progress over a period of time.

GETTING EQUIPPED

For workouts:

- Dumbbells (see *Buying the correct weights* on the following page)
- Exercise mat
- Water bottle
- Towel
- Comfortable exercise clothes
- Suitable training shoes (for most people 'cross trainers' are the best option for home workouts)

For measuring:

- Calibrated scales
- Measuring tape

For nutrition:

- Containers for prepared food
- A good blender or juicer
- Protein shaker for shakes and smoothies
- Non-stick frying pan

Watching workouts via your TV

If you have a modern television, it may have a web browser built in, allowing you to watch workouts directly from the TBP website. If not, you still have a few good options:

From a PC or laptop

PCs and laptops may be connected to a television using either:

- A suitable HDMI cable
- A VGA cable (usually a blue connector)
- A DVI cable

Note: Neither VGA nor DVI carry audio, so you will need to use your computer's speakers.

From a MacBook:

- Pre-2017 models require a Mini DisplayPort (Thunderbolt) to HDMI adapter
- 2017-onwards will need a USB3 to HDMI or USB3 to VGA adapter

From an Android phone or tablet:

- You may be able to connect wirelessly to your television if both your Android device and television support DLNA
- A suitable USB to HDMI adapter

From an iPhone or iPad:

- A Lightning to HDMI adapter
- If your television supports AirPlay, you can connect your device wirelessly

Buying the correct weights

Beginner female dumbbell set

Unless you can afford it or already own them, there is little point in purchasing weights that are 1 kg or less. You will soon grow out of them and can use water bottles or other household items instead.

Note: 1 kg = 2.2 lb

1. **First set (light).** Your starting 'light' weight should be around 2 kg (4-5 lb).
(**Note:** if you are using 1 kg for 'light' this will become your medium weight.)
2. **Second set (medium).** Having a 'medium' weight of around 3-4 kg (6-9 lb) would be hugely beneficial.
3. **Third set (heavy).** After a time, you may feel like exercises such as squat variations are proving too easy with 3-4 kg weights and at this point we would recommend purchasing an additional set of dumbbells of 5-6 kg (10-14 lb).

Beginner male dumbbell set

1. **First set (light).** Your starting 'light' weight should be around 3 kg (6-7 lb).
(**Note:** if you are using 1 kg for 'light' this can become your 'medium' weight.)
2. **Second set (medium).** Having a 'medium' weight of around 4-5 kg (8-12 lb) would be hugely beneficial.
3. **Third set (heavy).** After a time, you will feel like exercises such as squat variations are proving too easy with 4-5 kg weights and at this point we would recommend purchasing an additional set of dumbbells of 7-8 kg (14-20 lb).

Note: These are rough guidelines only and you should adjust according to your own strength and capabilities.

FINALISING YOUR BLUEPRINT

Your Health Blueprint: example

1. Fitness test score	16
2. Exercise plan	Apprentice Plan (The Journey)
3. NEAT target	10,000 steps
4. Starting calories	2,150
5. Healthy eating ratios	<div>Healthy eating</div> <div>Unhealthy eating</div> <div>90%</div> <div>10%</div>
6. Daily Flux ratios/Weekly flux ratios	<div>Daily ratio</div> <div>Weekly ratio</div> <div>5 / 6</div> <div>2 / 1</div>
7. Macronutrient ratios	<div>Carbs</div> <div>Fat</div> <div>Protein</div> <div>45%</div> <div>30%</div> <div>25%</div>

8. Measurements and weight

Shoulders	58" / 147 cm
Chest	44" / 112 cm
Upper arm	18" / 46 cm
Waist	36" / 91 cm
Hips	33" / 84 cm
Upper leg	24" / 61 cm
Starting weight	185 lb / 84 kg

Additional Blueprints are available to print out by visiting:

www.teambodyproject.com/additional-resources

Your Health Blueprint Light: example

1. Fitness test score	16
2. Exercise plan	Apprentice Plan (The Journey)
3. NEAT target	10,000 steps
4. Starting calories	2,150

8. Measurements and weight

Shoulders	58" / 147 cm
Chest	44" / 112 cm
Upper arm	18" / 46 cm
Waist	36" / 91 cm
Hips	33" / 84 cm
Upper leg	24" / 61 cm
Starting weight	185 lb / 84 kg

You should now be able to complete your chosen *Health Blueprint* confidently using the templates on the following pages. Once your *Blueprint* is complete then you will be ready to start *The Plan*.

Additional *Blueprints* are available to print out by visiting:

www.teambodyproject.com/additional-resources

YOUR HEALTH BLUEPRINT

1. Fitness test score	<input type="text"/>		
2. Exercise plan	<input type="text"/>		
3. NEAT target	<input type="text"/>		
4. Starting calories	<input type="text"/>		
5. Healthy eating ratios	Healthy eating	Unhealthy eating	
	<input type="text"/>	<input type="text"/>	
6. Daily Flux ratios/Weekly flux ratios	Daily ratio	Weekly ratio	
	<input type="text"/>	<input type="text"/>	
7. Macronutrient ratios	Carbs	Fat	Protein
	<input type="text"/>	<input type="text"/>	<input type="text"/>

8. Measurements and weight

Shoulders	<input type="text"/>
Chest	<input type="text"/>
Upper arm	<input type="text"/>
Waist	<input type="text"/>
Hips	<input type="text"/>
Upper leg	<input type="text"/>
Starting weight	<input type="text"/>

YOUR HEALTH BLUEPRINT LIGHT

1. Fitness test score	
2. Exercise plan	
3. NEAT target	
4. Starting calories	

8. Measurements and weight

Shoulders	
Chest	
Upper arm	
Waist	
Hips	
Upper leg	
Starting weight	

AN OBJECTIVE APPROACH

Most 'diets' are focused on maximising results early on to prove the efficacy of the dietary protocol and solidify the validity of the method in the mind of the dieter.

This approach is short term. Any deviation from progress signals failure, and therein lies the potential for total abandonment of the health plan in favour of less favourable habits.

I call this the subjective approach - the entire basis of the method relies on weight loss and/or relevant progress being made.

With *Transform for Life* we see all outcomes as favourable. Every week presents us with fresh data that supports fine tuning our Blueprint until we discover a way of approaching health that works for us; not just for results, but for compliance and enjoyability.

This objective approach allows us to see every week as beneficial, regardless of whether we achieved what we set out to achieve - the knowledge we gather being the valuable asset as we learn to adapt based on outcome. There is no failure with Transform for Life, only learning through trial.

Fine tuning is not just the reserve of improving outcomes either, it is also used to find a sustainable, long term health plan - and that can mean results are compromised in favour of sustainability.

For instance, many people will struggle at first to meet **protein** targets. Protein levels for maximum fat loss and muscle growth are higher than most people would naturally choose to eat.

The vast majority of professional athletes, bodybuilders and even serious recreational athletes and exercisers will use a supplement to help them reach the 'ideal' protein levels they require for repair and adaptation.

If you have set a target of 40% protein and you struggle to meet 25% within a diet that you find preferable, you have a choice to make based on this newfound knowledge:

- A. Lower your protein targets to be in line with your dietary preferences.
- B. Consider adding a protein shake or bar to your diet to meet your protein targets.
- C. Change your usual dietary preferences (more meat, less grains etc) to support you in meeting your protein targets.

None of these options is right or wrong. It may be considered that option A has the highest chance of long term compliance and C the least.

B and C may allow for more precise results (and for athletes this is the driving force) but option A would not block results for the majority. Provided other factors like calorie balance, healthy ratios and exercise quantities were considered, results would still be outstanding.

Weight loss

On most dietary protocols, failure to lose weight signals an unsuccessful week. At Transform for Life weight gain, weight balance and weight loss are treated as equals within the same overall story - all three being relevant within your life of health.

- A week of weight gain can be observed and implemented when muscle building is your goal.
- A week of weight balance can be observed and implemented when maintenance becomes the goal.
- A week of weight loss can be observed and understood as a week that supports fat loss.

Looking objectively, rather than subjectively at our weekly outcome, we can learn and adapt/iterate to ensure the next week we are closer to understanding our own ideal balance.

One swallow doesn't make a summer

This message is so important, we will repeat it regularly.

Let's imagine you eat a daily diet of 1800 kcal this week alongside 5 workouts and 10,000 steps a day.

At the end of the week you weigh exactly the same. Does this mean you need to reduce your calories further to continue making progress?

It may do, but equally it may not. Results are never linear and should be averaged out as much as possible; the more data you have the more confidently you can make a conclusive answer.

Example:

If your weight doesn't change at 1800 kcal (assuming your reporting is accurate) for one week there is not enough data to assume your calorie levels are too high for weight loss.

Suggested adaptation: Leave calories alone.

If you don't lose weight on 1800 kcal (assuming your reporting is accurate) for two weeks, you possibly need to drop calories and/or increase exercise/NEAT.

Suggested adaptation: Drop calories, but keep an eye out for excessive weight loss (more than 2 lbs weight loss per week average).

If you don't lose weight on 1800 kcal (assuming your reporting is accurate) for three weeks, you almost certainly need to drop calories and/or increase exercise/NEAT.

Suggested adaptation: Drop calories, but still keep an eye out for excessive weight loss (more than 2 lbs weight loss per week average).

If you don't lose weight on 1800 kcal (assuming your reporting is accurate) for four weeks, you can confidently say that you need to be at a lower level to make suitable progress.

We must always keep our minds open and objective. Try and approach your health plan the way an objective and invested coach would.

A final point

Approaching health objectively is not possible for everybody.

If you have a history of eating disorders, high anxiety around your physique or generalised emotional attachment to numbers on the scale, we would recommend following a less objective and outcome focused health model.

Tracking behaviours and intuitively eating are far more suitable approaches in these instances. Both of these methods are outlined in this book and both are capable of yielding impressive results.

THE FIRST WEEK

The first week of your journey is going to lay down the benchmark for your long-term results. You should be clear on what you are doing this week based on *Your Health Blueprint*.

Refer back to *Your Health Blueprint* if needed:

1. Follow the workout plan based on your realistic long-term exercise targets created at the beginning of *The Blueprint*. (pages 157-158)
2. Follow a nutrition plan based on the Blueprint Guidelines in *Getting Started with Nutrition*. (pages 161-181)
3. Follow your tracking method selected in the Tracking chapter. (pages 182-191)
4. Check measurements against baseline as set out in Measurements. (pages 193-194)

Don't put too much pressure on yourself to get it right; the most important aspect of week one is not about being perfect but rather tracking what you do.

This data will enable you to make intelligent decisions (raising calories, dropping calories, eating more protein, eating less carbs, doing more exercise, doing less exercise, being more active, changing flux ratios, changing healthy eating ratios) over the coming weeks and months.

You **do not** have to track forever.

Beyond tracking, try and keep a note of **soft metrics**:

- Hunger levels
- Cravings
- Energy levels
- Emotions
- Sleep quality
- Hydration
- Enjoyment of workouts

You'll find a Soft Metrics Tracker chart (pages 256-257) in *Additional Resources*.

Once you are confident with what you are going to do next week and how you are going to measure it... you're ready to *Transform for Life*!

ANALYSIS OF OUTCOMES

At the end of week one, you should retake your weight and measurements under the same conditions as the previous week. While we normally recommend measurements every two weeks, for this **first week** you should measure and weigh. Once your measurements and body weight are taken, you can compare your results to the charts below and note the relevant **letter and number**.

Note: *There is separate guidance in each table for tracking, portion control and intuitive eating. Choose depending on which method you follow.*

Bodyweight (note which letter best represents your outcome)

- A. Gained more than > 1 kg or 2 lb* (pages 205-206)
- B. Gained between 0-1 kg or 2 lb (Pages 206-208)
- C. No change (pages 209-211)
- D. Lost between 0-1 kg or 2 lb (pages 211-212)
- E. Lost more than < 1 kg or 2 lb** (pages 213-214)

* If your weight gain is more than 2 lb (0.9 kg) in a single week do not worry. Change your plan according to the guidelines recommended in coaching table A.

** If you have had a result that is significantly more than 2 lbs weight loss, change your data according to the following rules in coaching table E.

Very important caveat:

- If you have less than 10 lbs of weight to lose, you should not aim to lose more than 1 lb of weight in any given week. If you lose more than 1 lb adjust according to E)
- If you have less than 5 lbs of weight to lose, you should not aim to lose more than 1/2 lbs of weight in any given week. If you lose more than 1/2 lb adjust according to E)

For the majority, between 1- 2 lbs of weight will be fine, but for those with lower body fat this indicates a potential for muscle loss - the coaching tables need adjusting accordingly.

Measurements (note which number best represents your outcome)

- 1. Gained measurements in ALL areas
- 2. Gained measurements in some areas and stayed the same in others
- 3. Gained measurements in some areas and lost in other areas
- 4. No change
- 5. Lost measurements in some areas and stayed the same in others
- 6. Lost measurements in ALL areas

Read the following **BEFORE** making changes to your nutrition and exercise plan.

1. Avoid panic changes: In the first week you may see dramatic changes, such as 5 lb (2.2 kg) or more weight loss, unexpected weight gain and/or dramatic measurement changes up or down. You have made some profound changes that could impact your levels of water retention significantly in either direction so it is important not to overreact to any single event.
2. You don't have to make changes every week just because you stop losing weight. It is likely you will lose weight one week, stabilize the next, and so on. The following guidelines would be applied to patterns seen over two or more weeks (with the exception of the first week when adjustments are made regardless).

Using the coaching tables

The following tables are broad coaching guidelines for dynamically adapting your plan based on a desire for fat loss and muscle retention as a primary goal.

Weight change A) with measurement outcome 1 – 4

Nutrition action plan

Tracking: Your calorie levels are too high for fat loss and too high for optimal muscle building. Reduce calories by **up to** 500 kcal per day.

Portion control: Make balanced but noticeable reductions to all of your portion sizes.

Intuitive eating: Stop eating earlier than you think you should. Consider removing one snack per day from your diet.

and

Exercise action plan

- I. If you are working out for less than 450 minutes TOTAL per week consider adding a cardio workout or sculptor up to twice a week either **AFTER** your current workout **OR** on alternative days.
- II. Increase NEAT (steps and general non-exercise movement).

Note: Effective exercise range is between 150 and 450 minutes per week.

Weight change A) with measurement outcome 5 – 6**Nutrition action plan**

Tracking: Your calorie levels are too high for fat loss and too high for optimal muscle building. Reduce calories by up to 500 kcal per day.

Portion control: Make balanced but noticeable reductions to all of your portion sizes.

Intuitive eating: Stop eating before you think you should. Consider removing one snack per day from your diet.

Note: While you have improved your measurements, gaining more than 2.2 lb (1 kg) per week in MUSCLE is not sustainable and you will start increasing fat levels at your current caloric intake.

and

Exercise action plan

- I. If you are working out for less than 450 minutes TOTAL per week consider adding a cardio workout up to twice a week if you have time, either AFTER your current workout OR on alternative days.
- II. Increase NEAT (steps and general non-exercise movement).

Note: Effective exercise range is between 150 and 450 minutes per week.

The overall focus for an **A)** body weight change is reducing calories AND increasing expenditure. Because your weight gain was more than 2 lb (0.9 kg), consider making changes in both nutrition and exercise.

If your weight change was in group **B)** use the following tables to help you make changes for the next week.

Weight change B) with measurement outcome 1 – 2**Nutrition action plan**

Tracking: Reduce calories by up to 250 kcal per day. Predominantly reduce your carbohydrate quantity unless carbohydrates are already less than 25%.

Portion control: Reduce the size of the portions in the majority of your meals.

Intuitive eating: Stop eating before you feel full. Consider removing a snack on most days.

OR**Exercise action plan**

- I. If you are working out for less than 450 minutes TOTAL per week, consider adding a cardio workout, either AFTER your current workout OR on alternative days.
- II. Increase NEAT (steps and general non-exercise movement).

Note: Effective exercise range is between 150 and 450 minutes per week.

Weight change B) with measurement outcome 3 – 4**Nutrition action plan**

Tracking: Your calorie levels are too high for fat loss. Reduce calories by up to 250 kcal per day.

Portion control: Reduce the size of the portions in the majority of your meals.

Intuitive eating: Stop eating before you feel full. Consider removing a snack on most days.

OR**Exercise action plan**

- I. If you are working out for less than 450 minutes TOTAL per week, consider adding a cardio workout, either AFTER your current workout OR on alternative days.
- II. Increase NEAT (steps and general non-exercise movement).

Note: Effective exercise range is between 150 and 450 minutes per week.

Weight change B) with measurement outcome 5 – 6**Nutrition action plan**

Tracking: Reduce calories by up to 250 kcal per day. Your calorie levels are too high for weight loss but your macronutrient balance and exercise quantity is excellent for muscle building. This week represents an ideal balance for building muscle without gaining fat. *

Portion control: Reduce the size of the portions in the majority of your meals.

Intuitive eating: Stop eating before you feel full. Consider removing a snack on most days.

*Provided your weight gain is not more than 1/2 lb for females and 1 lb for males. If weight gain is more than 1 lb this may represent muscle **and** fat gain. Ideal muscle gain is 0.5 - 1 lb for males and 0.25 to 0.5 lbs for females.

OR**Exercise action plan**

- I. If you are working out for less than 450 minutes TOTAL per week, consider adding a cardio workout, either AFTER your current workout OR on alternative days.
- II. Increase NEAT (steps and general non-exercise movement).

Note: Effective exercise range is between 150 and 450 minutes per week.

The overall focus of change for a **B)** body weight change is reducing calories OR increasing expenditure. If your weight gain was more than 1 lb (0.45 kg), consider making changes in either nutrition or exercise. You can make changes in both, but it may not be necessary.

If your weight change was in group C) use the following tables to help you make changes for the next week.

Weight change C) with measurement outcome 1 – 2

Nutrition action plan

Tracking: Your calorie levels are too high for fat loss and your carb quantity may be too high. Reduce calories by up to 250 kcal per day.

Portion control: Reduce the size of the portions in the majority of your meals. Your calorie levels are too high for weight loss and your carb levels may be too high. The majority of your portion reduction should be from carbohydrates unless carbohydrates are already low.

Intuitive eating: Your calorie levels are too high for fat loss. Consider reducing the amount of carb-based foods you eat unless your carbs are already low.

Note: *Never reduce carbohydrates if they are already less than approximately 25% of your diet.*

OR

Exercise action plan

- I. If you are working out for less than 450 minutes TOTAL per week consider adding a cardio workout either AFTER your current workout OR on alternative days.
- II. Increase NEAT (steps and general non-exercise movement).

Note: *Effective exercise commitment is between 150 and 450 minutes per week.*

Weight change C) with measurement outcome 3 – 4**Nutrition action plan**

Tracking: Your calorie levels are too high for fat loss. Reduce calories by up to 250 kcal per day with the majority of the reduction coming from carbohydrates, especially on non-training days.

Portion control: Your calorie levels are too high for fat loss. Reduce carbs in some meals, especially on non-training days.

Intuitive eating: Your calorie levels are too high for fat loss. Eat less carbs, especially on days when you are not training.

Note: *Never reduce carbohydrates if they are already less than approximately 25% of your diet.*

OR**Exercise action plan**

- I. If you are working out for less than 450 minutes TOTAL per week consider adding a resistance or cardio workout either AFTER your current workout OR on alternative days.
- II. Increase NEAT (steps and general non-exercise movement).

Note: *Effective exercise commitment is between 150 and 450 minutes per week.*

Weight change C) with measurement outcome 5 – 6**Nutrition action plan**

Tracking: Reduce calories by up to 250 kcal per day to lose fat and weight. Your calorie levels are too high for weight loss but this week represents an excellent long-term balance.

Portion control: Your calorie levels are too high for fat loss. Reduce carbs in some meals, especially on non-training days.

Intuitive eating: Your calorie levels are too high for fat loss. Eat less carbs, especially on days when you are not training.

Note: *This week represents an excellent long-term balance based on your current situation.*

OR

Exercise action plan

- I. If you are working out for less than 450 minutes TOTAL per week consider adding a resistance or cardio workout either AFTER your current workout OR on alternative days.
- II. Increase NEAT (steps and general non-exercise movement).

Note: Effective exercise commitment is between 150 and 450 minutes per week.

The overall focus for a C) weight change is reducing calories or considering your macronutrient balance. Because your weight hasn't changed, consider making adjustments in either nutrition or exercise. Making changes in both would not be necessary to make progress.

If your weight change was in group D) use the following tables to help you make changes for the next week.

Weight change D) with measurement outcome 1 – 2***Nutrition action plan**

Tracking: Your calorie levels are ideal for weight loss but your macronutrient balance may be off for fat loss. Consider increasing your protein levels and/or decreasing your quantity of carbohydrates.**

Portion control: Your calorie levels are ideal for weight loss but your macronutrient balance may be off for fat loss. Consider increasing your protein levels and/or decreasing your quantity of carbohydrates.**

Intuitive eating: Your calorie levels are ideal for weight loss but your macronutrient balance may be off for fat loss. Consider increasing your protein levels and/or decreasing your quantity of carbohydrates.**

*Please consider water retention as a possibility.

**Don't reduce carbs lower than 25% of total. Don't increase protein levels to higher than 50% of total.

OR

Exercise action plan

If you are working out for less than 450 minutes TOTAL per week consider adding a Sculptor workout AFTER your current workout.

Note: Effective exercise commitment is between 150 and 450 minutes per week.

Weight change D) with measurement outcome 3 – 4**Nutrition action plan**

Tracking: Your calorie levels are ideal for weight loss but your macronutrient balance may be off for fat loss.**

Portion control: Your calorie levels are ideal for weight loss but your macronutrient balance may be off for fat loss. Consider increasing your protein levels and/or decreasing your quantity of carbohydrates.**

Intuitive eating: Your calorie levels are ideal for weight loss but your macronutrient balance may be off for fat loss. Consider increasing your protein levels and/or decreasing your quantity of carbohydrates.**

**Do not reduce carbs lower than 25% of total. Do not increase protein levels to higher than 50% of total.

Exercise action plan

If you are working out for less than 450 minutes TOTAL per week consider adding a Sculptor workout AFTER your current workout.

Note: Effective exercise commitment is between 150 and 450 minutes per week.

Weight change D) with measurement outcome 5 – 6**Nutrition and exercise action plans**

Your calorie levels, exercise quantity and macronutrient balance are ideal for personal fat loss. Great job. Carry on as you are.

Your calorie levels, exercise quantity and macronutrient balance are ideal for personal fat loss. Great job. Carry on as you are.*

* If you have less than 10 lbs of weight to lose, you should not aim to lose more than 1 lb of weight in any given week. If you have lost more than 1 lb refer to coaching table E) 5-6
If you have less than 5 lbs of weight to lose, you should not aim to lose more than 1/2 lbs of weight in any given week. If you have lost more than 1/2 lb adjust weight accordingly to E) 5-6

The overall focus for group D) results is considering your macronutrient balance and some consideration of exercise type. Because you've lost an ideal amount of weight, leave your calories unchanged unless you are having a flux week.

If your weight change was in group **E**) use the following tables to help you make changes for the next week.

Weight change E) with measurement outcome 1- 2

Nutrition action plan

Tracking: Your calorie levels may be too low for long-term fat loss and there is a danger of losing muscle alongside fat. You're doing a great job, but consider increasing your calorie levels by up to 250 kcal per day. Based on your increase in measurements it may also be worth reducing carbohydrates and increasing protein/fat levels.**

Portion control: Your calorie levels are too low for long-term fat loss and there is a danger of losing muscle alongside fat. You're doing a great job, but consider increasing your calorie levels. Based on your increase in measurements it may also be worth reducing carbohydrates and increasing protein/fat levels.**

Intuitive eating: Your calorie levels are too low for long-term fat loss and there is a danger of losing muscle alongside fat. You're doing a great job, but consider increasing your calorie levels. Perhaps it is worth eating a little more than your hunger is telling you that you need.

**Do not reduce carbs lower than 25% of total. Do not increase protein levels to higher than 50% of total.

Exercise action plan

If you are working out for more than 400 minutes TOTAL per week consider removing a resistance or cardio workout from your schedule.

Note: Effective exercise commitment is between 150 and 450 minutes per week.

Weight change E) with measurement outcome 3 – 4

Nutrition action plan

Tracking: Your calorie levels are too low for long-term fat loss. You're doing a great job, but consider increasing your calorie levels by up to 250 kcal per day. Based on your measurements it may be worth reducing carbohydrates and increasing protein/fat levels.**

Portion control: Your calorie levels are too low for long-term fat loss and there is a danger of losing muscle alongside fat. You're doing a great job, but consider increasing your portion sizes. Based on your measurements it may also be worth reducing carbohydrates and increasing protein/fat levels. **

Intuitive eating: Your calorie levels are too low for long-term fat loss and there is a danger of losing muscle alongside fat. Perhaps it is worth eating a little more than your hunger is telling you that you need. Based on your measurements it may also be worth reducing carbohydrates and increasing protein/fat levels. **

**Do not reduce carbs lower than 25% of total. Do not increase protein levels to higher than 50% of total.

Exercise action plan

If you are working out for more than 400 minutes TOTAL per week consider removing a resistance or cardio workout from your schedule.

Note: Effective exercise range is between 150 and 450 minutes per week.

Weight change E) with measurement outcome 5 – 6

Nutrition action plan

Tracking: Your calorie levels are too low for long-term fat loss. You're doing a great job, but consider increasing your calorie levels by up to 250 kcal per day to ensure you are not losing any muscle further down the line.

Portion control: Your calorie levels are too low for long-term fat loss and there is a danger of losing muscle alongside fat. You're doing a great job, but consider increasing your portion sizes.

Intuitive eating: Your calorie levels are too low for long-term fat loss and there is a danger of losing muscle alongside fat. Perhaps it is worth eating a little more than your hunger is telling you that you need.

Exercise action plan

If you are working out for more than 400 minutes TOTAL per week consider removing a resistance or cardio workout from your schedule.

Note: Effective exercise range is between 150 and 450 minutes per week.

The overall focus of change for **E)** is considering increasing your calories to prevent muscle loss alongside potentially looking at your macronutrient balance and some consideration of exercise.

Rationale

Increase carbs: Your calories are too low and your body is possibly using protein for energy via a process called gluconeogenesis. By adding carbs you free up your protein intake to be used for repair.

Decrease carbs: Usually the best macronutrient to recommend dropping for weight loss provided levels are not already low. Nearly always the best macronutrient to drop when weight has been lost but measurements are not dropping. This would normally happen alongside an increase in protein.

Add resistance: When weight has stayed the same or correct weight has been lost, no loss in measurements would indicate muscle could be getting lost. Would nearly always be recommended with an accompanying increase in protein ratios.

Add cardio: Added when calories are not in a deficit. Often a better option than dropping calories if exercise levels are not yet too high and calories are getting too low.

Increase protein: Usually recommended when additional resistance is added and/or when muscle is possibly being lost.

Increase NEAT: Recommended when calories balance is not in a deficit and weight loss is the goal. Increased NEAT can have a significant difference on your metabolism.

Using the analysis charts on a bi-weekly basis

Every two weeks you should refer back to the above analysis charts and make changes based on the average outcome of the previous two weeks.

Example 1:

- You lose 2 kg (4.4 lb) on week 1 and 0 kg on week 2
- This is an average of 1 kg (2.2 lb) weight loss (D)

Example 2:

- You lose 1 kg (2.2 lb) on week 1 and gain 1 kg (2.2 lb) on week 2
- This is a balance (C)

Since you only take measurements every two weeks you use the bi-weekly measurement compared with the measurement from two weeks earlier. The analysis charts will enable you to make a decision every two weeks based on the results you have achieved.

General 'self-coaching' principles

The hard part of coaching is tracking data.

Provided you accurately track and measure, the coaching part is remarkably simple. The coaching tables opposite provide *The Blueprint* changes based on the changes to your measurements:

- Calories up and down
- Quantity of exercise
- Protein levels up and down
- Carbohydrate levels up and down

The coaching method has many more variables that you can manipulate, and subtle changes that you can activate to make significant changes.



The table below provides a simple idea of changes you can make to your variables based on your goals, compliance and outcomes:

	Healthy eating food ratio	Compliance ratio	Fats	Carbohydrates	Protein	Resistance training	Cardio training	Total exercise	Daily flux ratio	Weekly flux ratio	Calories	NEAT
Gained weight												
Lost too much weight												
Lost muscle in a deficit												
Lost muscle in a surplus												
Struggling with compliance												
Struggling with energy												
Struggling with cravings												
Performance suffering												
Not enjoying diet												
No weight loss												

Further coaching guidelines

Gained weight

If you have gained weight:

- Increase your compliance ratio
- Increase your healthy eating ratio
- Decrease total macronutrients and calories
- Increase your training
- Increase your NEAT

Lost too much weight

If you have lost more than 2 lb (0.9 kg) (consistently – a one-off is not relevant):

- Increase your macronutrients and calories
- Decrease your training/NEAT
- Increase your flux

Lost muscle while in a calorie deficit

If you have lost muscle in an overall deficit there are a number of factors you can consider:

- Increasing your ratio of healthy foods
- Increasing your overall compliance
- Increasing protein
- Increasing resistance training
- Increasing calories
- Increasing the amount of flux days

Lost muscle while in a calorie surplus

If you have lost muscle in an overall surplus there are a number of factors you can consider:

- Increasing your ratio of healthy foods
- Increasing your overall compliance
- Increasing protein (if not already above 40%)
- Increasing resistance training

Struggling with compliance

If you are struggling to stick with your plan you can:

- Decrease your healthy foods ratio
- Decrease your compliance ratio
- Reduce your total exercise
- Introduce more flux

If you are struggling with energy in your plan

Low energy is not a good thing and could be an indication that the training is too high or the calories are too low:

- Increase carbohydrates
- Increase your total calories slightly
- Introduce more frequent flux days to replenish the stocks
- Reduce overall exercise

If your performance is suffering

When performance is suffering it is usually either overtraining, low calories or low carbohydrates:

- Increase carbohydrate ratios
- Reduce total exercise
- Increase flux ratios
- Increase total carbohydrates

If you are not enjoying your diet

Changing the types of foods you eat would be a good start, but in terms of changes you can:

- Decrease healthy ratios
- Decrease overall compliance
- Introduce more flux

If you are not losing any weight

Weight loss is always down to calorie balance, but poor compliance or healthy food ratios can impact the choices you make:

- Increase exercise
- Decrease calories
- Increase compliance
- Increase healthy food ratios
- Increase NEAT

Guidelines on general self coaching principles

1. Don't change too many things at once

Change **one**, or at most **two** things at once. If you increase protein, cut carbohydrates, reduce calories, increase exercise and change exercise ratios you won't know which factor made the difference.

2. Make small but significant changes

The bigger the change you make, the less space you have to break plateaus in the future. If your carbohydrates are 40%, don't drop them to 25%, go for 30-35%. If your calories are 1,800, don't go for 1,200, go to 1,600. If you increase your resistance training add ten-minute plug-on workouts or replace one cardio workout. Don't remove all cardio and use only resistance.

3. Be patient and don't panic

Whenever you make a change it may take more than two weeks to see a difference, don't jump to conclusions if things don't improve immediately.

4. Creating your *Blueprint* is central

More important than weight and fat loss is developing an understanding around:

- How many calories your body needs to survive and lose weight
- Which macronutrients your body responds best to
- Which types of exercise make the most difference
- Which exercise and foods you enjoy the most
- Which system is the easiest for you to comply with
- Cravings, emotional eating and hunger control

This is not a super quick-fix process. It takes time and **tracking**.

Coaching is 95% keeping a track of what you are doing and 5% making the changes.



MANAGING EXPECTATION

The basic process of coaching change has just been covered in *The Plan: Analysis of Outcomes*. This framework is the one I have used to help people get in shape for life, for sporting events and everything in between. This process will help you 95% of the time.

Sometimes the results you achieve may not be in line with your expectations or the plan you set yourself is unrealistic. In this instance it is important to reset your expectations or your plan to avoid giving up altogether – the worst case scenario.

Expectation and compliance

It is not uncommon to see the majority of people choose 95% healthy ratios for faster results at the beginning of a health journey before realizing one of two things:

1. The results aren't as fast as they had hoped for.

There is nothing in our advice that will ever move you to faster results than an average of 2 lb (0.9 kg) a week. That is over 100 lb (45 kg) weight loss in a year.

Some people become frustrated at the speed we recommend but this is the best way to retain muscle, lose fat and sustain results.

Provided you are moving forwards you are winning.

2. The expectations you placed on yourself were unrealistic.

'All or nothing' is the fearsome opponent on your journey.

You may find the levels of compliance, exercise and healthy eating are proving unrealistic a while into your health journey. This is both normal and representative of a fork in the road.

You can either:

- A. Give up and wait until you become frustrated enough to start again.
- B. Reassess your balance of healthy eating and exercise and create a more realistic plan.

Reassessing your health plan is a very easy thing to do:

- Update your exercise quantity
- Update your healthy/unhealthy eating ratios
- Update your calories
- Update your macronutrients

Provided you choose **b** you will still achieve your desired results. It is important to adapt your plan based on your compliance capability every now and then.

Shifting focus

What do you do at Christmas or during feasts?

What do you do when you go on holiday?

What do you do when you have a particularly busy period of work?

What do you do on a birthday or special occasion?

The answer: Shift focus.

Not meeting personal expectations is why these periods turn into unnecessary failures when our training and nutrition suffers. It is expected and even normal to stop making progress and even lose a little ground at certain times of the year.

Rather than placing unrealistic expectations on yourself, adjust your focus:

- Decide how much exercise you will do in busy periods.
- Decide how much you will relax your nutrition. It is never a good idea to eat unhealthy 100% of the time, but down to 50% over a week is not a problem as a one off.
- Align your behaviours with your expectations. Gaining a couple of pounds is not a problem if it means you can enjoy yourself or get through a busy period.
- Have an inflexible return date. When the fun/busy time is done. Stop. Bring your focus back to your long-term goals. It will be hard and it will need discipline but it is crucial for the lifetime of health you want.

The mistake people make is not having a realistic plan for both enjoying holiday times and managing busy times. Be realistic but firm on your return times. If you are realistic with the expectations you place on yourself and the results you achieve, you can continue making progress in perpetuity.

Vicky, 32, England

In the past, every time I have been 'good' and then a special occasion has come along, it's sent me into a tail spin. The last time was my birthday in July, which turned into about 2 weeks of eating rubbish everyday! I fell off the wagon. But 'Transform for Life' has taught me there is no wagon!

So the upcoming celebration of my husband's birthday is being faced differently. Daniel said "Decide if you want to carry on losing weight this week and if you do, make sure you enjoy the celebration, eat and drink as you like, just make up for it elsewhere; cut out snacks, have a fasting period or up the exercise".

I decided to lose the snacks. Ben and I booked my mum to babysit on Friday lunch time.

We went to a beautiful restaurant, it was a lovely occasion. We got dressed up, we had a starter, main and dessert. I had a glass of wine. Ok, two! And a milky latte. I didn't consider the calorie content of anything. It was lovely and memorable. I was so full I didn't even eat any dinner. I just wasn't hungry. I enjoyed every mouthful. Awesome trade for a week of snacks!

And, most importantly, I got straight back onto my plan the following day.

This has been the biggest victory of mindset for me in the process so far. The celebration was lovely. And then I went back to normal. It didn't descend into madness! And if I didn't lose weight this week, that's fine because special occasions are just that, special! They don't happen every week. I'm trusting myself a little more.

IMPORTANT UNDERREPORTING

The reason we recommend calorie flux is less to do with weight loss and more to do with fat loss and muscle retention.

Weight loss and fat loss must be separated in the overall context of calorie flux. If weight loss were the only goal, calorie flux, while still important, would not be as crucial to results.

For the vast majority of people, the reason they aren't losing weight has nothing to do with downregulated metabolisms, carb adaptation, insulin or type of exercise – all of these impact **body composition** more than weight.

Weight loss will always be driven by calorie balance.

A damaged and chronically abused metabolism may show signs of poor insulin response, poor energy distribution, poor glucagon release and any number of issues that are bad for body composition and overall health. None of these are positive for fat loss and health, but none will have a considerable impact on weight loss either.

At its lowest point, a slower metabolism will be anywhere from 100 to 300* kcal lower than its strongest point (based on stable muscle quantity). When we *Reverse diet* (a process of increasing calories without gaining weight, covered later in this section) we are trying to build the metabolism back up by up to 300 kcal, or to its strongest point based on current muscle mass and total body weight.

*NEAT has much higher impact on metabolism.

While a downregulated metabolism would explain slow weight loss with minimal ratio of fat loss, it would not explain why no weight loss occurred at all.

In this instance we can often assume **underreporting** of caloric intake.

Underreporting was the bane of my life as a coach. It made it impossibly hard to provide the correct guidance and we could waste weeks of hard work on both sides alongside potentially detrimental and unnecessary decisions. Before you leap into thinking you have a downregulated metabolism or need to *Reverse diet*, take a while to consider the accuracy of your reporting.

Whether you are estimating intake, writing it down or tracking it through *MyFitnessPal*, take extra care to consider whether you are accurately reporting your total calorie intake.

The biggest areas people don't report or underreport are:

- Oils added to food
- Butter added to food
- Picking food off other people's plates
- Eating while cooking
- Milk, cream and sugar in teas and coffees
- Dressings
- Sauces

Studies have found people to be underreporting by 1,000 kcal per day or more based on the above factors!

The more accurate you are with your reporting, the easier you will find managing your overall results and outcomes.

To weigh or not to weigh

When it come to tracking food, the question of whether to weigh food often comes up, and this is a relevant discussion in the context of this chapter.

Weighing Calories

I was working with a client who felt it important to reduce calories further as she had stopped losing weight at 1400 kcal.

Looking at her food data, I noticed she was eating around 100g of carbohydrates every evening (rice, pasta or potato).

As she was already eating just 1400 kcal daily, I was reluctant to drop calories further, feeling it was unlikely she wasn't losing weight with such low calories and high quantities of exercise.

So rather than reduce calories further, I asked her to start weighing calories in her evening meals - a relatively extreme measure for some, but not nearly as extreme as asking her to reduce calories to a level I felt uncomfortable with.

After just one night she came back to me.

"I really thought I was eating around 100g of rice, it turns out I was eating 200g."
This was a difference of 400 calories.

She started weighing her food and we INCREASED her calories to 1600 kcal, a level at which she started losing weight.

I experienced many scenarios similar to this one over the years.

Does this mean you should weigh food?

I don't think weighing everything is always important (although some coaches will disagree) BUT I do think spending time weighing when you **start tracking** is a good idea to ensure you are able to correctly gauge quantities.

Estimating quantity in foods when you first start tracking is nigh on impossible without experience - with experience you can be accurate with your estimates without the need for weighing.

Like everything with *Transform for Life*, the hard work is put in upfront when learning - the process becomes gradually easier the longer you go.

Dry weight or cooked weight?

Do you calculate your foods based on the cooked weight or the raw weight?

Overall I would opt for the raw, uncooked weight if possible.

General rule:

- Carbohydrates normally become heavier during cooking through soaking up water up
- Proteins will normally become lighter during cooking through releasing water

Example: Chicken Breast

100 gram serving of chicken breast can shrink to 80 grams or less!

Example: Rice

If you cook rice in 2 cup of water vs 4 cups of water, absorption of water creates a higher weight in the rice cooked in 4 cups.

This is why uncooked is usually better.

There is never a perfect solution. When tracking food, it is important to take as many factors as you can into account and then provide your best estimate.

Eating out, eating at friends and other factors will make it impossible to ever be 100% accurate, but the more you track, the better you will become at accurately estimating how much food you are eating.

After several weeks your intuition will point you in the right direction 99% of the time.



EXERCISE ACCELERATORS

If you have met with a plateau and your exercise is not in excess of 450 minutes per week you could introduce accelerators to push results on.

Whenever you increase exercise levels beyond your sustainable long-term habits, it is important you identify for how long and for what purpose you are doing it.

An exercise accelerator is placed in category **E** below and should not be confused with your baseline habit of **A**.

Habit types

A. Sustainable healthy habit – a daily occurrence that becomes part of life. This should be the main focus of any health plan (daily workout, eating vegetables, drinking water, portion management, walking).

B. Consistent unhealthy habit – a daily occurrence that damages long-term results. Removing these should be the main focus of any health plan (daily junk food, sedentary behaviour, emotional eating).

C. Planned unhealthy habit – a regular habit that is part of your plan. Yes PART OF YOUR PLAN. YOU decide when and how often you eat 'unhealthy' foods, kick back on the couch, have a glass of wine, etc. This is an important part of any long-term health plan.

D. Decelerator – a one off, undesirable behaviour where impact is overestimated. It will actually have little impact if a one off. Stopping it becoming a consistent unhealthy habit is the key (missing a workout, giving in to a craving and eating a cake, etc).

E. Conscious accelerator – a planned, healthy behaviour that is understood to not be sustainable, but is implemented in the short-term to accelerate results (double workout, lowering carb intake, removing planned unhealthy habit).

F. Unconscious accelerator – a behaviour that is seen to be positive but is entirely unsustainable (super low-carb diet, unsustainable total abstinence, overtraining). These are dangerous behaviours that often result in rebound behaviours.

Sculptors

Sculptors are 10-15 minute plug-ons that are designed to add to your workout plan. This additional work will result in a small calorie burn increase, but greater protein synthesis and superior muscle adaptation.

The increased demand for protein as a 'repair' substrate will place additional pressure on the body to 'free' stored fat for energy alongside positively rebuilding the muscles worked.

The complete Sculptors guide is available for all members at:

www.teambodyproject.com/additional-resources

Turbos

Turbos have a variety of guises with benefits dependent on the type of *Turbo* workout you do. You can learn more about *Turbos* in the *The Exercise Handbook* in *Additional Resources*. The additional calories burned with a *Turbo* mean you can retain calorie levels and create a further deficit.

Note: Both *Sculptors* and *Turbos* are focused exercise that breaks down muscle tissue. For this reason we do not recommend more than 450 minutes a week.

NEAT

The wonderful thing about NEAT (Non-exercise activity thermogenesis) or how many steps we walk and how much we move in general, is that it is not catabolic (breaking down tissue) in the same way focused exercise is. Therefore a reasonable increase in our activity offers benefits to our calorie balance without risk of overtraining.

Buying a pedometer or tracking steps using your phone (there are many free apps) would be an excellent addition. You can set yourself a short-term target of steps and focus on walking that far every day.

Note: We should always focus on an **absolute** minimum of 5,000 steps. You can gauge your current movement levels by tracking your steps before you introduce an accelerator.

Accelerators would start at an additional 2,500 steps and upwards.

Steps as 'accelerators'

Example 1:

5,000 steps = current baseline steps being taken
5,000 steps = additional accelerator steps
10,000 steps = short-term steps target

Example 2:

7,500 steps = current baseline steps being taken
2,500 steps = additional accelerator steps
10,000 steps = short-term steps target

Example 3:

10,000 steps = current baseline steps being taken
7,500 steps = additional accelerator steps
17,500 steps = short-term steps target

THE PERSONAL COMPLIANCE CHART

Type	What it is	How often?
Obsession	Every action you take, every food you eat and every moment of your day revolves around what you eat, when you train and what you look like. This is NOT good.	0%
Dedication	You have a very clear goal and you intend to hit it. You are willing to make sacrifices and serious short-term changes to your diet and exercise in order to make it happen. (Never confuse dedication with obsession. Dedication is an admirable application to a goal.)	5-20%
Consistency	You have a balanced goal to make progress in the context of everything else in your life. You let little things go and think about the long-term. You are consistent with your training and nutrition as part of your life and understand that you can't just 'do what you want' if you want a desirable outcome. Note: <i>This is where 90% of progress is made and where we want most of you!</i>	60-90%
Loose compliance	You are not showing any strong consistency or direction with your plan. You are eating mostly what you feel like while keeping an eye on not letting it get out of control. You tend to train when you feel like it. This is 100% better than non-compliance but can't be expected to generate any visible results (although 'unseen' results are plenty). It will hold you together during difficult times.	10-40%
Non-compliance	It is what it is. You eat what you like and stop training. We don't want to go here!	0%

Your goal should be to stay between 'dedication' and 'consistency', stay out of 'obsession' and 'non-compliance' and entering loose compliance in challenging periods and times of maintenance.

'Non-compliance' and 'obsession' are the Richard Burton and Elizabeth Taylor or Bonnie and Clyde of the workout world...

... Dangerously drawn to one another!

Exercise compliance versus nutrition compliance

Having exercise in 'dedication' and nutrition in 'loose compliance' does not equal consistency. Overall results will be led by the nutrition factor. So if you have training in 'dedication' but nutrition in 'loose compliance' total results will more likely be led by 'loose compliance'.

Quality of results will be driven by the exercise factor. If you have nutrition in 'dedication' but exercise in 'non-compliance', you can't expect fat loss and muscle retention, just weight loss. Your quality of body composition will be driven by the exercise factor!

Compliance questions and answers

If you are feeling miserable or tired while trying to lose fat, you need to consider if you are following a sustainable long-term solution for you. Whenever you are feeling this way, you need to ask yourself a few questions.

1. Is my current nutrition and exercise plan in line with my long-term sustainability plan?

Yes. We all have different levels of personal compliance capability. Consider whether your calorie balance, your macronutrient intake, your flux and your healthy/unhealthy balance is sustainable and make changes.

No. How long are you intending to accelerate your results with short-term habits? There is never any harm in dropping off to a more sustainable pace if you are finding your current levels too much.

2. I am missing 'naughty' treats and snacks. What can I do?

Provided you eat a predominantly healthy diet, there is no issue with having a treat for a snack. In the context of an overall healthy diet, a small 100 kcal chocolate bar is going to make no greater difference to your body composition than 100 kcal worth of nuts. The question is, are you ready to introduce 'naughty' snacks?

Yes you are. The 'naughty' snack itches the scratch and helps you adhere to your diet.

No you are not. The 'naughty' snack fires off a chain reaction of cravings and an insatiable desire for more of the same.



3. I am feeling miserable, tired and hungry and yet I am barely losing any weight. I cannot face dropping my calories any further. What can I do?

It may be time to rebuild your metabolism and change your focus. If you're feeling this way now, there is no way you can sustain this for the long-term.

Note: Read our upcoming chapter on Reverse Dieting (pages 240-242).

FURTHER INDIVIDUALIZATION



If you have been following the coaching guidelines, making adaptations to your program and being compliant but have still stopped making the progress you want, it is worth considering further individualization.

It is very unlikely you will need to introduce any of the methods in this chapter if:

- You have been training for less than six months
- You have more than 10 lb (4.5 kg) in total body weight to lose

Before you try any further individualization methods you should read and follow these chapters:

- *Underreporting (discussed earlier in The Blueprint)*
- *Ten Basic Compliance Principles (Additional Resources)*

If you have exhausted other paths and still need a fresh approach, the following methods are useful for making further progress or repairing poor metabolic processes:

- Fasting
- Carb cycling
- Nutrient timing
- Reverse dieting

FASTING

If you want to lose weight while maximizing fat loss and retaining muscle, the headline acts will always be calorie balance, exercise, macronutrient balance, quality of food and avoiding chronic exposure to extreme measures. Fasting, or any other method beyond this, is only as effective as your capacity to adhere to these basic rules.

If you fast for 16 hours a day, but don't exercise, eat a caloric surplus and eat processed foods composed of 90% carbohydrates, the fasting itself won't do much good for you. That being said, I have found fasting to be specifically useful in two ways:

1. To give people a simple, short-term way of breaking a plateau without causing metabolic damage.
2. To help people that are too busy to prepare three plus meals or more a day, or struggle with counting calories and other tracking methods, to reduce calories.

Fasting is not our standard approach. There will be far more detailed resources available to you if you wish to pursue it as a long-term strategy, however, this guide should help you decide whether fasting is a possible protocol to achieve your own goals.

Note: *I will not be approaching the research on whether intermittent fasting has 'longevity' benefits, but rather considering it alongside our goal of long-term, sustainable health behaviours and healthy weight results.*

What is intermittent fasting?

Intermittent fasting is fasting applied intermittently. It is the opposite of the 'little and often' approach since it is more focused on longer periods without food alongside larger portions.

We could call fasting 'more food, less often'.

This 'more food, less often' approach could be skipping one meal a day, having whole days with no meals or any number of varying durations of 'fast' and 'feast' in between.

There are three main ways people approach fasting:

1. **Meal skipping**
Skip a predetermined number of meals in a week with the ultimate goal of eating fewer calories. Example: Skip breakfast every day.
2. **Total day fasting**
Limit your calories to approximately 500 kcal on fasting days and avoid exercise on these days.
3. **Shrink the eating window**
Reverse the amount of time in your day to include eight hours of eating time and 16 hours of fasting time (usually paired with specific exercise-led nutrient timing and fasted cardio). We find this method the most complicated and hardest to comply with and therefore are not covering it in further detail in this book.

Fasting as a long-term strategy

Net calorie deficit, macronutrient balance, regular exercise and a predominance of high quality food will always remain the priority for health and long-term weight management.

Despite what some may say, intermittent fasting does not allow you to escape the fundamental rules of health and weight management. There are some who would suggest that, provided you have 'fasting' days, you can eat whatever you want the rest of the time; but this is not accurate.

Once the baseline of fundamentals is established there is no considerable difference between 'little and often' and intermittent fasting in achieving your goals. (Intermittent fasting-specific factors beyond healthy weight management are not considered here.)

Note: *Different people respond to different methods in different ways. Any physical differences would be seen at an individual level, i.e. some people may respond to one better than another. The only way you will learn how well **you** respond compared to other methods, is by doing it.*

The initial choice as to whether intermittent fasting is right for you is best based on the following factors:

- Whether it is easier for you to implement within your lifestyle and circumstances
- Whether you find it easier to miss meals than count calories or track portions (long-term)
- Whether you find fasting easier to comply with long-term than other methods of weight management

Before you jump on the fasting train I do want you to consider the following...

In a long career of coaching people to lose weight, a large majority of people I worked with were skipping breakfast. In other words, they were already applying an intermittent fasting strategy. In most of these cases they weren't losing weight and in many cases they were gaining weight, which is usually why they came to see me.

Fasting was causing them to make poor food choices later in the day and overeat. There is no benefit to skipping a meal, if skipping a meal causes you to make progressively worse choices throughout the day. Therefore, effective fasting can only be implemented from a known point of balance; for example, once you understand the size and frequency of meals and snacks your body needs daily to maintain calorie balance.



- Intermittent fasting can be utilized by removing meals or snacks to create caloric deficits
- Intermittent fasting can be utilized by implementing total fasting days to create caloric deficits

If you are fasting to lose weight, having a fasting day does not allow for overeating on days when you are not fasting. This would create a balance or an imbalance, rather than a deficit.

Fasting does not allow us to circumvent the laws of thermodynamics, it simply provides us with a different method of creating calorie balances and imbalances.

I see the specific benefits of fasting to be more closely aligned with improved hunger reading, craving control and discipline development. Overall, whether fasting works for you is a combination of psychological and physiological factors laid against the overall desire of optimal body composition.

Try it alongside the key principles to find out if it works for you.

Fasting for busting a plateau

Fasting is a positive thing for most people to try every once in awhile. Everybody should consider attempting it at least once if there are no medical contraindications.

There are a few unique benefits to fasting beyond caloric reduction:

- It teaches discipline
- You learn hunger management
- It develops craving control
- It helps us understand the difference between physical hunger (body hunger) and psychological hunger (appetite)

A fasting day once or twice a week when you are experiencing a plateau can provide the additional reduction to your caloric deficit to kickstart your weight loss without damage to your metabolism.

When trying to lose weight, chronic exposure to any extreme measure is the most important thing to avoid. Chronic exposure to daily deficits – low carbs, high protein diets and any other chronic exposures – creates an environment for reduced metabolic function and flexibility.

A fasting day introduced occasionally as a one-off or even a series of one-offs will have positive impacts on your body composition without negative impacts on your metabolism.

Conclusions

Overall, I do not see strong research that suggests fasting is a better dietary strategy than frequent eating, or visa versa. The majority of benefits you take from both fasting and smaller frequent meals are due to a lower calorie diet and (hopefully) a reduction in processed foods.

While the specific outcomes may come via different physiological pathways, the outcomes are similar enough to warrant both as a potential approach. For this reason, the choice as to whether fasting is right for you should be more compliance-led than anything else.

1. Trying fasting is a great way to practise 'hunger management' and this is a very important tool for everybody looking to manage weight.

2. Fasting is not any better (or worse) for losing body fat. It could be a more practical or easier method for you to implement, but it will not produce objectively better or worse fat-loss results than similar caloric deficits created with frequent meals.

3. It can be a good approach for people who are very busy and people who really don't like counting calories. Once you know your personal 'homeostasis' point you can create deficits with the removal of meals.

This is an easier strategy for some than counting calories, but it shouldn't be approached without some form of *Blueprint* creation.

4. Food quality remains important if you want to implement fasting. Just because you have fasted doesn't mean you can eat whatever you want.

5. Whatever you choose, effective fat-loss with muscle retention will always come back to Lily's Laws.



Lily's Laws

Lily wanted to pop by to remind us that nutrition is a vital component to change.

- Calorie balance
- Anabolic and catabolic flux
- Sufficient carbohydrates
- Sufficient protein
- Sufficient fat
- Drink enough water
- Eat plenty of vegetables
- Limit processed food intake
- Exercise to stimulate muscle growth and fat loss
- NEAT is an important aspect of your metabolic rate



CARB CYCLING

Carb cycling is a very low carbohydrate (and usually calorie) diet, with intermittent 'refeeds' of higher calorie and carbohydrate days.

I do not see any reason why anybody who has reasonable goals, has patience and is persistent will ever have to take on heavy carb cycling. I have included this to ensure that those who use this method do so correctly and safely.

This is not a healthy lifestyle plan, it is an aesthetic plan. There should be a degree of flux in all diets.

Note 1: *I am not a fan of this strategy. I believe in sustainability at the top of any health plan, but unlike many coaches I do not believe my opinion matters. If you want to have visible abs and are willing to pay the price, it is your choice, and this is proven to be an effective strategy.*

Note 2: *This strategy is entirely unnecessary and surplus to requirements if you have more than 10% of body weight to lose.*

Aggressive calorie/carb cycling

I have used very low carb diets that included cycled 'refeeds' with individuals who suit the approach and understand the implications, but it is only an effective strategy when based on the following:

1. It is not a long-term protocol
2. You **do not** have an 'all or nothing' mindset (it holds a high level of danger for rebound)
3. You have a high tolerance for compliance
4. You can handle very low carb/calorie diets
5. You are not vegetarian or vegan
6. You can tolerate hunger and cravings very well
7. You do not have a history of yo-yo dieting

Guidelines:

1. Drop carbohydrates to around 15% for 7-14 days at a time. This usually means entirely cutting out all starchy carbs and even limiting fruit.
2. Calories should be around 30% lower than current baseline.
3. Increase high protein, high fat based foods (meats, oily fish, eggs).
4. Eat A LOT of leafy green vegetables.
5. Show additional caution to cheese, nuts, milk and oils.
6. Constantly remind yourself that a 'refeed' is coming.
7. Every 7 to 14 days have a 'refeed' day. On this day you will significantly increase your carbohydrate levels. You should aim to eat between 2 and 3 times your lower calories on refeed days, with most of the additional calories coming from carbohydrate sources.
8. You should up your training or have your 'hardest' training day on the refeed day to maximize muscle repair and adaptation.

Example: If you are eating 1,200 kcal on low carb days, you should aim for between 2,400 and 3,600 kcal on refeed days, mostly from carb sources. (x 2 for shorter cycles and x 3 for longer cycles).

Theory:

- This refeed is going to stop your body from downregulating metabolic processes
- This would allow you to eat lower than average calories over a weekly or bi-weekly period
- Because of the refeed we prevent the body from converting stored muscle into energy

Let's imagine your normal baseline calorie level is 1,800 kcal and you eat 1,200 kcal daily during the two weeks of aggressive carb cycling:

Carb cycling

Bi-weekly refeed

Normal: 1,800 kcal per day x 14 = 25,200 kcal.

CC: 1,200 kcal per day x 13 + 3,600 refeed kcal = 19,200 kcal

Result:

2 lb (0.9 kg) of additional fat loss (if all else equal)

Weekly refeed

Normal: 1,800 kcal per day x 7 = 12,600 kcal

CC: 1,200 kcal per day x 6 + 3,600 refeed kcal = 10,800 kcal

Result:

0.5-1lb (0.2-0.45 kg) of additional fat loss (if all else equal)

Further to the calorie benefits we would see from carb cycling illustrated on the previous page, it is considered you will experience improved glucagon production.

This is positive in the context of fat loss as glucagon is the hormone responsible for freeing fat stores for energy use.

Final note on carb cycling

This dietary approach should never be used for more than 8-12 weeks, after which a more sustainable and long-term nutrition plan should be returned to.

NUTRIENT TIMING

Nutrient timing is the fuelling of your body with the correct nutrients at suitable times to maximize the processes of change you want your body to undertake. Essentially this is manipulation of food intake before, during and after a workout.

Does nutrient timing matter?

No	Possibly
You have more than 10 lb (4.5 kg) to lose	You have less than 10 lb (4.5 kg) to lose
You are still making reasonable progress	You have stopped making reasonable progress
You exercise for less than 45 minutes at a time	You exercise for more than 45 minutes at a time
You want moderate fat loss	You want less than 10% fat (male), 18% (female)
You don't use fasting	You use fasting

At the top line, the total amount of calories from carbohydrates, fats and proteins is far more important than the timing of them. We should never assume that a detail like nutrient timing can supercede the importance of total nutrient intake.

Hierarchy of importance

1. Amount of calories (total calorie intake)
2. Quality of calories (whole, healthy foods versus processed foods)
3. Macronutrient ratio of calories (protein, fats and carbs)
4. Timing of calories (when you eat the calories)

Methods of nutrient timing:

- Anabolic window
- Fasted cardio

The anabolic window of opportunity takes advantage of short-term benefits like improved protein synthesis and glycogen replenishment, but research does not actually show a huge impact on the long-term advantages we want, like lower fat and higher muscle.

This does not mean it is not important, just that it's not as important as people may think.

Fasted cardio is taking advantage of a fasted state of unavailable dietary nutrients. The production of glucagon alongside the energy requirements of exercise theoretically creates fat mobilization.

The problem is, research shows that fasted cardio works better for some than others and nutrient timing is effective in the short-term but shows minimal long-term benefits.

When we allow nutrient timing to overtake the importance of total nutrient intake we can make mistakes like eating large amounts of highly processed, refined foods in the window of opportunity because we believe we will get away with it.

This **does not** mean nutrient timing will not make a difference to your results or enable you to break through a plateau. Just that it is not a magic bullet.

With body composition, if you want your body to utilize the nutrients coming in at the time when they are most effective, it makes sense to consume them around the time they are going to be most needed.

The problem is, this varies from person to person. You can try out various methods of nutrient timing, measure against results and see if they make a difference for you without ever forgetting the hierarchy of importance when it comes to good nutrition.

Hierarchy of importance

1. Amount of calories (total calorie intake)
2. Quality of calories (whole, healthy foods versus processed foods)
3. Macronutrient ratio of calories (protein, fats and carbs)
4. Timing of calories (when you eat the calories)

How to change your nutrient timing

When it comes to nutrient timing, all the research points towards one thing: when you're stuck, a change makes a difference. What that means, in its simplest terms, is to change what you're doing.

- If you're currently eating breakfast before cardio but results have slowed, try doing cardio without eating breakfast first
- If you're currently eating six meals a day, try eating four meals a day
- If you're currently spreading macronutrients evenly across all meals, try loading your carbs after a workout

1. Meal frequency

Six small meals means:

- Constant availability of protein for repair
- Reduced hunger and cravings
- Insulin-dominant environment
- More even energy distribution

Three larger meals means:

- Glucagon-dominant environment
- More cravings and hunger
- Less frequent availability of protein for repair

With other factors being equal, studies show no significant difference, but:

1. People looking to build more muscle may do better with more meals
2. People looking to lose fat may do better with fewer meals

I would recommend changing your meal frequency if:

- You are stuck in a plateau
- It fits your lifestyle
- You have good compliance
- Minimal body fat is important to you

2. Pre- and post-workout carb timing

Carb timing is used to provide carbs for energy and protein synthesis at times when they are specifically needed; for energy during workouts and for anabolic repair.

Proposed benefits of loading carbs before and after a workout:

- Improved protein synthesis
- Better glycogen replenishment
- Improved performance
- Carb quota used on performance

This method is built around the idea of an 'anabolic window of opportunity'.

On the other hand, **carb distribution** would focus on spreading them throughout the day.

Proposed benefits of balanced carb distribution:

- Even blood sugar
- Reduced hunger and cravings
- Less potential for muscle breakdown due to gluconeogenesis
- More sustainable

This method is built around the idea of sustainable hunger and craving control and balanced energy throughout the day.

If I were working with an elite athlete, where 2 lb (0.9 kg) of muscle could make the difference between winning and losing, there is no doubt I would choose carb timing. By far the most important factor for an elite-level athlete is performance.

On the other hand, if I were working with a non-professional athlete who wanted to lose fat but also needed carbs to function for other purposes, I would choose carb distribution throughout the day.

I would recommend carb timing for breaking a plateau:

- If you have excellent compliance
- If you can handle cravings
- If you can handle hunger
- If minimal body fat is important to you

REVERSE DIETING

If you have been following our guidelines on sustainable weight loss, hitting points in your health journey where you need to rebuild your metabolism should be avoidable.

However, if you have a history of crash dieting and/or prolonged and extreme carbohydrate reduction it is very possible you will struggle to lose weight with normal calorie reductions and activity level, even when following our guidelines.

If this is the case, you may want to rebuild your metabolism, through a 'reverse dieting' process.

Should I reverse diet?

Whether reverse dieting is right for you should be based on a combination of the following:

1. If you are exercising more than 400 minutes per week.

AND

2. You have a diet that is:
 - A. Lower than 1,200 kcal per day as a female
 - B. Lower than 1,500 kcal per day as a male

These are rough guidelines. I would start showing caution to weight loss sustainability any time you drop below 1,350 kcal as a female and 1,650 kcal as a male, when exercise is in excess of 350 minutes per week.

On the other hand if your exercise is less than 250 minutes a week, even when calories are low, it is possible increasing exercise may be a far better option than reverse dieting in the first instance.

Note: Stale weight loss is when you have lost 1 lb (0.45 kg) or less (total) in a four week period. Do not assume you need to reverse diet because your weight loss has stopped for a week or even two. This is perfectly normal and even expected at times.

Reverse dieting

Reverse dieting is typically used for athletes, such as boxers and bodybuilders, to rebuild metabolic rate after periods of extreme caloric reductions and exercise. For reasons I have never completely understood, this well-known technique in sporting circles has never crossed over into mainstream use.

The theory of reverse dieting is not very different to the reason we flux our calories on a regular basis. We move the body slowly out of a chronic hypocaloric state and into a hypercaloric state while either:

- A. Not gaining weight
- B. Gaining a small amount of weight that would be exclusively muscle

Reverse dieting is more of a psychological battle than a physiological one. Training hard to build small amounts of muscle, rather than lose fat, can be hard mentally after many years of trying to lose fat.

To get reverse dieting right requires paying attention to tracking weight and measurements. Our goal is to place the body into an increasingly anabolic state until we raise our metabolism and metabolic processes back to a healthier state.

Once we have established a stronger metabolism, we can begin the process of healthy fat loss again without danger of losing muscle and without the need for extreme restrictions.

How long will it take to rebuild my metabolism?

It depends on a number of factors, including how long you have been exposed to very low calorie diets. It could take as little as a few weeks and as much as several months. While this may feel frustrating, I always remind people of the reason they are reverse dieting. They have stopped losing weight anyway. Many times, people have been stuck at a weight for many months in a low calorie/high exercise state. They have nowhere left to go and if they wish to make further progress this is the only way forwards.

When reverse dieting, progress simply gets measured in a different way.

How it works

Here is a step by step guide to reverse dieting:

It is important you have been tracking calories if you wish to implement this. It can be very difficult to do using other methods without gaining weight.

- A. **Increase the ratio of resistance training in your routine.** The Personal Training workouts, Danger Zone, Superhero, Pure Resistance and Sculptors are all excellent resistance based workouts. This will mean you should reduce the ratio of cardio in your routine accordingly.
- B. **Increase your kcal by 100 per day.** This would normally start with carbohydrates, (usually lowest in chronic dieters). Over time, you should increase across all macronutrients.

Example:

Current diet: Consume 1,000 kcal per day.

New diet: Consume 1,100 kcal per day.

Note: *It really is that simple. Somehow, there are entire books on this subject and yet the process is no more complicated than this.*

- C. **Follow the new routine.** For the next seven days, follow your new training routine and diet with higher calories, tracking your consumption.
- D. **Remeasure.** At the end of the seven days, weigh and measure yourself.
- **If you weigh the same.** Increase your kcal by 100 again. Repeat.
 - **If you have gained weight.** You should stick with your calorie consumption until your weight stabilizes. You can also change your macronutrient ratios*.
 - **If you have lost weight.** Increase your kcal by up to 200. You can also change your macronutrient ratios*.
- E. Repeat the process every week until you have raised your calorie consumption to a more sustainable long-term quantity. Your goal is to strengthen your metabolism and resume balanced metabolic processes while building muscle.

* I always get asked what the best macronutrient ratio is. Over time you will learn which macronutrient ratios you will respond best to. The only way to know what is best for you is trial and error.

Being in an anabolic state and a caloric surplus is a positive thing for your body.

1. Your body switches on processes it had previously switched off. You will have more energy, better sleep and more positive moods.
2. Your body remembers it can use protein for building muscle, not just for converting into energy for use.
3. Your body may even start to mobilise fat sources it has been holding on to. People find this to be the most surprising benefit.

Patience

Enjoy rebuilding your body and your metabolism, the longer you spend building a healthy body, the faster you will meet your ultimate health goals.

The key word here is **building**. After a long period of breaking down tissue and fat, you are building health again.

Reverse dieting is over-complicated by many people. It is a simple process of increasing calories, increasing resistance training and tracking changes until you are satisfied with your new point of balance.

Once you are eating a healthy amount of calories, you can start the process of reducing calories and losing fat once again, but this time remembering to introduce regular flux so you don't have to reverse diet again.

CAN A METABOLISM BE 'BROKEN'?

Some people feel that their metabolisms are seriously damaged and that it is impossible to lose weight.

After a lifetime of dieting, it can feel like no matter what you try, you simply can't drop the pounds.

Calorie balance is confusing because it is not always as simple as it seems. As adaptations happen in your body, it can seem like your body is not obeying the laws of physics, but this is a dangerous line of thinking that can lead to extreme or false measures and a mindset that becomes open to seemingly exciting marketing messages that are infused with nonsense.

Regardless of how often you have dieted you will not circumvent thermodynamics and no amount of magic avocados or juice cleanses can change this. Any avoidable adaptations your body has made will be predictable, fixable and not particularly extreme.

Rather than reaching the understandable but false conclusion that your body doesn't work, it is better to understand your body and how it does work, so you can make changes accordingly and in line with our personal goals.

Regardless of how effectively you lose weight there will be:

1. **Unavoidable** slowing adaptations to your resting metabolic rate (a smaller object requires less energy to survive)
2. A reduction in the amount of calories you burn during exercise (a smaller object requires less energy to be used)

Therefore, if you start losing weight at 1800 kcal and lose 20 lb, you will probably need to reduce your calories to continue losing weight. This is not indicative of a damaged metabolism, this is indicative of success.

A slower metabolism is an inevitable side effect of weighing less, but chronic dieting **can** also cause additional processes to change in your body, making weight loss even harder:

1. Thermic effect of eating goes down when you eat less for prolonged periods of time.

The body will spend less energy on digestion when it doesn't have sufficient calories.

2. NEAT adapts down when calories are permanently low.

Your body is a complex machine. With less calories to 'waste' your body will stop wanting to move.

3. Calories absorbed increases – you absorb more of the calories you eat.

Calorie absorption will increase when you are in a permanent calorie deficit. This may mean that where you were absorbing 1500 per 2000 kcal consumed before reducing calories, your body may now be absorbing 1800 per 2000 kcal consumed.

What does all this mean?

Your body is certainly not broken.

It uses less energy to digest food because it is reluctant to waste calories. It is hesitant to move more because it doesn't want to burn and waste calories, and it is absorbing a higher percentage of the food you consume because it doesn't want to waste calories.

Some people call this 'starvation mode' when in reality it is just the body being understandably more prudent with calorie expenditure when there are fewer calories available.

Let's compare two people that weigh 200 lb to illustrate what dieting can do:

	Person 1 – always weighed 200 lb	Person 2 – Dieted down from 250 lb
Weight	200 lb	200 lb
Daily calorie intake	2000 kcal	2000 kcal
Actual Calorie absorption	90% (2000 x 0.8) 1800 kcal	95% (2000 x 0.95) 1900 kcal
Resting metabolic rate (RMR)	1200 kcal	1200 kcal
Natural NEAT	450 kcal per day	350 kcal per day
Thermic impact	5% (2000 x 0.05) 200 kcal	2.5% (2000 x 0.025) 100 kcal
Daily workout	250 kcal	250 kcal
Daily calorie balance	300 kcal (weight loss)	0 kcal (weight maintenance)

* Results in this table are demonstrative values only and actual figures could be very different

The RMR and daily workout figures are identical to one another since a lower weight inevitably reduces RMR and calories burned during a workout.

Note: the RMR could vary by up to 15%, but this is largely genetic and out of our control.

However, adaptive NEAT, thermogenesis and calorie absorption make the difference in outcomes rather noticeable.

It is **very likely** that somebody who has lost weight will not be able to exist on the same amount of calories as somebody who weighs the same as them, but has retained this weight for a long period of time.

Add to this the 15% difference in RMR that can exist from person to person, and if you're on the lower end of RMR, it really can feel like the world is against you when trying to lose weight.

However, please remember this: Everybody loses weight in a calorie deficit.

What is NOT happening:

1. You are **not** eating less than 1200 kcal per day and still not losing weight (unless you weigh less than 100 lb and even then you would need to be sedentary). Your body will retain a relatively stable RMR regardless of how much you diet. If you think you are eating 1200 kcal, exercising for an hour a day and still not losing weight you are probably **vastly** miscalculating the amount of food you are eating. (See the chapter on *Underreporting*)
2. Your body is **not** seriously damaged by a lifetime of dieting. It has made some inevitable adaptations alongside some fixable adaptations that make losing weight more challenging. Losing weight can be hard, but we are here to support you.
3. You are **not** defying the laws of thermodynamics. You can lose weight if you create an imbalance, everybody can. Calorie balance is not as simple as 'calories in versus calories out' (as illustrated above) but it is never, ever false.

What can be done?

1. Calorie flux

Avoid staying in permanent calorie deficits to minimise the impact of adaptive processes when losing weight.

Flux protects our metabolism from adaptive processes and allows us to build muscle, which is more metabolically active than fat.

2. Accept the facts

Your metabolic rate is your metabolic rate, it is not your fault and your body is not broken! Your metabolism may not be as you wish it to be, but only a small part of that is within our control. It is possible that another person with most of the same factors as you can lose weight at 2000 kcal and for you to lose weight you must consume 1500 kcal. This may not be fair, but if you want results it must be accepted. If you are not losing weight and you wish to, you are eating too many calories for weight loss. You may not think you are eating too many calories, but you are.

Note: *If you are seriously concerned about your metabolic rate and are eating less than 1200 kcal a day alongside regular exercise and not losing weight, this needs investigation beyond the scope of this book. Call your doctor immediately.*

3. Consider food quality

Processed foods have a much higher absorption rate than non processed foods. They also have a lower thermic effect. The increased processes required to digest fibre, nutrient rich foods means we spend more energy digesting them and absorb less of the calories in the process.

4. Reverse diet

Increasing calories while sustaining weight will slowly support increased NEAT, decreased absorption and increased thermic effect.

5. Monitor NEAT

Your body may not want to move as much when you are in a calorie deficit, but that doesn't mean it can't move as much. Track your steps, take the stairs, cycle to work and keep moving!

Conclusion

When losing weight, our metabolism will always slow down, making the last few pounds much harder to lose than the first few pounds.

As we age our metabolism will slow down, making weight loss at 25 far easier than weight loss at 65.

Chronic dieting will cause adaptations to your metabolism, but:

1. They are not as extreme or damaging as you may think
2. They are mostly fixable and/or avoidable with a sensible approach
3. They will not be extreme enough to prevent all progress

Calorie balance is never false but it is simultaneously simple and complicated.

While energy in versus energy out is true, a variety of factors – from energy absorption to adaptive NEAT and the thermic effect of food to slowing RMR, and even aging – can make this law feel like a continuously moving object and our body an outlier to the laws of physics.

Provided you continue to view the facts objectively and adapt accordingly, you cannot fail to achieve the goals that matter to you.

Your body can reach its best version.

FURTHER INDIVIDUALIZATION CONCLUSION

The advanced individualization methods are all short-term measures to help you make progress.

Ultimately, to *Transform for Life*, you will need to follow Lily's advice.

Lily's Laws

Lily just wanted to drop in and remind us of the fundamentals.

- Calorie balance
- Anabolic and catabolic flux
- Sufficient carbohydrates
- Sufficient protein
- Sufficient fat
- Drink enough water
- Eat plenty of vegetables
- Limit processed food intake
- Exercise to stimulate muscle growth and fat loss
- NEAT is an important aspect of your metabolic rate



Be compliant.

Be patient.

Be kind to yourself.

Be consistent.

And most importantly of all, remember Barry White and Billy Joel said it best:

You are perfect '*Just the way you are*'.

MAINTENANCE FUNDAMENTALS

The truth about maintenance

"How did you go bankrupt?" Bill asked.

"Two ways," Mike said. "Gradually and then suddenly."

With these profound words, Ernest Hemingway spoke of how the rich become poor - but the same sentences perfectly describe how rich *health* can ebb away.

Slowly at first, but then all at once.

For the majority of people, re-gaining weight or losing fitness does not happen overnight. At first, the methods that drove success are relaxed in a very small way.

"I'm so tired tonight, i'll put my feet up and watch TV instead of working out."

Where before, the approach was to 'do it anyway', reaping the rewards that finishing a workout brought. Now, with goals met, it is all too easy for the rules of engagement to change.

Yet, the door of discipline closes slowly.

It rarely makes the expectant slam that would wake you up to its potential loss. If it did, we wouldn't fail to miss it.

Beware the insidious nature of its disappearing act.

- Take note whenever you decide to miss a workout
- Switch your mind on to the moments that your emotions drive your eating decisions
- Stay alert to any signal of complacency

Isolated moments such as these will cause you no problems, provided you **understand how easily they can turn into habits**.

For 'health' is like taking a bath. It must be done daily...

It will never be 'easy'

Perhaps too many in the fitness industry are afraid to say this - fearful of scaring people away from their new **6 week health kicks** and the dollars that follow them.

I do not share this fear, because I know that only by confronting truth can you truly live a life of health - and my aim for our members is perpetual health, not rapid change.

1. If you don't keep health as a priority, it will fade away - **slowly at first, and then all at once**. It can never be abused and ignored, it must constantly be nurtured.

2. When you hit your goals - maintaining results is easier **physically** than making progress - you don't need to train as hard and you can relax your diet.
3. It is harder **psychologically** - you now have to exercise and eat healthily without the obvious prizes that each week brings - lost weight, improved tone, improved fitness. This is a shift that must be overcome.

Once you hit your goals, you must see health as a **requirement** of life:

- Go to work to pay the bills
- Take a bath to stay clean
- Brush your teeth to avoid the dentist drill and bad breath
- Drink water to stay hydrated
- Exercise to be fit and healthy
- Eat well to be fit and healthy

If you want to be healthy for the rest of your life, you must always exercise and eat healthily. No matter how long you do it for, no matter how fit and healthy you are, will never be 'done'.

Sometimes, it will be hard and it will always require a level of sacrifice. The good news is, it's about the best sacrifice you will ever make.

Health for life

Reaching your aesthetic goal is not the end of your journey with health.

Losing weight and making progress should represent a small fraction of your lifelong participation in healthy behaviours and exercise.

One of the problems with weight loss is that healthy eating and exercise behaviours that accompany this goal are perceived as short-term measures in order to lose weight, rather than as distinct lifetime habits that are as important as going to work, having a shower and brushing our teeth.

Health is not something you can work at for a while, achieve and then forget about, it is something that should continue to be a priority for the rest of our lives.

If we treated our jobs the same way as most people treated health behaviours, it would go a little something like this.

1. Run out of money to pay bills, eat and live.
2. Get a job to pay the bills.
3. Keeping going to work until the bills are paid and we have enough money.
4. Success. Finances are in order! Quit our job.
5. Wait until we run out of money before looking for a new job.

It seems ridiculous when we look at it like this, but it's exactly how most people treat their health, which is far more valuable than money.

Everything within *Transform for Life* is designed to drive the way you view and approach health towards permanent and sustainable behaviours.

This is why healthy food ratios, enjoyment and exercise quantity are an important consideration from the start, long before maintenance is even considered.

If you are eating zero carbs and exercising for two hours a day when you achieve or arrive at your goal, the risk of returning to old behaviours in the classic 'all or nothing' cycle is significant.

If, on the other hand, your dieting habits are close to your maintenance habits, you will almost certainly retain them.

Setting new goals

There is good news.

If you have been losing an average of 1 lb (0.45 kg) a week and have now reached your goal weight, you will no longer have to create a calorie deficit in order to achieve your goal of maintenance.

You have two options:

- A. **Set new goals:** you can continue to improve your body composition and improve your fitness levels, but without an overall calorie deficit
- B. **Striking balance:** If you are happy with your weight, body composition and health you can work on building a new *Blueprint* based on lifetime health and balance.

Changing body composition

Just because you have hit your goal weight does not mean you cannot continue to improve the way your body looks if this is important to you. If you have hit your target weight but want to further improve your body composition you will need to use the calorie flux method to do this.

Remember the two fundamentals of body composition:

- Fat loss only really happens in a calorie deficit
- Muscle gain only really happens in a calorie surplus

Therefore being in a calorie balance never completely achieves one or the other.

Example body composition program:

Phase 1 fat loss focus

Current weight	180 lb (82 kg)
Current fat %	25%
Current fat weight	45 lb (20 kg)
Daily calorie requirements	2,100 kcal
Fat loss calorie intake	2,100 kcal x 0.8 = 1,680 kcal per day **
Cardio sessions per week	4 x 45 minutes
Resistance sessions per week	2 x 45 minutes
Duration	4 weeks *
Target fat loss	3 lb (1.3 kg)
Target fat percentage	23.5%
Target total fat mass	42 lb (19 kg)
Target weight	177 lb (80 kg)

Phase 2 muscle focus

Current weight	177 lb (80 kg)
Current non-fat %	76.5%
Current non-fat weight	136 lb (62 kg)
Daily calorie requirements	2,100 kcal
Muscle building calorie intake	2,100 kcal x 1.2 = 2,520 kcal per day **
Cardio sessions per week	2 x 45 minutes
Resistance sessions per week	4 x 45 minutes
Duration	6 weeks *
Target muscle gain	3 lb (1.3 kg)
Target non-fat percentage	77%
Target fat percentage	23%
Target non-fat weight	139 lb (63 kg)
Target weight	180 lb (82 kg)

* The period of time spent in muscle building is longer as muscle is usually slower to build than fat is to burn

** Calorie deficit is higher than surplus as it is usually slower for the body to build muscle than burn fat.

This is not always the case and it is important you monitor the changes in your own body.

- Body fat as a **percentage** continues to decrease in **both** phases.
- The changes are not **dramatic** but they are **specific**.
- More resistance was completed when building muscle and more cardio when stripping fat.
- The process can be lengthened to eight weeks if you have sufficient fat you can lose (more than 15% body fat in males and more than 23% body fat in females)
- The process can be repeated several times until you reach your desired fat levels
- 'Flux' can still be used within the weeks (as per flux guidelines in *The Blueprint* provided the overall calorie position is maintained)

You can use *Your Health Blueprint* guidelines to build a new program based on your body composition goals.

Striking balance

If you have reached your weight loss and body composition goals and feel happy with your body you can now look at your *Blueprint* to decide on where you can make changes towards a more balanced life.

These are going to be subtle changes, with sustainability as the most important aspect of your new plan.

Let's compare a progress *Blueprint* with a maintenance blueprint.

Plan comparisons : Healthy eating

Healthy eating ratio progress	Healthy eating	Unhealthy eating
	90%	10%
Healthy eating ratio maintenance	Healthy eating	Unhealthy eating
	80 %	20%

Where before better health was the priority, now sustainable health is the priority.

Health can not be sustained if we remove the predominance of healthy foods, but in maintenance the ratio can be less strict and allow for more relaxation in the overall plan.

Exercise

Days per week of exercise progress	6
Days per week of exercise maintenance	5
Exercise per day progress	45 minutes
Exercise per day maintenance	45 minutes

In this example the amount of exercise is almost the same, with just one day less overall.

Exercise is always important and retaining a high level of exercise is important to long-term goals. Maintenance always suffers when exercise is neglected.

Daily calories progress	1,750 kcal
Daily calories maintenance*	2,100 kcal

* Reverse dieting to a new calorie level is a better option than a sharp rise in your calorie levels. See chapter on *Reverse dieting* for details.

Where before the calories were set for weight loss, they are now set for maintaining weight, which means you can eat more of them. You will never be able to resume eating what you like, when you like, but rather finding a place in your life for enjoying your food, moving your body and striking the balance between health, socializing and life that works for you.

This is why it is so important you are focused on sustainable and enjoyable habits from the word go.

You can use *Your Health Blueprint* guidelines to build a new program based on your maintenance goals.

To track or not to track

By the time you reach your goal weight you should have a good idea of how many calories and macronutrients are in foods. In most instances it is perfectly feasible to stop tracking and use your instinct and improved hunger and satiety signalling to eat a balanced and healthy diet.

Some people like to track in perpetuity, but the great majority who have spent weeks and months learning how their body works and the macronutrient quantities of foods do not find it is necessary in order to maintain weight.

The ‘wall weight’

Your weight will never stay exactly the same. It will fluctuate by 15 lb (7 kg) or even up to 20 lb (9 kg). The goal should be to remain with a weight range rather than at a specific weight.

Example: If your weight goal was 180 lb (82 kg), your range may be between 175-190 lb (79-86 kg).

If your weight is important to you, you can’t let go of the scales entirely but should only step on them monthly or bi-weekly to keep an eye.

If you set a ‘wall weight’ this is the highest weight you are willing to hit before rebounding back towards your healthy range.

TASK

Decide on a wall weight.

Once you have hit the wall you can move into a short progress period to get yourself back to your maintenance weight.

You can expect to hit your wall. It does not signal failure, just an unavoidable period of imbalance that can easily be corrected.

The wall is your protection against returning to old behaviours.

Intuitive eating and movement

Maintenance is where intuitive eating comes into its own.

Learning to listen and respond to hunger, manage quantity and quality of food alongside regular movement, without the need to overthink or have to track, is the ideal scenario.

Having habits around NEAT, daily exercise, water consumption and food intake will allow you to intuitively adjust intake and output throughout your life.

Your Blueprint is phase one. It gives you the information you need to calibrate your intuition.

Once you have met your targets, with a calibrated intuition and healthy habits instilled into your life, it's time to go and live it.

Conclusion

Health is like bathing, it has to be done daily or the benefits wear off.

Expecting an extreme quick fix to get you healthy for life is like expecting to stay clean for months because you took a really long bath!

There are two philosophies that are critical to a lifetime transformation.

1. I endeavour to take pleasure in the gift of moving and nourishing my body.
2. Health is a non-negotiable part of my life. When I'm not enjoying it, I get it done anyway.

You will need both philosophies at various points in your life.

Provided you can keep the both, you will be *Transformed for Life*.

ABOUT THE AUTHORS

Team Body Project founders Daniel and Alexandra Bartlett are married and live in West London with their 3 children.

They blend Alexandra's expertise in Pilates, mobilisation and nutrition with Daniel's expertise in fitness, weight management and personal development to create a complete health product.

Team Body Project has reached over 20 million people worldwide and their website www.teambodyproject.com currently has over 11,000 active members.

They have spoken on multiple aspects of health at FTSE 500 companies and host popular health events globally.

As passionate opponents of unsubstantiated diets promising easy outcomes, they advocate a lifestyle based method that includes evidence based exercise and nutrition plans.

Everything they do is infused with their message of personal empowerment, development and self confidence.

They both enjoy a glass of wine, good food and excellent company.



HEALTH, EXERCISE AND DIET DISCLAIMER

The health, fitness and nutritional information in this book is for educational purposes only. The use of any information provided in this book is entirely at your own risk.

You should not rely on the information in Transform for Life as a substitute for professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this book.

You should consult your doctor/physician or other health care professional before starting this or any other health and fitness program to determine if it is right for your needs. This is particularly true if you have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not make any changes to your diet or exercise plan if your physician or health care provider advises against it.

If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

Developments in medical research may impact the health, fitness and nutritional advice that appears in this book.

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