

# FAT LOSS CHECKLIST

*FOR 2020*

THE DEFINITIVE GUIDE TO BEGIN YOUR  
FAT LOSS JOURNEY IN THE NEW YEAR

JEDPT

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## FOREWORD - JED RIDDY

*Thank you* for downloading this Fat Loss Checklist and I am confident that by the time you have finished it you will be more knowledgeable and equipped with the right tools to help you with your health and fitness journey in 2020.



This isn't your average checklist with some cliché motivational quotes. It's practical, evidence-based advice that you can implement immediately and know precisely the right way to approach your goals.

It will also dispel myths, fads, and fallacies that are rife within the fitness industry particularly at the beginning of the year when certain trainers and coaches prey on the vulnerable population.

So I would like to take this opportunity to congratulate you for taking the first step in investing in your health and fitness and I do hope you can live a fitter and healthier lifestyle in 2020.

Please use this Fat Loss Checklist as a reference and refer back to it whenever you need.

Enjoy.

Yours In Health And Fitness,

**Jed**

# ***Start With The End Goal In Mind***

***Simply saying, "I want to get healthy" isn't going to cut it when you are determined to make changes to your health and fitness.***

"Begin With The End In Mind" is the second habit of Stephen Covey's legendary book *The 7 Habits of Highly Effective People*.



Covey writes that "Habit 2 is based on imagination – the ability to envision in your mind what you cannot at present see with your eyes."

So it's time to get a bit more specific with exactly what it is that you want. Do you see yourself walking down the beach on your birthday with confidence bursting out of your seams? Do you see yourself running a 5km race that you have always wanted to do? Do you see yourself lifting weights regularly and hitting some personal bests?

Get a head start by following the **S.M.A.R.T** goal-setting principles. This will help you map out a clearer path to your success. Write those goals down, and find a way to read them every day. Do you check Facebook upon waking? Good, stop. Now read your goals every day.

# Do Something You *Enjoy And Don't Stop Doing It*

*There is going to be so much conflicting information when you start your journey that you may feel completely overwhelmed.*

One thing that you have is a **choice**. A choice to do what you enjoy doing. I know some of you might be reading this and thinking 'I won't enjoy anything' but *trust me*, there will be certain forms of exercise that you will enjoy moreso than others.

Some of your friends will tell you to join their *F45* gym. Some of them may tell you to 'come do my program' at their local gym. Your neighbour might badger you to go out *cycling* with them first thing in the morning.

There is no right or wrong with whatever you decide to do. Just ensure it's something you can stick to.



So many of you may have been influenced before by doing something similar to that of someone who you follow on social media. I can assure you, you do NOT have to do what they do. Your personal preference must always come first. I cannot stress the importance of doing something you enjoy.

# You Must Understand Energy Balance For Fat Loss - Part 1

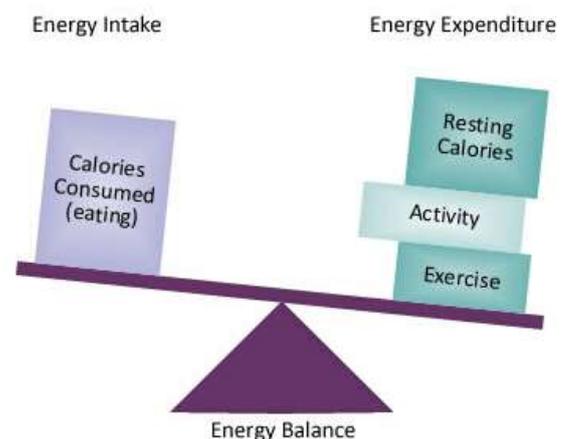
**Once you understand how Energy Balance works, you will understand fat loss. You will understand why every diet has the potential to elicit fat loss.**

**Energy In** (food, drink etc) vs **Energy Out** (exercise, daily activity) constitutes your ability to lose weight.

To help you understand weight loss even more, picture this scenario;

*It's the first week of January. You have just finished 4-5 weeks of excessive alcoholic intake along with eating like a champion over the Christmas period.*

*You have put on weight. You may feel a bit 'fluffy'. You start the year by cutting out a lot of food groups, particularly bread and pasta. You start doing endless amounts of exercise. You lose weight.*



This is because you created an *energy deficit*. You burned more calories than you consumed. You can create an energy deficit by reducing your caloric intake, which may include the foods you eat regularly (hence why bread often gets a bad rap).

# You Must Understand Energy Balance For Fat Loss - Part 2

Your total daily energy expenditure (TDEE) is broken down into 4 major components.

## **BMR - Basal Metabolic Rate**

*What energy is required to run basic processes and keep you alive.*

## **NEAT - Non-Exercise Activity Thermogenesis**

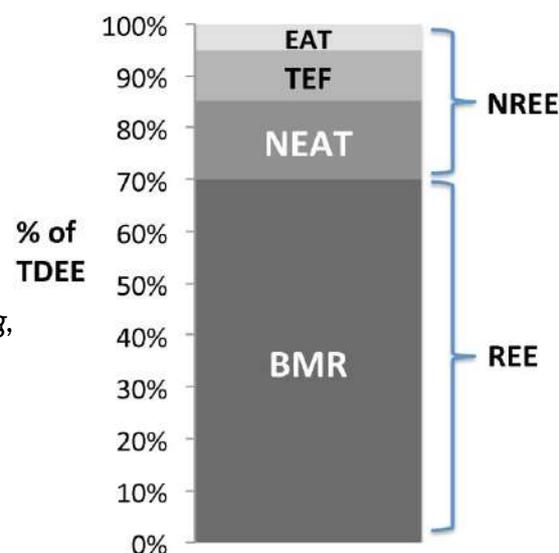
*The energy you expend doing non-activity tasks such as cooking, cleaning, fidgeting etc.*

## **TEF - Thermic Effect of Feeding**

*The energy you expending during eating and digestion.*

## **EAT - Exercise Activity Thermogenesis**

*The energy you expend during exercise.*



As you can see by the image above, you have various tools to use to expend energy. So worrying about exercise as the only tool to lose fat is quite evidently flawed.

Don't try and commit to going to the gym every day. You will fail. Commit to exercising a few times a week, and put a large emphasis on your activity away from the gym. Keep your step count high, and choose the active way, not the easy way (taking the stairs instead of the elevator).

Once you combine this through a small calorie deficit with your food intake, you will lose weight. Don't do it the hard way which is trying to out-train your poor nutritional choices away.

# ***You Must Understand Energy Balance For Fat Loss - Part 3***

## **How Named Diets Work for Weight Loss**

<b>Diet Name</b>	<b>Short Description</b>	<b>How it Works</b>
<b>Low Carb</b>	Eat fewer carbs and more foods rich in protein and fats	<b>By creating a caloric deficit</b>
<b>Ketogenic</b>	Eat almost no carbs, some protein and mostly fats	<b>By creating a caloric deficit</b>
<b>Low Fat</b>	Avoid foods high in fats and eat mostly protein and carbs	<b>By creating a caloric deficit</b>
<b>Intermittent Fasting</b>	Restrict your eating period to only a few hours every day	<b>By creating a caloric deficit</b>
<b>Weight Watchers</b>	Points based system to help with portion control	<b>By creating a caloric deficit</b>
<b>Paleo</b>	Eat only minimally-processed "paleolithic" foods	<b>By creating a caloric deficit</b>

*You might hear a few of these in 2020, so let me explain a few..*

### ***"I lost weight because I didn't eat after 6pm"***

No, you created a caloric deficit which you didn't have in place previously. Let's say you ate all of your calories before 6pm and then stopped eating. If you divided the calories evenly throughout the rest of the day, the results would have been the same.

### ***"I'm eating the 'trim down' meal plan from "insert food company" and I'm losing weight"***

You created a caloric deficit compared to your old meal plan. The title of the plan was irrelevant. As long as you created a caloric deficit, you can lose weight on any meal plan.

### ***"I watched Game Changers and now I'm vegan and have lost weight"***

By reducing meat, you may have reduced your overall caloric intake. You may have made better choices elsewhere in your diet which led to a caloric deficit being established and helped you lose weight"

# Identify What Exercise Will Fit Your Goals

***Choosing Yoga as a form of exercise to grow a big booty in the New Year would be sub-optimal. Training like a pro-Bodybuilder to improve your cardiovascular health would be sub-optimal.***

It is important that after following the 'do what you love' principle first when choosing an exercise format to follow, you need to adhere to the **SAID** (Specific Adaptation to Imposed Demands) principle.

You will have learnt above that fat loss will occur through a calorie deficit, *but what about improving specific physical areas of our body?*

Well, you will need muscle growth which in MOST cases will occur by applying the SAID principle.

Let's use growing the glutes as an example..

If you chose weight training using exercises like hip thrusts, squats and lunges whilst applying the SAID principle, you would find yourself on the 'peach' end of the glute spectrum.

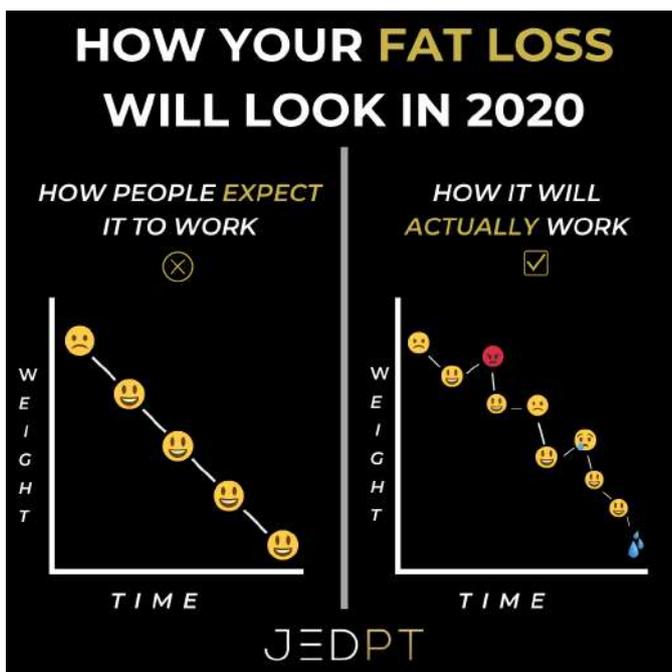
What People Think Happens When You're A Girl And Touch A Dumbbell Once



If you chose Yoga, it would be difficult to apply the SAID principle and you may find yourself on the 'pancake' end of the spectrum.

# Your Fat Loss Journey Will Not Be Linear

It is paramount you acknowledge that your fat loss efforts will be met with plenty of hurdles, so don't have any expectations that the journey will be linear.



It will be **unpredictable**.

Your weight will **fluctuate**.

It may take longer than expected to see results.

This adds to the importance of not chopping and changing things when it appears that your results have hit an apparent plateau.

It also means you are susceptible to life getting in the way of your

health and fitness aspirations which is completely normal. To believe that every week would be an improvement on the last would be naive, so take satisfaction from the weeks where you 'just get by'.

Using the scales as a metric for fat loss is also a critical error. Due to the daily weight fluctuations we experience (*water, glycogen, hormones*), your weight will not go down on a daily basis.

To ensure you are on the right path, work with an experienced coach who can guide you through the phases of your fat loss journey and explain how your results are progressing.

# Stop Comparing Your Journey To Others

*As well as ensuring you understand the developments in your own journey, you cannot compare it to others.*



STOP COMPARING  
YOURSELF  
TO OTHERS

Most of the people who you are following on social media for supposed 'inspiration' for your own health and fitness goals live completely different lifestyles to you.

That in itself is a reason to not follow them, because it can be somewhat demoralising.

To elaborate on that further, it is nonsensical to compare yourself to someone who trains 5-6 times a week if you only have the capability of training 2-3 times a week.

Your results will differ massively. It's worth understanding that many of the people you follow literally have to stay in shape for a living.

They reject social outings, they don't have balance with their lifestyle and may even have poor relationships with food.

So with your own efforts in your fat loss journey, appreciate that your results will vary significantly to those around you.

# ***Fat Loss: The Final Checklist***

***Now that you have a basic understanding behind some of the major facets of fat loss, it is your opportunity to put them into application in 2020 and obtain the results you desire.***

## **The Final Checklist:**

### **AT THE BEGINNING > > >**

- Set some goals which are clearly defined using the SMART principle and identify which form of exercise you feel will suit your goals and needs most.

### **ACCELERATE YOUR RESULTS > > >**

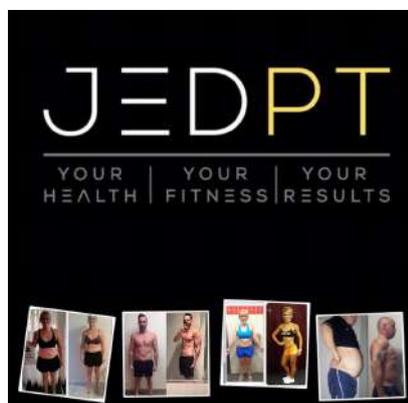
- Hire an experienced Coach who knows evidence-based principles behind fat loss, and will help educate you to fast-track your results. Stay clear of Coaches and Trainers who force their own beliefs onto you and don't have any consideration for your individual preferences.

### **SUSTAIN YOUR RESULTS > > >**

- Develop habits and behaviours which you can adhere to, and will help you maintain your results when you are thrown hurdles and challenges during your journey. Acknowledge that it is perfectly normal to have 'off-days', and understand that they do not have to sabotage your whole week.

# Need More Help?

Don't hesitate to contact me if you require more help and guidance in 2020.

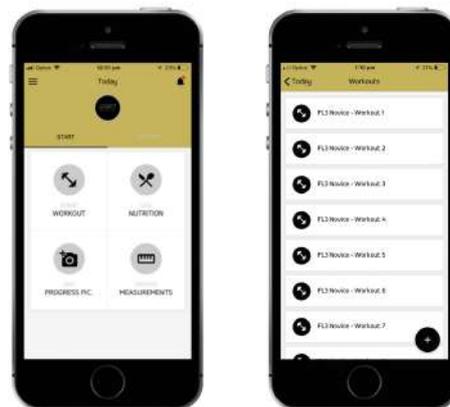


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Take your results further and visit my website for details of my **Online Training** packages, as well as information on my signature **FL3** program.

## Facebook: JEDPT

Keep up-to-date on my Facebook page for training specials, and content on training, nutrition, mindset, and much more.



FL3 ADVANCED		FL3 ZONAL		
EXERCISE	REPS	R.P.E	REST	SETS
SUMO KB DEADLIFT	8-12	8-10/10	15s	x3
BARBELL UPRIGHT ROW PLANK TAPS	10-15 10-15	6-8/10 6-8/10	15s 60s	
RENEGADES	8-12 (60s)	8-10/10	15s	x3
DB PUSH PRESS SWISS BALL PLANK	10-15 10-15	6-8/10 6-8/10	15s 60s	
KB FLOOR PRESS	8-12	8-10/10	15s	x3
BALL SLAMS BB CLUTE BRIDGE	10-15 10-15	6-8/10 6-8/10	15s 60s	

PRIME EXERCISE SWAPS:  
SUMO KB DEADLIFT > KB WALKING LUNGES OR KB REVERSE LUNGE  
RENEGADES > SINGLE ARM KB ROW OR BENT OVER BARBELL ROW  
KB FLOOR PRESS > DECLINE PUSH-UPS OR MILITARY PRESS

## Instagram: jedriddy

The best platform to keep up with all things health and fitness, with daily stories and plenty more advice and tips.

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