



HOW TO LOSE YOUR FIRST 5KGS

huMāndesign

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THANK YOU.

It is my aim with this 5-day podcast mini-series to show you the basic elements of a weight loss plan that will help you drop your first 5kgs.

I have broken it down into a series of steps that will help you build a strong foundation for years to come.

You'll be more motivated when you understand your true reason for wanting to lose weight. You will know what and how to track progress.

You'll be able to build your own healthy, nutritious, tasty meal plan without following a restrictive diet.

You will learn how to increase your chances of doing your workouts and develop the #1 mindset needed for success.

Good luck and thanks for downloading the podcast. I hope you get a lot from it.



HERE ARE THE 5 STEPS TO GET STARTED ON YOUR WEIGHT LOSS JOURNEY.

Weight loss can be very confusing with all the nutrition and fitness information out there.

These 5 steps aren't the be-all and end-all of weight loss but you'll definitely be on the right path and have a starting plan.

STEP
1

SET YOUR WEIGHT LOSS GOAL AND UNDERSTAND YOUR WHY.

The **"5 Whys"** was a system originally used by the Toyota Motor Corporation.

It's very simple and really cuts to the core of why we want something.

The idea is that when you want to accomplish something (or if something goes wrong), you ask one why.

"Why do I want to accomplish this?"

Then, with whatever answer you come up with, you ask why to that. And so on, five times.

Here's an example from one of my Coaching clients, who said he wanted to lose fat. Here's how it played out:

What do you want to accomplish?

I want to lose fat.

Why do you want to lose fat?

Because I want to fit into a smaller size of jeans.

Why do you want to fit into a smaller size of jeans?

Because when I'm wearing smaller jeans, I think I'll look better.

Why do you want to look better?

Because when I look good, I feel good about myself.

Why do you want to feel good about yourself?

Because when I feel good about myself, I'm more assertive and confident.

Why do you want to be more assertive and confident?

Because when I'm more assertive and confident, I'm in control and better able to get what I want out of life.

Wow. That's a lot of detail for a few little questions.

In the example above, losing fat *really* meant being able to get what this client wanted out of life.

That's a critical insight. *It's not just about losing fat* for this client.

This guy ultimately wants to be more assertive and confident.

Even though we will track the numbers, I will focus on helping him become more assertive and confident along the way.

In the assignment field below, give me the 5 Whys for this question:

Why are you trying to lose weight?

Really. Give it some thought. Be honest.

Sure, I want to learn more about you through this process. But, more importantly, I want *you* to learn more about you.

STEP 2

HOW TO GAUGE PROGRESS.

When it comes to weight loss, it's important to track your progress to see if your program is actually working.

The three best ways to track progress are:

1. Weight scales.
2. Tape measurements.
3. Photos.

We use all three because the scale will be extremely erratic even when you are being strict and sticking to the plan. Your body is made of muscle, fat, bone, hair, skin, etc and some of these things will change hourly while some take weeks to change.

In order to track weight, it's important to weigh yourself every day, just after you wake up and after you go to the toilet.

Take the average for the whole week.

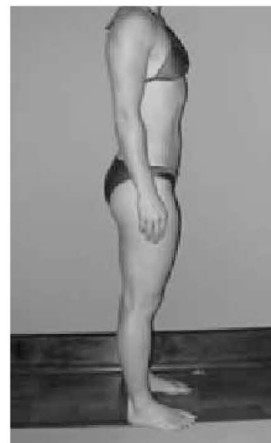
Day	1	2	3	4	5	6	7
Weight							

HERE ARE A FEW EXAMPLES OF WHAT YOUR PROGRESS PHOTOS SHOULD LOOK LIKE:



Male progress photos, front and back

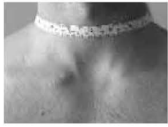






Male progress photos, each side





Female progress photos, front and back

Female progress photos, each side

INITIAL TAPE MEASUREMENT (MEN)

Site	Measurement #1	Measurement #2	Measurement #3	Measurement #4	Measurement #5
Neck girth (cm) 					
Shoulder girth (cm) 					
Chest girth (cm) 					
Upper arm girth (cm) 					
Waist girth (cm) 					
Hip girth (cm) 					
Thigh girth (cm) 					
Calf girth (cm) 					

INITIAL TAPE MEASUREMENT (WOMEN)

Site	Measurement #1	Measurement #2	Measurement #3	Measurement #4	Measurement #5
Neck girth (cm) 					
Shoulder girth (cm) 					
Chest girth (cm) 					
Upper arm girth (cm) 					
Waist girth (cm) 					
Hip girth (cm) 					
Thigh girth (cm) 					
Calf girth (cm) 					

STEP 3

HOW TO BUILD THE PERFECT WEIGHT LOSS MEAL PLAN.

HOW TO CREATE THE PERFECT WEIGHT LOSS MEAL PLAN

Mix and match these ingredients for maximum variety (and minimal work). The result? Hundreds of perfectly-portioned meals that taste great and support your health goals.

STEP 1

EAT 3 MEALS PER DAY + 1 SNACK.

Example: Breakfast: 7:30am - Lunch: 12:00pm - Snack: 4:00pm - Dinner 7:00pm

Adjust to your own schedule

STEP 2

CHOOSE ONE INGREDIENT FROM EACH OF THE FOUR COLUMNS BELOW.

PROTEIN

Beans
Lentils
Lean Meat

Fish
Eggs
Yoghurt



SMART CARBS

Potatoes
Brown Rice
Quinoa

Wholegrain Bread
Chickpeas
Wholegrain Pasta



VEG/FRUIT

Bell Peppers
Any Green Veg
Onions

Boc Choy
Red Cabbage
Any Fruit



HEALTHY FATS

Avocado
Olive Oil
Butter
Coconut Oil

Sesame Oil
Nut Oils
Nut Spreads
Nuts



STEP 3

PORTION YOUR INGREDIENTS.

Use the guide below to portion your meal* **. (Remember, you can make more than one portion for leftovers the next day).

PER SERVING:



PROTEIN

Women: 1 palm
Men: 2 palms



VEGETABLES

Women: 1 fist
Men: 2 fist



CARBS

Women: 1 cupped hand
Men: 2 cupped hands



FAT

Women: 1 thumb
Men: 2 thumbs

Adjust portions up or down according to:

- How frequently you eat
- How active you are
- Appetite and satiety
- Your size/caloric needs
- Your results

SAMPLE MEALS

Mix and match these ingredients however you choose. Here are a few combos to get your imagination going.

BREAKFAST

1. POACHED EGGS WITH TOAST, AVOCADO AND GRILLED TOMATO OR CHOPPED FRUIT.

- Protein + Healthy Fat = Poached eggs, avocado.
- Smart Carbs = Slice of wholegrain toast.
- Fruit or veg = Chopped fruit or grilled tomato.

2. BOWL OF GREEK YOGHURT WITH MUESLI / OATS AND BERRIES.

- Protein and Healthy Fats = Greek yoghurt
- Smart Carbs = Homemade muesli or oats
- Fruit or veg = Berries

LUNCH

1. TUNA PASTA SALAD

- Protein + Fat = Tinned tuna.
- Smart Carbs = Small portion of pasta.
- Fruit or Veg = Tossed green salad, grated carrot and zucchini, tomato and peppers.

2. GRILLED CHICKEN BREAST SANDWICH

- Protein + Fat = Skinless chicken and avocado or butter.
- Smart Carbs = Bills organic bread, spelt/wholegrain bread.
- Fruit or Veg = Sliced cucumber, peppers and lettuce or piece of fruit on the side.

DINNER

1. GRILLED SALMON WITH SWEET POTATO AND VEGETABLES.

- Protein and Healthy Fats = Grilled salmon with a teaspoon of pesto
- Carbs = Quinoa or sweet potato
- Fruit or Veg = Steamed vegetables any colour

2. QUINOA BOWLS WITH TOFU AND VEG

- Protein and healthy fats = Tofu
- Smart Carbs = Quinoa
- Fruit or Veg = Broccoli, Red Bell Peppers and Onions.

MAKE AN AMAZING MEAL TONIGHT

- IT'S EASY TO DO.
- THE TEMPLATE IS FLEXIBLE.
- IT'S BASED ON FLAVOR SCIENCE.
- THE MEALS TASTE GREAT.
- THEY'RE GOOD FOR YOU TOO.

STEP 4

HOW TO DOUBLE THE CHANCES OF SUCCESS WITH YOUR EXERCISE.

Behavior Change Strategy - Implementation Intentions.

Implementation Intentions help you plan for the most important actions, by requiring you to be extremely specific about your intended actions, and then putting them down on paper, rather than just thinking or saying what you plan to do.

This behaviour change tactic forces you to decide beforehand when and where to act by filling in the magic sentence:

I will do **[BEHAVIOUR]** at **[TIME]** in **[LOCATION]**.

Instead of you just saying, "I'll work out this week."

Write down the magic sentence with the relevant details, for example;

"I will work out for 30-minutes on Saturday at 8 am in my backyard."

Maybe you can add an alarm, calendar reminder, etc. while you're at it!

Here is your chance to commit your exercise plan to paper.

I will do [] at [] in [].

However, there is still a 100% chance that an obstacle will unexpectedly come barging into your day and keep you from completing your specific Implementation Intention.

So how can we avoid stumbling on those obstacles?

This is where the strategy of If-Then (Coping) Planning comes in.

Several studies have shown that writing out an Implementation Intention is effective in helping people stick to their goal - many of which show that just writing out an Implementation Intention doubles your chance of completing the desired action!

Behavior Change Strategy - If-Then Planning

If-Then Planning refers to when people commit themselves to do a certain thing when faced with a specific situation or obstacle.

These self-made plans capture pre-specified responses in preparation for certain situations occurring. Deciding the action in advance, it saves you from having to use willpower at the moment.

It all starts by filling in another magical sentence:

IF this **[OBSTACLE]** occurs, THEN I will **[SOLUTION]**.

If-Then planning takes two steps:

Identify obstacle. - You identify common obstacles that might occur in a typical day that could prevent you from completing your exercise and write these down (i.e., overslept, worked late, stuck in traffic, sick kids, etc.).

Plan solution. - Then you write down specifically how you will do the exercise if one of those obstacles happens (i.e. IF X obstacle occurs, THEN I will do Y specific action.).

So, you might write out:

“IF I sleep in, THEN I’ll do my workout as soon as I get home from running my Saturday errands.”

Doing this will make it easier for you to avoid the **“What the Hell Effect,”** as it’s called in the Behavioral Science world, or as we call it in the health and fitness world, “F It Mode,” and instead still act in line with your long-term goals.

IF this [] occurs, THEN I will [].

At some point, you will stumble along on your fitness journey. Implementation intentions and IF-THEN planning will help you to be specific about what you are going to do and when and what you will do if an obstacle comes up.

STEP 5

THE NO.1 MENTALITY YOU NEED TO SUCCEED WITH WEIGHT LOSS

The last part is the most important. Your mindset. Many people give up too early with weight loss and it's not due to their physical limitations, it's from their mindsets.

But not you. You are going to approach weight loss with the ideal mindset to succeed.

Time to Experiment

A large part of behavior change and habit building comes down to developing self-awareness and finding the right strategies for oneself.

There is no one size fits all solution. The strategies that worked in one context, with one person, won't work in another context or with another person.

These leads us to three fundamental truths of behavior change:

1. Behaviour is complex.
2. Behaviour is context-dependent.
3. There are no universal solutions.

The best way to solve this is to empower you to captain your own change journey.

In order for that to happen, it's crucial to think like a scientist and to help instill a self-experimentation mindset in yourself.

Experimentation means building self-awareness and confidence by setting up tactical experiments.

I want to instill the idea that experimentation is crucial and that there are no bad outcomes, only useful data points.

This is similar to the idea of having a growth mindset, in that I want you to test and try out your way towards success.

HOW TO SET UP A BASIC EXPERIMENT

1

Define Desired Outcome - What do you want to be measurably different? - I am assuming you want to lose weight or eat better or exercise more.

2

Confirm Key Behaviour - What specific action will you focus on for the time being?

3

What will be the **duration** of the experiment?

4

Decide on Data Points to Track - What data points will you gather

HERE'S AN EXAMPLE OF HOW IT MIGHT LOOK FOR YOU:

Desired Outcome

you want to eat more nutritious foods and lose weight.

Key Behaviour

you have decided to eat 2 servings of vegetables with dinner every night.

Duration

you are going to experiment with this for 2 weeks.

Data Tracked

to track the progress you decide to track how many servings of vegetables you have with dinner each night. You might also track how hard or easy this was or how hungry or full you felt after the meal using a rating scale from 1-5. It's up to you.

Desired Outcome

Key Behaviour

Duration

Data Tracked

By embracing an **Experimentation Mindset**, ALL data is good data, at least if we learn something from it and don't repeat things that don't work.

You can't guarantee instant success.

In fact, it's okay to test things and fail a little bit.

If you don't complete your Key Behavior today, do not get down on yourself, but rather ask yourself what tweaks can be made to increase your chances of success tomorrow.

Explore, try, and play along the way. Perhaps most importantly, with each attempt, you are learning something new about yourself and your environment.

You may find that the change was too hard and you have to scale it back to one serving at dinner.

You may find that you didn't know how to prepare the vegetables.

You may find that you want to try different veg or you might just use the same types of vegetables to limit decision making.

There is no right or wrong when it comes to the experiment.

The goal is to fuel action, that leads to data, that can turn into insights, which allows us to tweak, or inform, the next repetition of the action.

Experiment, fail, learn, tweak, iterate towards a more successful outcome, and repeat.

That's how you succeed with weight loss. You are not a lazy, weak-willed, demotivated person if you can't stick to a healthy eating or exercise plan.

You just haven't found the right one that works for you.

Become your own self-experiment.

No coach can tell you what to do - you must work together to come up with the best plan for you. This is the ethos of my coaching. I want my client to play an active part because they will own the change and really stick to it rather than just getting a meal plan and workout which won't last long.

I really hope you are ready to lose your first 5kgs.

IN SUMMARY, YOU NOW KNOW:

1. Your WHY.
2. What and how to track progress?
3. How to build the perfect weight loss meal plan.
4. How to be intentional about scheduling your exercise and what to do if obstacles come up.
5. The best mindset for weight loss success.

If you need any help or you have any questions, feel free to reach out. I read all my emails and answer all questions.

E: john@humandesign.com.au

If you need support and direction to really step up and hit your weight loss goals - check out my FIT HABITS program.

Fit Habits is a 16 Week Habit coaching program designed to lose 5-10 kg without counting calories, restricting entire food groups, or being forced into diets you don't like.

CHECK IT OUT HERE