

The Daily Fat-Burning Checklist

The whole day on one page. Tick off what you do — progress, not perfection. Run this most days of the week and your body will change.

Morning

- ☐ 16–24 oz of water within 30 minutes of waking (add lemon + a pinch of salt).
- ☐ Get 5–10 minutes of morning light if you can.
- ☐ Wait 30–90 minutes after waking before your first caffeine.
- ☐ 10–15 minutes of gentle movement — stretch, walk, or short bodyweight routine.

Mid-Morning / First Meal

- ☐ Protein-anchored plate: protein + vegetables + healthy fat first.
- ☐ Optional: matcha or coffee once your cortisol peak has passed.
- ☐ Optional: 1 tsp psyllium in water 30 minutes before, followed by a second glass.

Midday / Lunch

- ☐ Another protein + vegetables plate.
- ☐ Optional: 1–2 tablespoons of vinegar in water before a carb-heavy meal.
- ☐ Take a 10-minute walk after eating.

Afternoon / Evening

- ☐ Follow psyllium with a full second glass of water.
- ☐ Keep last meal at least 2–3 hours before bed.
- ☐ No late-night snacks or alcohol during the focused phase.
- ☐ After dinner: move for at least 10 minutes (walk, tidy, play with kids or dog).

All-Day Targets

- ☐ Total protein: ~0.75–1 g per pound of goal body weight.
- ☐ Steps: 6,000–8,000+ (aim for 10,000 on "push" days).
- ☐ Ultra-processed foods: less than 10–15% of total calories.
- ☐ Water: roughly half your body weight (lbs) in ounces, adjusted for thirst and activity.

Night

- ☐ Turn off or dim screens 60–90 minutes before bed.
- ☐ Make bedroom cool, dark, and quiet.
- ☐ Aim for 7–9 hours of sleep.
- ☐ Optional: warm shower/bath 60–90 minutes before bed; magnesium or vinegar if using them as part of your routine.

Not every box, every day. Aim for most of them, most days.