

# 14 Day Weight Loss Kickstart

## Introduction

Since it's the new year, I've decided to create a simple guide you can follow to kick start your weight loss journey. In a nutshell, the best way to lose weight is to implement habits into your life that are easy to remember and easy to adhere to. These new habits should not be incredibly challenging; they also should not be too easy. If they are too easy, your progress will be slow. If they are too hard, you will not be able to maintain them. You need to find habits that are just on the fence between being too hard and too easy. Weight loss is more likely to occur with time and consistency. Intensity, however, is less important, which is why making a habit easier is always better than making a habit harder.

Losing weight is actually incredibly simple on paper, but hard in practice. If you want to lose weight, you need to maintain a caloric deficit. To be in a caloric deficit you either need to eat less and/or move more. Every action you take should always come back to this.

Combining these two ideas together, now we know that we need to create new habits that are easy to maintain over a long period of time that either make you move more or eat less. That being said, I think the best way to kick start your weight loss journey is to give you simple daily challenges that push you to change your habits in subtle and easy ways.

These daily challenges teach you a few things. Firstly, they teach you just how many things you can change about your habits. You may be surprised at how many little things you can change that can have a profound impact over a short period of time. Secondly, these little habit changes are more than likely to lead to some amount of weight loss over these 14 days which will only motivate you to want to continue. Lastly, you are likely to feel better as you may start to feel positive health benefits over these 14 days. Once you realize how easy it is to think of one thing and to implement that one thing without much effort, it will create a ripple effect. You will be wanting to change one thing every so often as you progress forward in your journey. In a year's time, this could lead to substantial lifestyle change and weight loss. Like I said, time and consistency is everything.

With the daily challenges below, there are going to be two columns. One column is going to be for people who are obese or morbidly obese who panic when they hear the word “dumbell” or “treadmill.” Another column is for people who aren’t obese, but just overweight and would like to shed a few pounds off of their frame. Feel free to pick whichever column seems the most applicable/doable to you.

That being said, let’s jump right into it! Each challenge below is meant to be accomplished for a single day and doesn’t have to be continued the next day. The idea behind this is to show you how many habits you are capable of changing by exposing you to the numerous possibilities. After the 14 days, the goal would be for you to pick a few that you think are effective and commit yourself to them for a longer period of time.

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**Are you ready? Let’s GO!**

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## 14 Daily Challenges!

Challenge	Easy	Hard
Day 1	Drink 4 glasses of water	Drink absolutely nothing but water/black coffee/unsweet tea
Day 2	Replace your first meal of the day with a lower calorie and healthier alternative. (More fruits/veggies/grains, less sugar, meats, fats)	Include leafy greens with every single meal that you eat.
Day 3	Replace one of your meals with a salad (more than 50% greens by volume)	Intermittent fasting. Skip your first meal entirely and eat when you would normally eat your second meal.
Day 4	Drink a fruit smoothie or eat a fruit salad for your first meal instead of having your normal meal.	Drink a sizable fruit smoothie with a lot of green leafy vegetables thrown in.
Day 5	No food from restaurants. Everything you eat should be made at home.	Eat 100% whole-food plant based. No oil. No refined sugar. No processed foods.
Day 6	Replace a typical snack/desert food with a much healthier alternative or have no snack at all. Preferably fruit or vegetables. (carrots and hummus or banana ice cream, for example)	No snacking on anything but fruit or have no snack at all. Just eat your normal, sit-down meals.
Day 7	Learn a new, oil-free recipe for dinner and make it.	Learn a new oil-free recipe with lots of vegetables for dinner and make it.
Day 8	Go for a short, 5-10 minute walk	Go for a 20-30 minute walk
Day 9	Learn a new exercise that you can do at home and do a few sets of this exercise. (my suggestion: fill up a backpack with heavy items and lift it over your head like a shoulder press. 3 sets of 10)	Learn a new body-weight or gym exercise and do a few sets of this exercise. (my suggestion: assisted or unassisted pushups, squats or pullups)
Day 10	For every meal that you eat today, make at least $\frac{1}{3}$ of your plate contain vegetables or fruits.	For every meal that you eat today, make at least $\frac{1}{2}$ of your plate contain vegetables or fruit.

Day 11	Intermittent fasting. Skip your first meal entirely and eat when you would normally eat your second meal.	Intermittent fasting. Skip your first meal entirely and eat when you would normally eat your second meal. Make it 100% whole-foods, plant-based. No oil. No refined sugar. No processed foods.
Day 12	For your largest meal of the day, eat a smaller portion than you normally would. Use a smaller plate to solidify this idea.	Eat a slightly smaller portion than you normally would for every meal that you eat today. Use smaller plates/bowls to solidify this idea.
Day 13	Include leafy greens with every single meal that you eat + drink 4 glasses of water.	Include leafy greens with every single meal that you eat + make one meal a salad with more than half of the meal being greens by volume.
Day 14	Eat 100% whole-foods, plant-based for your largest meal of the day. No oil. No refined sugar. No processed foods.	Intermittent fasting + Eat 100% whole-food plant based. No oil. No refined sugar. No processed foods.

## What's Next?

Now that you have experienced the various habits that you could change to lead to a slow and steady weight loss, I want you to pick 2 or 3 of these habits and implement them going forward. Pick the ones that you think you found the easiest and maintainable while still being somewhat challenging. Once you feel that you have mastered those habits after a certain period of time, pick a newer, more challenging habit and continue your progress. This method of picking up newer and more challenging habits as you master old ones has a snowball effect for weight loss.

If you liked this free kickstart guide, you might be interested in my ebook guide titled: "The Key To Motivation and Habit Change" which goes into detail about how you can stay motivated, set the right goals and achieve a sustainable weight loss. It can be found on my website, <https://gutstocuts.com>.