

FIT & PROUD **FAT LOSS CHECKLIST**



**PROTEIN AT
EVERY MEAL**



**8,000+ STEPS
DAILY**



**STRENGTH TRAIN
3X PER WEEK**



**2L OF WATER
EVERY DAY**



**FRUIT & VEG
DAILY**



**SLEEP 7+
HOURS**

CONSISTENCY OVER PERFECTION.



FIT & PROUD

WHY THIS CHECKLIST WORKS



SIMPLE

Easy to follow.
No confusion, no overwhelm.



SUSTAINABLE

Built for real life.
Habits you can stick to.



EFFECTIVE

Focus on what works.
Real results over time.



BUILT FOR REAL LIFE

Practical, realistic and
made for gay men 30+.



1. NUTRITION

FUEL YOUR BODY



Protein at every meal



Fruit & vegetables daily



Mostly whole foods



Stay in a calorie deficit



2. ACTIVITY

MOVE MORE



8,000+ steps daily



Strength train 2-3x/week



Find movement you enjoy



Track your progress



3. HABITS & MINDSET

STAY CONSISTENT



Progress over perfection



Don't restart every Monday



Build habits, not motivation



Be patient



THE BOTTOM LINE

KEEP IT SIMPLE



Focus on the basics



Do them consistently



One bad day doesn't ruin progress



Small actions create big results



JOIN THE
FIT & PROUD
COMMUNITY



Simple fat loss for gay men 30+