

HABIT STARTER KIT

Habits allow us to go from 'before' to 'after' and make life easier and better.



lozlife.com



MEAL PLANNER

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

TRAINING PLANNER

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TYPE

Time &
Duration

WEEK 2

TYPE

Time &
Duration

WEEK 3

TYPE

Time &
Duration

WEEK 4

TYPE

Time &
Duration

PROGRESS RECORDER

	MONTH 1					MONTH 2				MONTH 3			
MEASUREMENT	WEEK 0	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Scale weight													
Waist Size - 2" Above Belly Button													
Waist Size - At Belly Button													
Waist Size - 2" Below Belly Button													
Bodyfat Reading (scales/callipers)													
Pictures?	Yes	-	-	-	Yes	-	-	-	Yes	-	-	-	Yes

	MONTH 4				MONTH 5				MONTH 6			
MEASUREMENT	WEEK 13	WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24
Scale weight												
Waist Size - 2" Above Belly Button												
Waist Size - At Belly Button												
Waist Size - 2" Below Belly Button												
Bodyfat Reading (scales/callipers)												
Pictures?	-	-	-	Yes	-	-	-	Yes	-	-	-	Yes

MALE PORTION CONTROL GUIDE

PROTEIN



LEAN PROTEIN WITH EVERY MEAL

Eat 2 palm sized portions of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.

CARBOHYDRATES



CARBOHYDRATES BASED ON ACTIVITY

Eat 2 handfuls worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.

VEGETABLES



VEGETABLES WITH EVERY MEAL

Eat 2 closed fists of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.

FATS



HEALTHY FATS WITH EVERY MEAL

Eat 2 thumb sized portions of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

FEMALE PORTION CONTROL GUIDE

PROTEIN

LEAN PROTEIN WITH EVERY MEAL

Eat 1 palm sized portion of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.



CARBOHYDRATES

CARBOHYDRATES BASED ON ACTIVITY

Eat 1 handful worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.



VEGETABLES

VEGETABLES WITH EVERY MEAL

Eat 1 closed fist of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.



FATS

HEALTHY FATS WITH EVERY MEAL

Eat 1 thumb sized portion of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

