

Fat Loss Home Workout Checklist

Burn calories · build lean muscle · stay consistent at home

Who this is for: Anyone wanting to reduce body fat using home workouts, no gym required. Combines cardio bursts, full-body resistance, and daily movement habits for a sustainable weekly deficit.

WEEKLY WORKOUT TARGETS

■ 3–4 cardio sessions (HIIT or steady-state) completed	Mon Tue Wed Thu Fri Sat Sun
■ 2–3 resistance / bodyweight sessions completed	Mon Tue Wed Thu Fri Sat Sun
■ Daily step goal of 8,000+ steps reached	Mon Tue Wed Thu Fri Sat Sun
■ At least 1 rest or active recovery day	Mon Tue Wed Thu Fri Sat Sun

DAILY ACTION CHECKLIST

■ Morning movement completed (min. 10 min)
■ Workout session done (or active rest)
■ 8,000 steps reached today
■ No skipped meals — ate balanced protein + veg
■ Drank 2+ litres of water
■ Avoided late-night snacking after 9 pm
■ Slept 7+ hours last night
■ No alcohol or processed food today

BONUS HABIT TRACKER

Protein with every meal ■	Pre-workout snack ■
Post-workout protein ■	Evening walk ■
No alcohol this week ■	Meal prepped for tomorrow ■

Notes / Reflections
