



LORNA MARIE
FITNESS

WEEK THREE: EXERCISE

WEEK THREE GUIDE

6 WEEK FAT LOSS KICKSTARTER COURSE

Stay on track

You're doing great, let's keep this going.

This page is all about Week Three. To find the course overview, please go to the next page.

WEEK THREE: EXERCISE - best types for fat loss

- Watch the Week 3 video on the website:
lornamariefitness.co.uk/fatlosscourse
- Fill out your templates - meal planner and workout planner
- DO your non-negotiables each day (and if it helps, tell the FACEBOOK group when you've done them!)
- Pose your questions in the Facebook group on FRIDAY. These will be answered in a Facebook Live on SUNDAY (time TBC - you can watch it on catch-up there too)
- Do the suggested workouts (optional) - post on the Facebook group when you've done one and say how you found it! It'll motivate others and make you stay accountable.
- Do your week 3 checklist on Sunday and watch the LIVE Q&A (or get it on catch-up afterwards)

**FACEBOOK
GROUP: POST ON
THE GROUP
ABOUT A
WORKOUT YOU
DID**

share ideas/ recipes/
pictures/ thoughts



6 Week Fat Loss Kickstarter Course OUTLINE

We want to change the way you approach a diet. Focus on the tasks, your non-negotiables, tracking your food, the educational focus each week and let the outcomes sort themselves.

By dealing with your mindset and changing the relationship you have with "diet" and "food", we make for a more sustainable fat loss journey. This course is a KICKSTARTER and not a quick fix (because let's face it, they don't work!!)

The more you put into this and the more serious you are about it, the more you will get out of it. Be active in the Facebook group - comment, share your ideas/ recipes/ pictures/ worries/ thoughts. Hit your non-negotiables each day. Be true to yourself and be accountable.

OUTLINE:

WEEK ONE: CALORIE DEFICIT
WEEK TWO: EASY HACKS
WEEK THREE: EXERCISE TYPES FOR FAT LOSS
WEEK FOUR: ALL OR NOTHING MINDSET
WEEK FIVE: RESTRICTION MINDSET
WEEK SIX: STRESS AND SLEEP

KEY DAYS:

FRIDAY - POSE YOUR QUESTIONS IN THE FACEBOOK GROUP

SUNDAY - LIVE Q&A, COMPLETE CHECKLIST AND FILL OUT TEMPLATES FOR WEEK AHEAD

EVERY DAY - NON-NEGOTIABLES

NON-NEGOTIABLES - DAILY

3 THINGS I'M PROUD OF SHEET
2L WATER
10,000 STEPS (OR MIN 45 MINS WALK)



Giving you the support, knowledge and empowerment to kickstart your fat loss journey