

7-Day Belly Fat Reduction Checklist

DAILY RULES (Follow Every Day)

- Drink 8–10 glasses of water
- Avoid sugary drinks & processed foods
- Eat slowly & stop before feeling full
- Walk or move for at least 20–30 minutes
- Sleep 7–8 hours

DAY-BY-DAY CHECKLIST

Day 1 – Reset Your Diet

- Remove sugary snacks & refined carbs
- Add protein to every meal
- Eat at least 2 servings of vegetables

Day 2 – Activate Your Body

- 30 minutes brisk walking
- 10 minutes light core workout
- Stretch before bed

Day 3 – Fix Hydration & Digestion

- Drink warm water in the morning
- Include fiber-rich foods
- Avoid late-night eating

Day 4 – Reduce Stress

- 5–10 minutes deep breathing or meditation
- Take breaks from screens
- Go to bed early

Day 5 – Burn More Fat

- Add bodyweight exercises (squats, planks, lunges)
- Increase walking pace
- Stay active throughout the day

Day 6 – Control Cravings

- Replace snacks with fruits or nuts
- Avoid emotional eating
- Drink water before meals

Day 7 – Review & Reset

- Check bloating reduction
- Measure waist progress
- Plan meals & workouts for next week

BONUS TIPS

Consistency beats perfection

Belly fat reduces faster with better sleep

Results improve week by week