

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