

## FREE Morning Fat Loss Jumpstart Checklist

Your 10-Minute Routine to Boost Energy, Burn Belly Fat & Stay on Track

### Easy Morning Checklist

- - Drink a glass of warm lemon water (boosts metabolism + detox)
- - Do 5 minutes of light stretching or sun salutations to wake up your body, loosen muscles, and reduce tension.
- - Perform a 2-minute cardio burst (e.g., marching in place, jumping jacks, or brisk walking) to increase heart rate and burn fat.
- - Add a 2-minute core activation routine such as planks, crunches, or leg raises to tighten your waistline.
- - Prep or eat a protein-rich breakfast to stay full longer and prevent blood sugar spikes.
- - Step outside for 5-10 minutes of natural sunlight to help regulate hormones and boost mood. - Take 2-3 minutes for deep breathing or mindfulness meditation to reduce cortisol and set a calm tone.
- - Write down your top 3 goals or priorities that align with your weight loss intentions.
- - Avoid sugary coffee drinks; instead, opt for black coffee or unsweetened almond milk.
- - Track your progress: jot down how you feel, what you ate, or your morning energy levels in a wellness journal.

### Fat-Burning Snack Ideas (Prep Ahead!)

- Hard-boiled eggs + cherry tomatoes
- Greek yogurt + chia seeds
- Turkey roll-ups with avocado
- Almonds or walnuts + apple slices
- Protein smoothie with unsweetened almond milk
- Veggie sticks + hummus

## **Bonus Tips to Stay Consistent & Confident**

- Set your alarm just 10 minutes earlier-it's all you need!
- Lay out your water bottle, yoga mat, and clothes the night before.
- Use a checklist app or sticky note to track daily progress.
- Listen to energizing music or a motivational podcast while moving.
- Keep it flexible-walk the dog, dance in the kitchen, or stretch with your kids.
- Be kind to yourself. Every small step counts toward a healthier you!

