

the fast beach diet

DAY BY DAY PLANNER



Mark out your Fast Days on the chart for the next six weeks

– perhaps get yourself a neon highlighter pen to plot the course ahead. Make sure that your diary can accommodate a fast on those days. Clear the decks and make sure you have Fast-friendly food to hand.

Make a note of your starting stats.

Measure your start weight – be honest – and your target weight – be realistic. Measure your start BMI and your initial fitness. Tell your family and friends you're doing it. Tell yourself you can do it. Six weeks will disappear in the blink of an eye.

Start weight

Target weight

Start BMI

To measure this, go to thefastdiet.co.uk or download the new Fast Beach Diet app

Strength test: number of push-ups

Anybody who finds it hard to do standard push-ups can do modified push-ups, ie resting on your elbows rather than on your hands

Fat %

The easiest way to do this is with weighing scales that measure your fat percentage as well as your weight

Resting heart rate

This is to measure your cardio fitness: either use a gadget, or take your pulse for 10 seconds and multiply the result by 6 to get your heart rate per minute.

week 1

‘Take time to deliberate, but when the time for action has arrived, stop thinking and go in’

Napoleon Bonaparte

WHAT TO EXPECT If you’ve never fasted before, the first Fast Day can be tough. Keep busy. Stay hydrated. Your mission is simple: get through the day, reminding yourself that tomorrow will be easier. Remember, hunger will pass.

Food diary

Date	Fast Day?	Calories eaten	Calories from drinks
1			
2			
3			
4			
5			
6			
7			

Weigh-in after Fast Day 1 _____

Waist measurement day 7 _____

Fat % day 7 _____

Weigh-in after Fast Day 2 _____

BMI day 7 _____

Exercise diary

Date	Cardio completed	Strength training
1		
2		
3		
4		
5		
6		
7		

Strength test day 7 _____

How are you feeling? _____

Resting heart rate day 7 _____



week 2

'Whether you think you
can or can't, you're right'
Henry Ford

WHAT TO EXPECT You've knocked off two full-on Fast Days and know the ropes now. Stay focused. Your Fast Days should start getting easier from now on.

Food diary

Date	Fast Day?	Calories eaten	Calories from drinks
1			
2			
3			
4			
5			
6			
7			

Weigh-in after Fast Day 1

Waist measurement day 7

Fat % day 7

Weigh-in after Fast Day 2

BMI day 7

Exercise diary

Date	Cardio completed	Strength training
1		
2		
3		
4		
5		
6		
7		

Strength test day 7

How are you feeling?

Resting heart rate day 7

week 3

'If we are facing in the right direction,
all we have to do is keep on walking'
Buddhist saying

WHAT TO EXPECT By the end of this week, you'll be halfway through, so take heart. If you're seeing movement on the scales, use that to bounce you through these middle weeks. As your fitness increases, step up your HIT by increasing resistance or reps.

Food diary

Date	Fast Day?	Calories eaten	Calories from drinks
1			
2			
3			
4			
5			
6			
7			

Weigh-in after Fast Day 1 _____

Waist measurement day 7 _____

Fat % day 7 _____

Weigh-in after Fast Day 2 _____

BMI day 7 _____

Exercise diary

Date	Cardio completed	Strength training
1		
2		
3		
4		
5		
6		
7		

Strength test day 7 _____

How are you feeling? _____

Resting heart rate day 7 _____

week 4

'Don't dig your grave with
your own knife and fork'
English proverb

WHAT TO EXPECT New habits are beginning to form. Congratulate yourself, reward yourself and tell people about your achievements. If you're feeling a bit lost, go on the forums (ours is at www.thefastdiet.co.uk) for support, advice and a group hug.

Food diary

Date	Fast Day?	Calories eaten	Calories from drinks
1			
2			
3			
4			
5			
6			
7			

Weigh-in after Fast Day 1

Waist measurement day 7

Fat % day 7

Weigh-in after Fast Day 2

BMI day 7

Exercise diary

Date	Cardio completed	Strength training
1		
2		
3		
4		
5		
6		
7		

Strength test day 7

How are you feeling?

Resting heart rate day 7

week 5

'Success is a staircase, not a doorway'
Dottie Walters

WHAT TO EXPECT You've been doing the Fast Beach Diet for over a month now, and you may find that your appetite and taste for food has started to change. Check your portion sizes: have they got smaller? If you've managed without alcohol, your body will have started to gain measurable benefit. Not long now till you can celebrate...

Food diary

Date	Fast Day?	Calories eaten	Calories from drinks
1			
2			
3			
4			
5			
6			
7			

Weigh-in after Fast Day 1 _____

Waist measurement day 7 _____

Fat % day 7 _____

Weigh-in after Fast Day 2 _____

BMI day 7 _____

Exercise diary

Date	Cardio completed	Strength training
1		
2		
3		
4		
5		
6		
7		

Strength test day 7 _____

How are you feeling? _____

Resting heart rate day 7 _____

week 6

'When you reach the end of your rope,
tie a knot in it and hang on'
Thomas Jefferson

WHAT TO EXPECT The final week of the Fast Beach Diet: the habits and techniques you're installing now will help you in the days ahead as you resume your 5:2. Occasional treats will be back on the menu. Just one more week of tough love and you're done.

Food diary

Date	Fast Day?	Calories eaten	Calories from drinks
1			
2			
3			
4			
5			
6			
7			

Weigh-in after Fast Day 1

Waist measurement day 7

Fat % day 7

Weigh-in after Fast Day 2

BMI day 7

Exercise diary

Date	Cardio completed	Strength training
1		
2		
3		
4		
5		
6		
7		

Strength test day 7

Congratulations! You should be feeling great...

Resting heart rate day 7

The Fast Beach Diet checklist

Tighten up on Fast Days

Go to 4:3

Try 2-to-2

Extend your Fasting Window

Be fast-idious about your Fast Day calorie quota

Toughen up on non-Fast Days

Cut out alcohol

Or reduce alcohol intake

Shift your eating habits

Avoid refined carbs

Cook at home when you can

Cut back on treats

Choose unpackaged food

Cut the 50/50s

Move towards a Mediterranean diet

Cook to suit the summertime

Grill and barbecue

Choose raw foods

Embrace Japanese food

Eat more fish

Choose soup

Implement the Rule of Three-Quarters

Have a Meatless Monday

Go demi-vegi and make meat a once-a-week treat

Watch what you drink

Junk the juice

Drop the pop

Choose the right coffee

Sleep well

Get a good eight hours in

Tune in on any day

Cultivate mindfulness around food

Don't eat on auto-pilot

Stop when you're satisfied, not when you're full

Give yourself visual clues

Smaller plates, smaller glasses, smaller portions

Wait before you eat and go slow

Keep a food diary

Tackle temptation

Use the Proximity Principle

Make healthy foods available

Don't eat from the box

Don't get distracted

Use site-specific aversion therapy

Get a handle on habit

Undermine the status quo with deliberate practice

Make specific commitments, not vague ones

Give yourself positive feedback

Keep the commitment small

Know your triggers

Work on your willpower

Don't feel bad, feel good

Say 'I will', not 'I won't'

Reframe the motivator

Find a goal role model

Add exercise

Introduce HIT three days a week

Introduce strength training two days a week

Make it happen

Put on your kit in the morning

Keep your trainers by the door

Write a pledge, be specific

Make a list of excuses; make a list of solutions

Monitor your progress

Use your environment

Get up, get out, get going

Stand up and walk around at least once every hour

Have a car-free week

Tell people

Find a friend to exercise with

Get a gadget – use the Fast Beach Diet app

