

21-day Weight Loss Plan

Name:

Age:

Current Weight:

Target Weight in 21 days:

Week 1-3: Establishing Healthy Habits

Day 1-7: Nutrition Focus

1. **Meal Planning:**

2. **Hydration:**

3. **Snacking:**

Day 8-14: Exercise Incorporation

1. **Cardiovascular Exercise:**

2. **Strength Training:**

3. **Flexibility and Mobility:**

Day 15-21: Lifestyle Adjustments

1. **Sleep:**

2. **Stress Management:**

3. Social Support:

Nutritional Tips Throughout:

- **Whole Foods:**
- **Caloric Intake:**
- **Fiber:**
- **Meal Timing:**

Additional Tips:

- **Monitor Progress:**
- **Celebrate Achievements:**
- **Adjust as Needed:**