



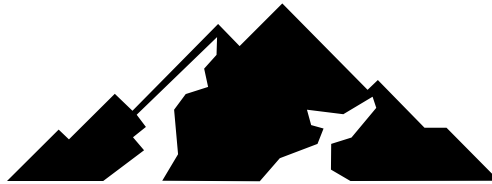
12 Week Fat-loss Guide

BY COACH KARA KAUFMAN



Program Overview: This 12-week program is designed to help you shed excess fat, maintain muscle, and improve your overall health through workouts, proper nutrition, and recovery strategies.

Goals - Burn fat while maintaining muscle - Improve metabolism and energy levels - Build sustainable healthy habits



Basecamp: Weeks 1-4

Focus: Build consistency, improve nutrition, and develop long-lasting habits

Nutrition:

- Start with knowing your general calorie intake (journal calories for 3-4 days)
- Consider a **caloric deficit** (~10-20% below maintenance)
- Prioritize lean **protein intake** (0.8-1g per pound of body weight)
- Eat whole, minimally processed foods (lean proteins, healthy fats, complex carbs)
- Drink **7-9 cups of water daily**

Workouts (4-5 Days/Week):

- Strength Training: **Full-body workouts (3x/week)**
- Cardio: **Low-intensity steady-state (LISS) 3x/week (30-40 min)**
- Core: **2x/week (planks, leg raises, Russian twists, etc.)**

Recovery:

- **7-8 hours of sleep per night**
- **Active recovery** (yoga, walking) on rest days
- **Reduce stress** (meditation, deep breathing)



The Climb: Weeks 5-8

Focus: Increase intensity, specify nutrition, optimize fat loss

Nutrition:

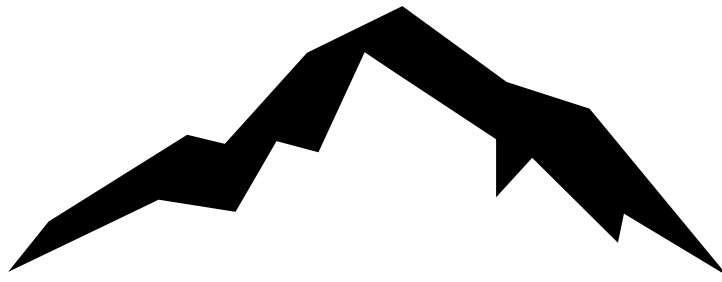
- Adjust calorie intake if progress stalls
- Increase **fiber intake** for digestion & satiety
- Reduce processed sugars and refined carbs (highly processed grain-type carbs)
- **Meal timing:** Emphasize protein & nutrient-rich carbs around workouts

Workouts (5-6 Days/Week):

- Strength Training: **Split routine (upper/lower or push/pull/legs, 4-5x/week)**
- Cardio: **Increase HIIT to 2x/week (15-20 min sessions)**
- Core: **3x/week with progressive overload**

Recovery:

- **Prioritize deep sleep** (limit screens before bed, low lights, low sounds, morning sunlight)
- Add **mobility work & stretching**



The Peak: Weeks 9-12

Focus: Maximize fat burning while maintaining muscle

Nutrition:

- Fine-tune macros: **Every meal and every snack contains lean proteins, healthy fats, minimally processed carbs**
- Try **intermittent fasting (IF) or carb cycling** (optional)
- Continue **high water intake** (8-12 cups/day)

Workouts (6 Days/Week):

- Strength Training: **Push for heavier weight and then push for the rep**
- Cardio: **HIIT 3x/week, LISS 2x/week**
- Core: **4x/week, focus on weighted movements**

Recovery:

- Optimize **sleep & stress management**
- Increase **electrolyte intake** for hydration

Tracking & Adjustments

- ✓ Regular body composition weigh-ins & progress photos
- ✓ Adjust stress management skills if weight loss plateaus
- ✓ Focus on **non-scale victories** (strength, energy, sleep)

This program is designed to be sustainable and adaptable to individual needs. Follow it consistently, stay accountable, and achieve lasting fat loss!