



FORGED MIND & BODY

THE FORGED FOUNDATIONS GUIDE

Build a Stronger Body. Develop a Stronger Mind.
Create Results That Last.

FAT LOSS • PROTEIN • STEPS • TRAINING • DISCIPLINE

Forge the Mind. Build the Body.

Build the Foundation First

You do not need another extreme diet, random workout, or 30-day punishment plan.

You need a foundation.

The Forged Foundations Guide gives you five simple systems to help you lose body fat, build strength, improve your fitness, and become more disciplined without allowing fitness to take over your life.

Inside, you will learn how to:

- Create a sustainable calorie deficit
- Eat enough protein to support your goals
- Increase your daily activity
- Follow a simple beginner training plan
- Build discipline through consistent action

The goal is not perfection. The goal is to become stronger, healthier, and more capable - one decision at a time.

1. Fat Loss Fundamentals

Fat loss is often made more complicated than it needs to be. At its core, fat loss occurs when your body consistently uses more energy than you consume. This is called a calorie deficit.

You do not need to eliminate carbohydrates, avoid eating after a certain time, or survive on salads. You need a plan you can follow consistently.

THE FOUR FOUNDATIONS OF FAT LOSS

1. CREATE A MODERATE CALORIE DEFICIT

A severe deficit may produce fast initial weight loss, but it can increase hunger, reduce training performance, and make the plan difficult to maintain. Start by reducing your normal intake slightly.

Starting estimate: Body weight in pounds x 10-12 calories per day

2. PRIORITIZE PROTEIN

Protein supports muscle retention, recovery, fullness, and body recomposition. Include a quality protein source in every main meal.

3. INCREASE DAILY MOVEMENT

Walking is one of the simplest ways to increase calorie expenditure without creating excessive fatigue.

4. STRENGTH TRAIN CONSISTENTLY

Resistance training helps preserve and build muscle while you lose body fat. The goal is to become leaner, stronger, and more capable.

Fat-Loss Targets & Daily Standards

HOW FAST SHOULD YOU LOSE WEIGHT?

A productive target for many people: 0.5% to 1% of body weight per week

Someone weighing 200 pounds might aim to lose approximately one to two pounds per week. Daily scale weight fluctuates because of water, sodium, food volume, stress, and sleep. Use your weekly average instead of judging progress from one weigh-in.

YOUR FAT-LOSS CHECKLIST

Daily Standard	Complete
Eat mostly minimally processed foods	☐
Include protein in every meal	☐
Drink enough water	☐
Complete your daily step target	☐
Follow your training plan	☐
Sleep seven to nine hours when possible	☐

You do not need perfect execution. Perform the important habits often enough for them to produce results.

2. The Protein Guide

Protein is one of the most important nutrients for anyone trying to lose fat, build muscle, improve recovery, or maintain strength.

YOUR DAILY PROTEIN TARGET

0.7 to 1 gram of protein per pound of goal body weight per day

Example: If your goal body weight is 180 pounds, aim for approximately 125-180 grams of protein per day. Beginners do not need to hit the highest number immediately. Start with a target you can consistently reach.

DIVIDE PROTEIN ACROSS THE DAY

Meal	Protein Target
Breakfast	25-40 g
Lunch	30-45 g
Snack	20-30 g
Dinner	30-50 g

HIGH-PROTEIN FOOD OPTIONS

Animal-Based	Plant-Based
Chicken, lean beef, turkey, eggs, fish, shrimp, Greek yogurt, cottage cheese, milk, whey or casein.	Tofu, tempeh, lentils, beans, edamame, seitan, high-protein pasta, soy milk, plant-based protein powder.

Easy Protein Meals

BREAKFAST

Eggs, egg whites, fruit, and oatmeal
Greek yogurt with berries and granola
Protein smoothie with milk, fruit, and protein powder

LUNCH

Chicken rice bowl with vegetables
Turkey wrap with fruit
Tuna sandwich with a side salad

DINNER

Lean beef, potatoes, and vegetables
Salmon, rice, and asparagus
Turkey chili with beans

SNACKS

Greek yogurt
Cottage cheese
Protein shake
Hard-boiled eggs
Jerky and fruit

Before building the rest of your meal, ask: "Where is my protein?"

Choose the protein source first. Then add vegetables, carbohydrates, and healthy fats based on your needs.

3. Daily Step Targets

You do not need exhausting cardio every day to improve your health or accelerate fat loss. Walking is low impact, accessible, and easy to recover from.

FIND YOUR STARTING POINT

Track your normal steps for three to seven days without deliberately changing your activity. Calculate your average, then use the progression below.

Current Average	Next Target
Fewer than 4,000/day	Add 1,000 daily steps
4,000-7,000/day	Add 1,000-2,000 daily steps
More than 7,000/day	Maintain or gradually work toward 8,000-10,000 if recovery allows

More is not always better. Your step target should support your goals without interfering with strength training or recovery.

FIVE EASY WAYS TO INCREASE YOUR STEPS

- Take a 10-minute walk after meals
- Park farther away from entrances
- Walk during phone calls
- Use the stairs when appropriate
- Schedule a morning or evening walk

Increase your target by approximately 500-1,000 steps only after your current target feels manageable. Build the habit before increasing the demand.

4. Beginner Training Blueprint

This three-day full-body program is designed to help beginners build strength, muscle, coordination, and confidence. Train on nonconsecutive days when possible.

WEEKLY SCHEDULE

Week	Monday	Wednesday	Friday
Week 1	Workout A	Workout B	Workout A
Week 2	Workout B	Workout A	Workout B

WARM-UP

- Walk, cycle, or row for five minutes.
- Perform five to eight controlled reps of a bodyweight squat, hip hinge, arm circle, reverse lunge, and incline push-up.
- Complete one or two lighter warm-up sets before your first major exercise.

The warm-up should prepare you for training, not exhaust you.

Workout A

Exercise	Sets	Reps / Distance	Rest
Goblet Squat	3	8-10	90 sec
Dumbbell Bench Press	3	8-12	90 sec
Romanian Deadlift	3	8-10	90-120 sec
Seated Cable Row	3	10-12	60-90 sec
Farmer Carry	3	20-40 yards	60 sec

COACHING NOTES

Goblet Squat: Keep your entire foot planted, brace your midsection, and sit between your hips.

Dumbbell Bench Press: Keep your shoulder blades controlled and lower the dumbbells with purpose.

Romanian Deadlift: Push your hips backward while keeping the weights close to your legs.

Seated Cable Row: Pull your elbows toward your hips without aggressively shrugging.

Farmer Carry: Stand tall, brace your trunk, and walk under control.

Optional conditioning: Walk or cycle at a conversational pace for 10-15 minutes.

Workout B

Exercise	Sets	Reps / Time	Rest
Trap-Bar or Kettlebell Deadlift	3	5-8	120 sec
Dumbbell Overhead Press	3	8-10	90 sec
Reverse Lunge	3	8/leg	60-90 sec
Lat Pulldown	3	8-12	60-90 sec
Front Plank	3	20-40 sec	60 sec

COACHING NOTES

Deadlift: Brace before lifting and drive the floor away from you.

Overhead Press: Keep your ribs controlled and avoid leaning excessively backward.

Reverse Lunge: Step backward under control and keep your front foot planted.

Lat Pulldown: Pull your elbows toward your sides without swinging.

Front Plank: Squeeze your glutes, brace your midsection, and maintain steady breathing.

Optional conditioning: Walk or cycle at a conversational pace for 10-15 minutes.

Training Levels & Progression

BEGINNER VERSION

Complete two sets of each exercise. Choose loads that leave approximately three repetitions in reserve. Focus on control, consistency, and technique.

INTERMEDIATE VERSION

Complete three sets of each exercise. Finish most sets with approximately one to three repetitions in reserve. Add load when you reach the top of the repetition range with good technique.

ADVANCED VERSION

Complete three to four sets of each exercise. Use more challenging variations and manage intensity with an RPE target of approximately 7-9. Add volume only when recovery and performance justify it.

DOUBLE PROGRESSION

- Begin with a weight you can perform for the bottom of the prescribed rep range.
- Keep the weight the same until you reach the top of the range on every set.
- Increase the weight slightly.
- Return to the bottom or middle of the rep range.
- Repeat the process.

One more repetition, slightly better technique, or a small load increase is progress.

Deload Recommendations

After five to eight consistent weeks, consider a lighter week if you notice:

Recovery Warning	Check
Reduced performance	☐
Unusual fatigue	☐
Persistent soreness	☐
Poor motivation	☐
Joint discomfort	☐
Disrupted sleep	☐

During a deload, reduce your normal sets by approximately one-third to one-half and avoid training close to failure.

5. The Discipline Framework

Motivation changes from day to day. Discipline is the ability to keep the promises you make to yourself - even when motivation is low.

STEP 1: ESTABLISH YOUR NON-NEGOTIABLES

Choose three daily actions that support your goal: reach your protein target, complete your step target, and train according to your weekly schedule.

STEP 2: USE THE MINIMUM STANDARD

On difficult days, reduce the task instead of abandoning it. Perform the first three exercises, walk for 10 minutes, or choose the best available protein-based meal.

STEP 3: NEVER MISS TWICE

One missed workout or unplanned meal does not destroy progress. When you miss once, make the next opportunity your reset point.

STEP 4: TRACK ACTIONS, NOT JUST OUTCOMES

Track workouts, steps, protein, sleep, water, and your weekly body-weight average. Outcomes often lag behind actions.

STEP 5: REVIEW EACH WEEK

Ask what went well, where you struggled, what made the plan difficult, and what one adjustment will create the greatest improvement.

Your 7-Day Forged Foundations Challenge

Category	Daily Action
Nutrition	Protein in at least three meals; water with every meal; mostly minimally processed foods
Movement	Hit your personal step target; take a 10-minute walk after at least one meal
Training	Complete two or three full-body sessions; record exercises, loads, and reps
Discipline	Choose three non-negotiables; mark them complete; never miss the same habit twice

Do not ask whether the week was perfect. Ask whether you proved you can follow through.

7-DAY TRACKER

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Protein	☐	☐	☐	☐	☐	☐	☐
Steps	☐	☐	☐	☐	☐	☐	☐
Training / Recovery	☐	☐	☐	☐	☐	☐	☐
Non-Negotiables	☐	☐	☐	☐	☐	☐	☐

Final Reminder

Results do not come from the most extreme plan. They come from the plan you can execute long enough to produce change.

THE FORGED STANDARD

Eat enough protein.

Train with purpose.

Walk every day.

Recover properly.

Keep your promises.

Build the foundation first. Then continue forging.

READY TO TAKE THE NEXT STEP?

You do not need more random information. You need a clear plan, accountability, and coaching built around your goals, schedule, training experience, and lifestyle.

HEALTH AND SAFETY NOTICE

This guide is provided for general educational purposes and is not medical advice. Consult an appropriately qualified healthcare professional before beginning a new nutrition or exercise program, particularly if you have an injury, medical condition, take medication, are pregnant, or have been advised to restrict physical activity.