DWF DANIEL WOODS FITNESS



7-DAY FAT LOSS

STARTER GUIDE

A practical plan for busy men 30+ to build better nutrition, strength and consistency.

500+ CLIENTS COACHED | COACHING SINCE 2017

TRAINING / NUTRITION / ACCOUNTABILITY

FREE GUIDE - NO CRASH DIETS. NO HYPE. JUST A STARTING PLAN.

01 / START HERE

YOUR FIRST WEEK

The next seven days are about getting the basics right, not trying to transform your body overnight. Pick realistic habits and repeat them.

THE GOAL

Build an eating routine, complete three resistance-training sessions, move a little more and establish a baseline you can repeat.

FOOD

Eat regular meals, include protein and produce, and choose portions that suit your needs.

TRAINING

Train on three nonconsecutive days. Begin with manageable loads and good technique.

RECOVERY

Get consistent sleep and enough water. A missed day is not a reason to quit.

PROGRESS

Track your habits first. Weight changes are not the only measure of success.

FIRST ACTION: SCHEDULE YOUR THREE WORKOUTS NOW

Everyone starts somewhere. Your job this week is simply to begin.

PROOF OF COACHING

REAL CLIENT RESULTS

A genuine before-and-after transformation supplied by Daniel Woods Fitness. Individual results vary, but consistent habits and good coaching make a difference.



RESULTS REQUIRE MORE THAN A MEAL PLAN

Individualised training, nutrition, accountability and consistency are what make coaching valuable. Client outcomes vary.

02 / BUILD THE FOUNDATIONS

NUTRITION MADE SIMPLE

Fat loss generally comes from a consistent, manageable energy deficit. You do not need to remove entire food groups or feel constantly drained to make progress.

01 PRIORITISE PROTEIN

Include a protein source at each main meal: poultry, fish, lean mince, eggs, yoghurt or tofu.

02 BUILD YOUR PLATE

Include vegetables or fruit, sensible carbohydrate portions and a little dietary fat.

03 FIND YOUR ROUTINE

Three or four meals can work well, but your meal frequency is a personal choice.

04 AVOID EXTREMES

Reduce calories gradually if needed. Severe restriction often makes adherence harder.

PRACTICAL STARTING POINTS

Protein	For many active adults, 1.2-1.6 g/kg of body weight can be a useful starting range; needs vary, particularly with higher body weights.
Plants	Aim to include a variety of vegetables and fruit each day.
Hydration	Drink regularly and adjust for heat, activity and medical advice.
Movement	Start with the steps you already manage and increase gradually.

Use these as educational starting points, not a prescription for every body size or medical situation.

03 / UNDERSTAND THE PROCESS

YOUR CALORIE STARTING POINT

Your calorie needs depend on body size, age, activity and goals. Rather than copying someone else's diet, start by understanding the pattern in your own eating.

STEP 1 / RECORD YOUR NORMAL INTAKE

For 3-7 days, write down meals, drinks, snacks and portions. Use food labels or a tracker if you find it helpful.

STEP 2 / MAKE A MANAGEABLE CHANGE

Build meals around lean protein and vegetables, reduce frequent extras and aim for a modest deficit, not a crash diet.

STEP 3 / REVIEW THE TREND

Look at consistent habits, how your clothes fit and your average weight over several weeks. A single weigh-in is not the whole story.

WHAT SHOULD PROGRESS FEEL LIKE?

You should generally be able to train, concentrate and manage everyday life. Constant exhaustion, marked dizziness or persistent hunger are signs that your approach may need adjusting.

A commonly used sustainable weight-loss pace is roughly 0.5-1% of body weight per week, but individual rates and medical needs differ.

If you have a medical condition, take medications affecting appetite or glucose, or have a history of disordered eating, seek individual health advice before changing your diet.

TWO EXAMPLE EATING DAYS

These are examples, not fixed meal prescriptions. Meat, rice and potatoes are cooked weights; oats, nuts and oil are measured as supplied. Adjust portions to suit your needs.

DAY A - EXAMPLE MEAL STRUCTURE

BREAKFAST	200 g high-protein Greek yoghurt, 50 g oats, 100 g berries
LUNCH	150 g chicken breast, 180 g rice, 200 g mixed vegetables
SNACK	1 apple, 30 g almonds, a high-protein yoghurt
DINNER	170 g lean beef mince, 250 g potato, 200 g vegetables, 10 g olive oil

DAY B - EXAMPLE MEAL STRUCTURE

BREAKFAST	3 eggs, 2 slices wholegrain toast, 1 piece of fruit
LUNCH	150 g salmon, 170 g rice, large mixed salad
SNACK	250 g plain Greek yoghurt, banana, 20 g walnuts
DINNER	180 g chicken breast, 250 g potatoes, 200 g vegetables, 10 g olive oil

Swap foods freely: chicken for tofu or fish, rice for potatoes, yoghurt for eggs. These portions are examples only, not personalised calorie targets.

04 / KEEP IT PRACTICAL

SHOP SMART. PREP ONCE.

You do not need fancy ingredients to eat well. Buy reliable staples and prepare enough food to make your busiest days easier.

PROTEIN

Chicken, eggs, lean beef, fish, high-protein yoghurt, tofu, legumes.

CARBOHYDRATES

Rice, potatoes, oats, wholegrain bread, pasta, fruit.

PRODUCE

Fresh or frozen vegetables, salads, berries, seasonal fruit.

HEALTHY FATS

Olive oil, nuts, seeds and avocado in sensible portions.

YOUR 20-MINUTE PREP PLAN

1. Choose two protein sources for the next three days.
2. Cook rice or potatoes and portion them with vegetables.
3. Keep an easy breakfast and portable snack ready.
4. Repeat meals you enjoy, rather than chasing perfection.

Food safety: refrigerate prepared food promptly, store appropriately and reheat thoroughly.

05 / FULL-BODY STRENGTH

THREE-DAY TRAINING PLAN

Train on three nonconsecutive days (for example Monday, Wednesday and Friday). Warm up for 5-10 minutes, then use a load allowing 2-3 more controlled reps at the end of each set.

DAY 1 - WORKOUT A	
Leg press / supported squat	**2 x 8-12**
Chest press / elevated push-up	**2 x 8-12**
Seated row	**2 x 8-12**
Plank	**2 x 20-40 sec**

DAY 3 - WORKOUT B	
Romanian deadlift / hip hinge	**2 x 8-12**
Lat pulldown	**2 x 8-12**
Seated shoulder press	**2 x 8-12**
Dead bug	**2 x 8 / side**

DAY 5 - WORKOUT C	
Split squat / leg press	**2 x 8-12**
Incline chest press	**2 x 8-12**
Chest-supported row	**2 x 8-12**
Farmer carry	**2 x 20-30 m**

Rest 60-120 seconds between sets. Start with fewer sets if needed. Stop for pain, dizziness, chest discomfort or unusual symptoms.

06 / TRAIN WITH PURPOSE

TECHNIQUE & PROGRESSION

Moving well is more important than lifting heavy. Use the cues below, and choose comfortable alternatives when necessary.

SQUAT OR LEG PRESS

Keep feet stable. Lower only as far as you can control comfortably.

CHEST PRESS / PUSH-UP

Control your shoulder blades and wrists. Use a smooth range of motion.

ROW / PULLDOWN

Keep your torso steady and lead with controlled shoulder and arm movement.

ROMANIAN DEADLIFT

Push hips backwards and keep the weights near your legs.

SPLIT SQUAT

Use a support for balance. Keep the movement slow and controlled.

CORE / FARMER CARRY

Breathe normally, brace comfortably and stop before your form breaks down.

HOW TO PROGRESS

When all sets feel controlled at the top of the rep range, add a small amount of weight or one repetition next time. Progress gradually; rest when needed.

07 / BUILD CONSISTENT PROGRESS

HOW TO TRACK YOUR WORKOUTS

Keep a record of the weight you use, your repetitions and how each set feels. Progress is easier when you know what happened last session.

MOVEMENT	LOAD	REPS	EFFORT
Leg press / squat			
Chest press			
Row / pulldown			
Hip hinge			
Core exercise			
Optional movement			

YOUR NEXT-SESSION RULE

If technique stays controlled and your sets reach the upper end of the rep range, consider a small increase in repetitions or weight. If form breaks down, repeat or reduce the load.

07 / BUILD THE HABIT

YOUR SEVEN-DAY PLAN

Use this simple week as a template. Shift workout days to match your schedule while leaving recovery time between strength sessions.

01 **BASELINE + WORKOUT A**

Record a starting point, choose meal times, complete Workout A.

02 **WALK + FOOD PREP**

Take a comfortable walk and prep two balanced meals.

03 **WORKOUT B**

Train and include a protein source at your main meals.

04 **RECOVER + REFLECT**

Walk or rest, review your sleep, hunger and hydration.

05 **WORKOUT C**

Train with good technique and plan your weekend meals.

06 **ACTIVE RECOVERY**

Choose a walk or another activity you enjoy.

07 **REVIEW + REPEAT**

Identify two habits to keep and set your next training days.

Aim for momentum, not a perfect score. Getting back on track is a skill.

08 / TRACK WHAT MATTERS

YOUR SEVEN-DAY SCORECARD

Tick the habits you complete. There is no need to be perfect or to weigh yourself every day.

DAY	PROTEIN	FRUIT / VEG	MOVEMENT	SLEEP	NOTES
1	☐	☐	☐	☐	
2	☐	☐	☐	☐	
3	☐	☐	☐	☐	
4	☐	☐	☐	☐	
5	☐	☐	☐	☐	
6	☐	☐	☐	☐	
7	☐	☐	☐	☐	

YOUR END-OF-WEEK CHECK-IN

What worked? What was difficult? Which two habits will you repeat next week?

09 / ORIGINAL CLIENT PHOTOS

MORE REAL CLIENT RESULTS

Genuine client transformations supplied by Daniel Woods Fitness, shown using the original photographs. Each individual journey is different.





WHY INDIVIDUAL COACHING HELPS

You get a plan built around your goals and schedule, help adjusting training and nutrition, and someone keeping you accountable when life gets busy.

These examples reflect individual experiences. They do not guarantee identical results for other clients.

REAL CLIENT RECOMMENDATIONS

These are original Facebook recommendations from 2019, shown as supplied. Testimonials describe individual experiences, not typical results.



Stefan Babij recommends **Daniel Woods.**
18 Feb 2019 ·

Daniels knowledge and coaching was 2nd to none. His guidance and the consistent outlook for my progression and welfare during my competition prep was outstanding. I lost more weight than I even anticipated and felt healthy and happy. My strength and endurance increased as did my own knowledge in the industry on nutrition and training. Daniel can definitely help you get your dream body!10/10.

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Aaron Cooper recommends **Daniel Woods.**
18 Feb 2019 ·

i started with Daniel 3 years ago and sinse then have transformed my body. Daniel goes out of his way to learn different ways and to learn everything he needs to know about your body, if there is something he doesn't know he will hunt for the answer untill he does. i just competed in my first bodybuilding show and did really well earning first call out and just missing out on a place, i will be staying with Daniel as we are on a war path for big success.

i thank you my man biggest role model and mentor i know 🙏💪

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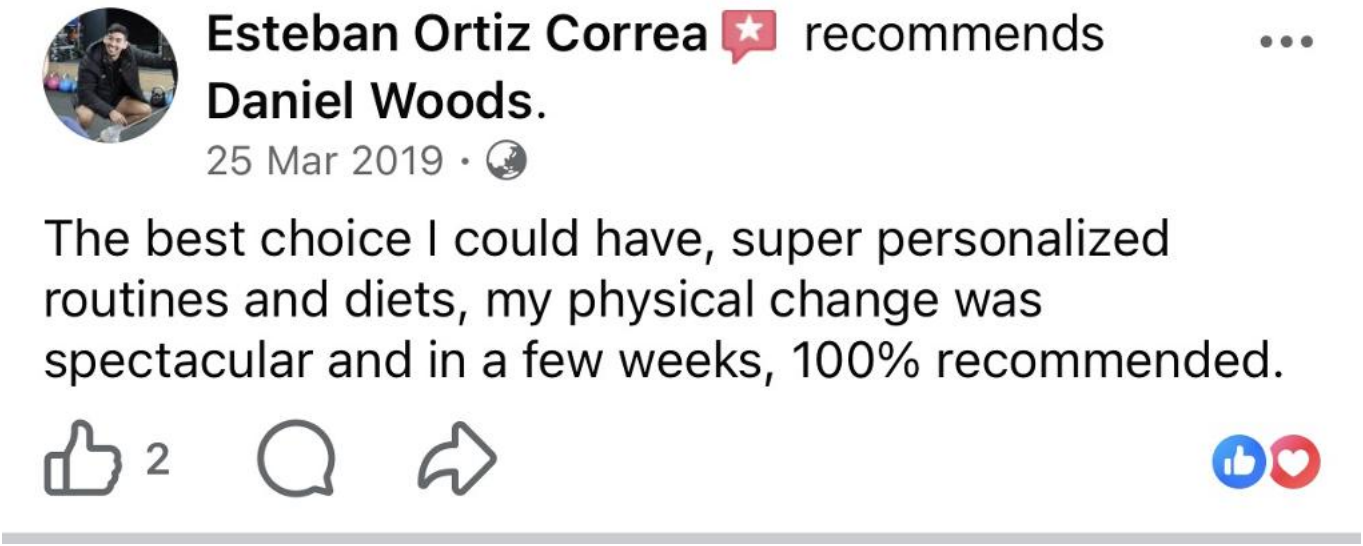
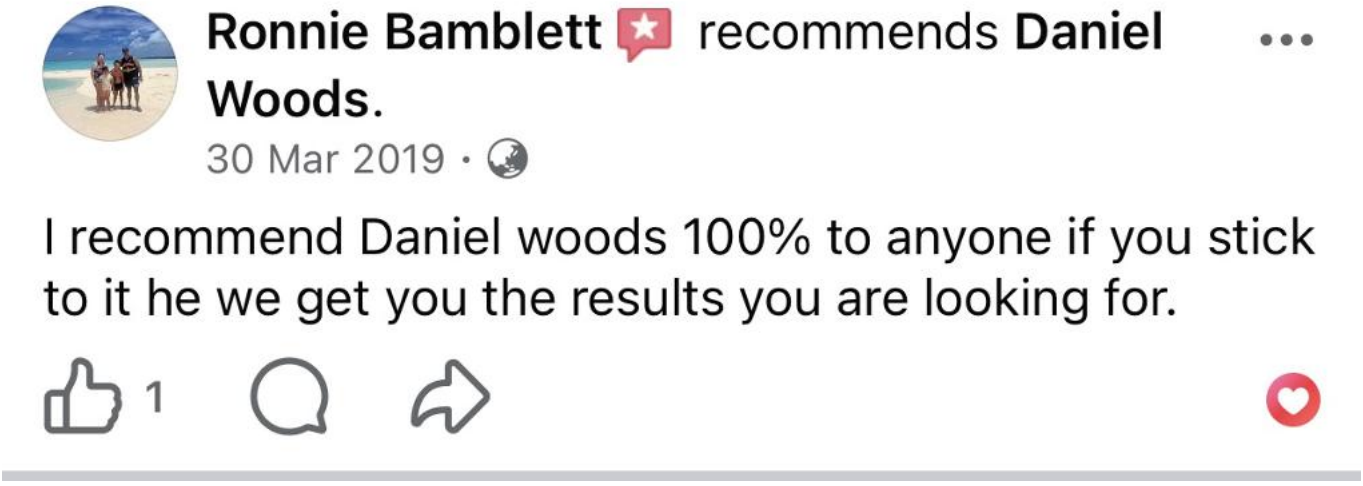
MORE CLIENT FEEDBACK

More recommendations from clients who described their experience with Daniel Woods Fitness.





These testimonials reflect the clients' own experiences at the time they were written. Outcomes depend on individual circumstances, effort and consistency.

12 / PERSONALISED COACHING

READY FOR THE NEXT STEP?

You have the starting point. If you want a plan tailored to you, I can help you take it further.

TRAINING BUILT FOR YOU

A resistance-training plan matched to your goals, experience and schedule.

NUTRITION SUPPORT

Practical guidance you can use around work, family and real life.

ONE-ON-ONE COACHING

Scheduled check-ins, useful feedback and support with your training and nutrition.

DIRECT MESSAGE SUPPORT

Message your coach when you need guidance; reply times are agreed during onboarding.

MESSAGE ME: "I'M READY"

INSTAGRAM

@danielwoods_ifbb_

EMAIL

danielwoodsfitness@gmail.com