

Faith-Fueled Fat Loss – Week 1

Surrender & Foundation

1 Corinthians 6:19–20 — “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

Focus of the Week:

This week is about laying the foundation: moving from striving to surrender. You'll learn how to anchor your health in God's truth and start practicing the simple, powerful habits that lead to fat loss, strength, and freedom.

Weekly Habits:

-  Daily Bible Reading (see Bible Reading Plan)
-  Protein with every meal
-  Two to three strength workouts
-  Water first each morning
-  Daily surrender prayer

What You'll Gain This Week:

- A biblical foundation for health that goes beyond diet culture
- A clear starting plan for fat loss and strength building
- Confidence that every step you take is worship, not punishment

Before you begin...

- What am I surrendering to God this week?
- How do I want to feel by the end of Week 1?

Week 1 Bible Reading Plan – Surrender & Foundation

This week, root your health journey in God's Word. Each passage reminds you that your body is His temple and your strength comes from Him. Read one passage per day and take a few moments to journal or pray through what God is showing you.

Day 1: 1 Corinthians 6:19–20 — Your body is God's temple

Day 2: Romans 12:1–2 — Present your body as a living sacrifice

Day 3: Matthew 11:28–30 — Rest for the weary

Day 4: Galatians 2:20 — Christ lives in me

Day 5: Isaiah 40:29–31 — God gives strength to the weary

Day 6: Psalm 139:13–14 — You are fearfully and wonderfully made

Day 7: Galatians 5:1 — It is for freedom that Christ set us free

Reflection Notes:

- What truth stood out most to you from this week's readings?
- How does God's Word reshape the way you see your body and your health?
- Where do you sense Him asking you to surrender more fully?

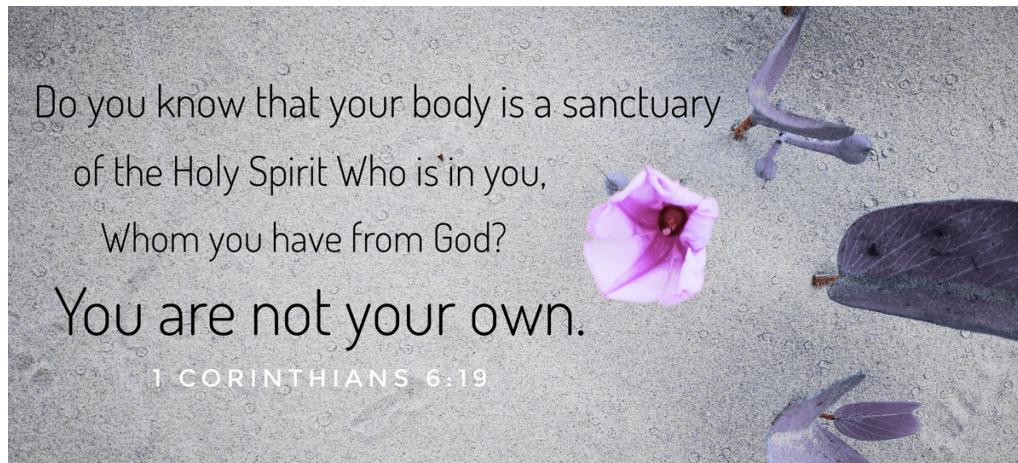
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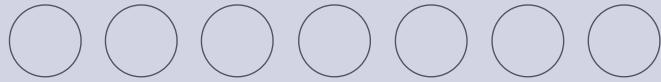
Use this tracker to build the five foundational habits for faith-fueled fat loss. Each small step you take this week is an act of worship and stewardship of your body. Check off your progress daily and celebrate consistency, not perfection.

Habits to Track Each Day:

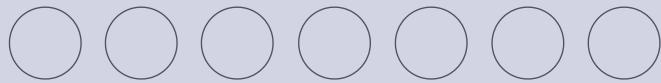
1. Bible Reading – Complete the daily passage from your Bible Reading Plan.
2. Protein with Every Meal – Include a protein source at breakfast, lunch, and dinner.
3. Strength Workout (2-3/week) – Do the Week 1 Full Body Strength Workout at least twice.
4. Water First – Start your morning with a glass of water before coffee or breakfast.
5. Surrender Prayer – Pray: “Lord, I surrender my health to You. Help me honor You with my choices today.”



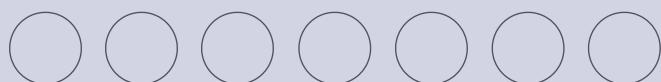
Bible Reading



Protein Every Meal



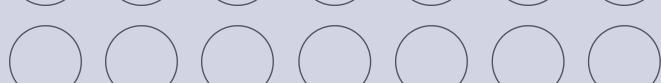
Workout



Water First



Surrender Prayer



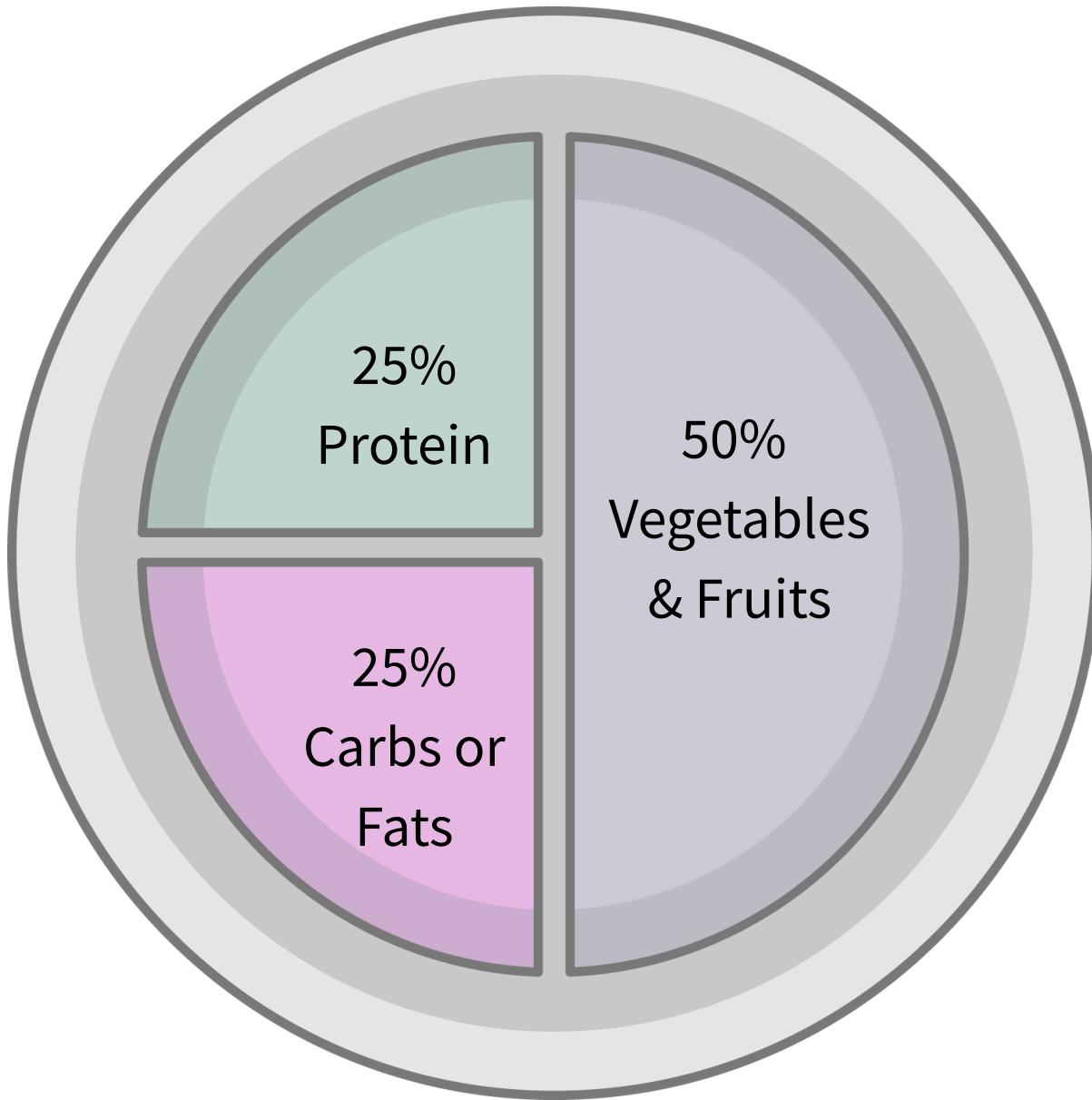
Weekly Reflection:

What went well this week?

What was hardest for me?

Where did I see God strengthen me as I surrendered?

Build-Your-Plate Cheat Sheet



Use the Build-Your-Plate Method to create simple, balanced meals that support fat loss, build muscle, and honor God with your body. Each meal: fill half your plate with veggies/fruits, one quarter with lean protein, and one quarter with smart carbs or healthy fats.

Build-Your-Plate Cheat Sheet

Vegetables & Fruits ($\frac{1}{2}$ Plate)

Fill half your plate with color and fiber.

- Leafy greens: spinach, kale, arugula, romaine, collard greens
- Cruciferous veggies: broccoli, cauliflower, Brussels sprouts, cabbage
- Other veggies: zucchini, bell peppers, cucumbers, carrots, green beans, asparagus, mushrooms, onions
- Starchy veggies (use in carb portion if larger): corn, peas, potatoes, squash
- Fruits: apples, oranges, bananas, berries, grapes, melons, peaches, pears, pineapple

Lean Proteins ($\frac{1}{4}$ Plate)

Fuel muscle growth and fat burning.

- Poultry: chicken breast, ground turkey
- Fish/Seafood: salmon, cod, shrimp, tuna
- Eggs & dairy: eggs, egg whites, cottage cheese, Greek yogurt, cheese in moderation
- Plant-based: lentils, chickpeas, black beans, edamame, tofu, tempeh
- Protein supplements: whey protein powder, plant-based protein shakes

Smart Carbs ($\frac{1}{4}$ Plate)

Steady energy + support workouts.

- Whole grains: oats, quinoa, brown rice, whole grain bread/pasta, barley
- Starchy vegetables: sweet potatoes, white potatoes, corn, peas, winter squash
- Legumes (also protein): beans, lentils, chickpeas
- Fruit (when portioned in this slot instead of the veggie/fruit half): bananas, mangoes, grapes, dried fruit (in moderation)

Healthy Fats (paired with carbs or proteins)

Hormone health + satiety.

- Nuts: almonds, walnuts, cashews, pistachios
- Seeds: chia, flaxseed, pumpkin, sunflower seeds
- Oils: olive oil, avocado oil, coconut oil (in moderation)
- Avocado
- Nut butters (watch serving size)
- Fatty fish (salmon, mackerel, sardines)

Strength Training Guide

◆ Lower Body (Glutes, Quads, Hamstrings, Calves)

- Squats – Feet shoulder-width, sit hips back like a chair. Keep chest up.
- Lunges – Step forward/back, bend both knees. Keep front knee behind toes.
- Step-Ups – Step onto chair/bench, drive through heel to stand tall.
- Glute Bridges – Lie on back, knees bent, lift hips, squeeze glutes.
- Hip Thrusts – Upper back on couch/chair, drive hips up.
- Deadlifts (bodyweight/dumbbells) – Hinge hips back, keep spine neutral, stand tall squeezing glutes.
- Calf Raises – Stand tall, rise onto toes, lower slowly.

◆ Upper Body (Chest, Back, Shoulders, Arms)

- Push-Ups – Wall, incline, or floor. Hands under shoulders, lower chest, press back up.
- Chest Press (dumbbells/bands) – Lie on back, press weights straight up.
- Bent-Over Rows – Hinge at hips, pull weights toward ribs, squeeze shoulder blades.
- Reverse Flys – Slight hinge, arms out to side in “T” shape.
- Overhead Press – Weights at shoulders, press overhead, lower slowly.
- Lateral Raises – Weights at sides, lift arms to shoulder height.
- Bicep Curls – Elbows tucked, curl weights up.
- Tricep Kickbacks – Hinge slightly, elbows up, extend arms straight back.
- Tricep Dips – Hands on chair edge, lower body, press back up.

◆ Core & Stability

- Standing Core Twist (with or without weight) – Twist gently side to side, keep core braced.
- Bird Dogs – On hands/knees, extend opposite arm and leg, hold, switch sides.
- Dead Bugs – Lie on back, arms/legs up, lower opposite arm + leg, keep core tight.
- Plank (forearm or hands) – Hold core tight, spine neutral. Modify on knees or wall.
- Side Plank – Hold sideways, elbow under shoulder, hips lifted.
- Russian Twists – Sit back slightly, twist side to side (weight optional).
- Leg Raises – Lie on back, lower legs slowly to just above floor.
- Glute Bridge March – Bridge position, lift one knee at a time.

Strength Training Guide

◆ **Tips for Using These Exercises**

- Pick 1–2 from each category (lower, upper, core) for a balanced full-body session.
- Perform 8–12 reps each (hold planks 20–30s), 2–3 rounds.
- Start with bodyweight → add dumbbells/bands to progress.
- Breathe! Exhale as you lift/push, inhale as you lower.
- Focus on quality over quantity — good form prevents injury.

◆ **Why This Matters for Fat Loss**

- Strength training builds lean muscle.
- Muscle = higher metabolism = your body burns more fat at rest.
- Pair these workouts with your Week 1 habits (protein, hydration, Bible + prayer) for real results.

✖ **Form Mistakes to Avoid**

- Squats/Lunges: Letting knees cave inward or push far past toes.
- Rows/Deadlifts: Rounding your back instead of keeping a neutral spine.
- Push-Ups/Presses: Flaring elbows out wide, which strains shoulders.
- Planks/Core Moves: Letting hips sag or pike instead of holding steady.
- Breathing: Holding your breath — always exhale on effort, inhale on release.

† **Faith Connection**

Strength training isn't just about muscle — it's about stewardship. Every rep is a chance to thank God for the body He's given you. As you grow stronger, pray for Him to direct that strength toward serving your family well, walking in your calling, and glorifying Him in all that you do.

Strength Training Log

Week of: _____

Exercise	Muscle Group	Weight	Reps	Notes
EX. Squat	Lower Body	10	12	<i>Felt strong, go heavier next week</i>

*Every rep is a chance to grow stronger in body and spirit.
Steward your strength well.*