

FREE GUIDE

THE BUSY WOMAN'S

FAT LOSS STARTER GUIDE

5 Simple Steps to Start Losing Fat
This Week- No Gym Required

MADE FOR BUSY WOMEN 30+
WHO DON'T KNOW WHERE TO START

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You don't need a perfect plan. You need a starting point.

Welcome,

If you're reading this, you're probably tired of starting over every Monday. You want to lose fat, feel like yourself again, and have more energy for your kids, but between the school runs, work, and zero time to yourself, you don't even know where to begin.

This guide is not about perfection. It's not a 30-day transformation challenge or a 1,200-calorie starvation plan. It's 5 simple, science-backed steps you can actually start this week — without a gym, without spending hours in the kitchen, and without giving up the foods you love.

You don't need to do everything at once. Work through one step at a time. Give each one a few days before adding the next. Consistency with simple habits beats perfection with complex ones every single time.

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The 5 Steps

STEP 1 Fix Your Breakfast First

Most busy moms skip breakfast or grab something quick with no protein. This is one of the biggest barriers to fat loss, and one of the easiest to fix.

Your goal: Eat a high-protein breakfast within 60–90 minutes of waking up.

- Aim for 20–30 grams of protein at breakfast
- This stabilizes your blood sugar and reduces cravings all day
- It also helps preserve muscle while you lose fat

Quick options: 2 eggs + Greek yogurt | Protein shake + handful of nuts | Cottage cheese + fruit

Do this for 5 days before moving to Step 2.

STEP 2 Know Your 5 Go-To Meals

You don't need a meal plan. You need a short list of go-to meals you can make fast, that your family will eat, and that support your goals.

Pick 5 meals for each: breakfast, lunch, and dinner. That's it.

- Keep the ingredients stocked every week
- Rotate them freely — no rigid schedule required
- Each meal should have: a protein source + a vegetable + a complex carb

Example dinner: Grilled chicken + roasted broccoli + rice

Example lunch: Turkey wrap + baby carrots + an apple

Simplicity is what's sustainable. Complex is what you quit.

STEP 3 Move for 10 Minutes a Day

You do not need a gym membership or a 60-minute workout to start losing fat. What you need is consistent daily movement, and 10 minutes is enough to start.

The 10-Minute Busy Mom Workout (repeat circuit until time is up):

- 10 bodyweight squats
- 10 wall or counter push-ups
- 10 alternating reverse lunges
- 30-second march in place

Do this daily. As it gets easier, add 5 minutes. Work up to 20–30 minutes over time.

Movement creates momentum. Momentum creates results.

STEP 4 Drink Your Water (For Real This Time)

Dehydration is mistaken for hunger constantly- especially in busy moms who forget to drink water all day.

Your daily goal: Half your body weight in ounces of water.

- 150 lb woman = 75 oz of water per day
- Start your morning with 16 oz before coffee
- Keep a water bottle visible at all times — if you see it, you'll drink it
- Add lemon, cucumber, or fruit if plain water is hard to drink

This one habit alone can reduce false hunger cravings significantly.

STEP 5 Track Progress the Right Way

The scale is one tool, not the only tool. Hormones, water retention, and stress all affect the number daily.

Here's what to track instead:

- Weekly average weight
- Consistency
- Energy levels
- Strength
- How clothes fit

Progress is happening even when the scale doesn't move. Trust the process

You've Got This.

These 5 steps are your foundation. They're not glamorous. They're not viral. But they work because they're built for your real life, not a highlight reel.

Start with Step 1 today. Give yourself grace when life happens. And remember: you don't have to be perfect to make progress. You just have to keep going.

Your Daily Non-Negotiables Checklist

- High-protein breakfast within 90 min of waking
- At least 2 of your go-to meals today
- 10+ minutes of movement
- Half your bodyweight in oz of water
- One check-in: How do I feel today?

Ready to take the next step?

If you want a personalized plan built around YOUR life,
I'd love to work with you.

Book a free consultation at
fitsparkfitness.com or [click here:](#)

With care and accountability,
Amber Johnsen | FitSpark LLC
Certified Personal Trainer | Certified Nutritionist |