

9+ Week Progressive Fitness & Health Plan

Week	Nutrition	Supplements	Exercise
1-2	• 3 meals/day • 30 g protein at breakfast • 2 cups water (24 oz) • Coffee after breakfast • Dinner 3 hr before bed	• Creatine 5 g • Vitamin D • Omega-3	• Walk 30-45 min daily (after dinner preferred)
3-4	REMOVE: Fast food, fried food, sugary drinks DRINK ONLY: Coffee, tea, water, seltzer ADD: 20 g protein (50 g+ total) • 3 cups water (36 oz)	• Continue all	• Continue walks ADD: 1x/week resistance training (full body)
5-6	REMOVE: Refined sugars ADD: 20 g protein (70 g+ total) • Continue 36 oz water	• Continue all ADD: Multivitamin with B-complex	• Continue walks INCREASE: 2x/week resistance training
7-8	REMOVE: Processed carbs LIMIT: Total carbs <50 g/day ADD: 20 g protein (90 g+ total) • 4 cups water (48 oz)	• Continue all • Consider electrolytes	• Continue walks INCREASE: 3x/week resistance training (push/pull/legs split)
9+	LIMIT: Carbs <20 g/day (keto) REMOVE: All artificial sugars • 90-110 g+ protein • 48 oz+ water EAT: Meat, fish, eggs, non-starchy vegetables, healthy fats	• Continue all	• Walk 20-30 min daily • 3x/week resistance training ADD: 1x/week HIIT (20-30 min) TOTAL: 3 resistance + 1 HIIT + walks

IMPORTANT NOTES

Before starting: Consult a healthcare provider about supplements and dietary changes. **Recovery:** Aim for 7-9 hours of sleep and 1-2 rest days/week. **Hydration:** Increase water during exercise or heat. **Flexibility:** If low-carb intake hurts performance, consider adding 25-30 g carbohydrate around workouts. **Track progress:** Measurements, photos, and energy levels. **Listen to your body:** Adjust intensity as needed.