



THE ULTIMATE CHECKLIST

FOR

DEFEATING DO-DO DIETS



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THERE IS NO ONE SIZE FITS ALL

What works for you won't necessarily work for me. There are a number of reasons why this is so, down to Family, Work, Travel, Body Types and Environment. Believing that there is an option out there for you is so powerful, you just need to be willing to either take your time and find it yourself or invest in a coach who can find it for you.

Yes, I have completed this

CALORIES ARE KING

There are no magical weight gain or loss fairies. I would love to tell you it's easy but I can't, but I can tell you it's simple. If you over consume calories you will gain weight, if you under consume you will lose weight. The sustainability is the hard part with factors like sleep, stress and emotions. If you are gaining weight you are eating too many calories...SIMPLE!

Yes, I have completed this

CAN YOU FILL ME IN

You can't live in a calories deficit, but you do need to be in it most of the time if you want to drop the lbs. To help do this you need these THREE key items in with every meal - PROTEIN, FIBRE AND WATER. This will fill you up and help you be in a deficit a lot longer than if you just try to hit calories.

Yes, I have completed this

CARBS ARE NOT THE DEVIL

I know you have been told to cut carbs by the Fitness Guru's on social media. This has come about purely because most people over consume them rather than the item being an issue itself. If you ate a 500 calorie bowl of pasta and that was it in a day you will not gain weight. It comes down to the volume of your food rather than one solo item.

Yes, I have completed this

YOU HAVEN'T TRIED EVERYTHING

I hear this a lot that a client is over whelmed and defeated because nothing is working. Most of the time two things have happened: 1) you have tried all the easy options and not got to the real root of the issue and 2) You have tried to do it alone, which is fine for a short while but reaching out to a coach will accelerate you finding a solution to your problem.

Yes, I have completed this

F*** IT DAYS

As i mentioned earlier you can't live in a calorie deficit. You need to have some time away and give your body a chance to recover; welcome F*** IT DAYS. This is where you do whatever you want and switch to allow your body and mind to recover. The straight back to it the next day as just as one good day won't make you, one bad day won't break you.

Yes, I have completed this

WIN THE DAY

As humans if we have a big problem we always see the solution as being big as well. Take weight gain, if we have a lot to lose we think fixing it takes a lot as well. This is where win the day comes in. All you need to do is be 1% better than you were yesterday. This could be via something as simple as increasing your daily steps by 1k.

Yes, I have completed this

EMOTIONAL EATING

One of the biggest downfalls of a transformation journey is not understanding your emotional habits. A large reason why you hit the booze or twentieth biscuit could be down to stress and you are simply in the moment looking for a release. That is ok in the moment but used too often you will have to deal with the stress of weight gain and now you are stuck in a vicious cycle

Yes, I have completed this

WEEKEND WASTER OR WARRIOR

It's ok i'll start again Monday....NOOOO! You don't need to gain weight to have a good time. Common areas of slip ups at the weekend are normally emotions, under fuelled weeks and not tracking. One simple hack I use on a Saturday is skip a meal to use more later in the day, this way I can have some higher Kcal foods and stay within my daily calories

Yes, I have completed this

YOU NEVER FAIL UNTIL YOU STOP TRYING

This saying has stuck with me since the age of 13! How true is it? you can only fail if you quit. Yes, the last trainer or diet trend didn't work for you but if you think about it I bet you learnt a lot.

Don't look for an excuse, find a solution. if you can't find one then reach out for some help

Yes, I have completed this



WANT TO TAKE THINGS TO THE NEXT LEVEL?

As a reward for downloading this checklist, I'm giving you the opportunity to jump on a 1:1 strategy call where I can provide a roadmap for you to finally achieve [something] without having to sacrifice [something]. Sound good? Click the link below to access my online scheduler.

[Book Strategy Call](#)

(Highlight text and add a link to your online diary above)