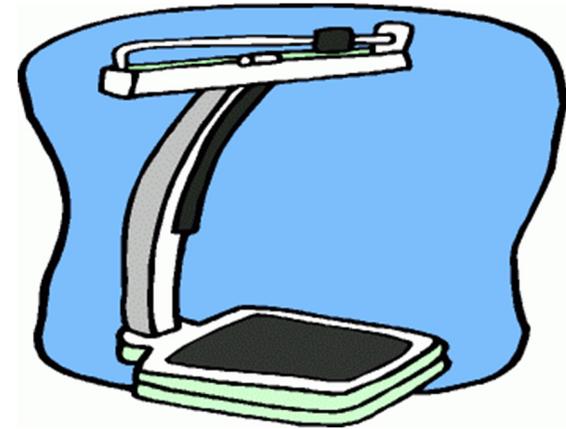


# The 6/28 Project

How I lose 6kgs in 28 Days!

Days 1- 7



DAY	ACTIVITY	FOOD	SLEEP
1	<p><b>5.30 am:</b> 30 min super 'easy' jog on the flats, only.</p> <p>* I could easily run considerably faster.</p> <p>* I set my max HR at 135 – this is 77% of my max HR (175). I never exceed 135 and give myself a 10-beat window (125-135).</p> <p>3 x 10 Push Ups/ 2 x 20 Feet supported full sit-ups.</p> <p><b>6.00 pm:</b> 30 min walk, only.</p> <p>* Once starting my session I will avoid stopping, with continuous action proving the key.</p> <p>* My walking pace is purposely brisk.</p> <p>* I prefer and have found best results present when training alone during 6/28; thus, avoiding all competition.</p>	<p><b>6.30 am:</b> 1 slice of wholemeal toast (heaps of seeds in it), 1/3 of an avocado, one fried egg fried in a butter smeared pan, a dash of salt, and a squeeze of 'real' lemon.</p> <p>Full cappuccino, no sugar.</p> <p><b>11 am:</b> Green Tea.</p> <p><b>1.30 pm:</b> Bowl or red salmon (210g), 1/3 of an avocado, feta cheese in oil (matchbox size), salt &amp; pepper, lemon juice (real), a glass of gas water.</p> <p><b>4 pm:</b> 5 salted macadamia nuts, a glass of water with a teaspoon of Psyllium Husk.</p> <p><b>7.00 pm:</b> 250gms pan-fried chicken breast, two hands full of mixed and steamed broccoli, cauliflower, green beans, and snow peas drizzled with a golf ball of 'real' butter, and a little garlic. Chopped lemon thyme &amp; chilli to taste.</p> <p><b>7.20 pm:</b> Brush teeth – Food is now done for the day. Leave mouth clean from food.</p> <p><b>8.00 pm:</b> Mug of hot Vital Greens.</p> <p>* Vital Greens or Spirulina promotes best digestion, gut health and lowers further appetite.</p>	<p><b>8.30 pm:</b> Clean sheets &amp; pillowcase.</p> <p><b>9.00 pm:</b> Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p>* Set alarm for 5.20 am.</p> <p>* I will spend one minute only, in bed, at 5.20 am, reading emails &amp; the day's news.</p> <p><b>9.20 pm:</b> 1 x Valerian Forte (Blackmores).</p> <p><b>9.30 pm:</b> Read paperback in bed until I hit the melatonin wall.</p> <p>* I need three nights of solid nutritious sleep towards driving and reprogramming my best metabolic circadian rhythm.</p>

<p>2</p>	<p><b>5.30 am:</b> 40 mins HR controlled indoor cycle.</p> <p>* I need audio &amp; visual as my effort is held steadily at a 'boring' 65%ish of max effort (120-130HR). I will not throw in strength efforts of harder intervals until day 21. And even then, higher efforts will still be well controlled.</p> <p>* Water + pinch of Himalayan pink salt. It does not taste salty, but I know this hydrates my muscles, organs (including skin), which, in turn, manages and lowers my post-training appetite.</p> <p>3 x 10 Push Ups/ 3 x 16 DB Twists: Lying face up with arms going one way holding a 10kg DB /legs counter falling the other way.</p> <p><b>6.00 pm:</b> 30 min walk, only.</p> <p>* I find the double exercise set, however easy, drives fat burning 30% faster than a single session day. I also avoid training 'hard' in the evening session as it can disrupt normal sleep (mainly; difficulty lowering higher temps and settling overstimulated nerves), but, again, for this 6/28 project, only.</p>	<p>Yep, I punch out the same menu for the first three days! I find this drives routine (and is logistically friendly) behaviour, gut clarity, and metabolic consistency.</p> <p>My whose eating philosophy is to remain satisfied on as little food as possible. Observation has me believing most of meals are calorie heavy.</p> <p><b>6.30 am:</b> 1 slice of wholemeal toast, 1/3 of an avocado, one fried egg fried in a butter smeared pan, a dash of salt, and a squeeze of 'real' lemon.</p> <p>Full cappuccino, no sugar.</p> <p><b>11 am:</b> Green Tea.</p> <p><b>1.30 pm:</b> Bowl or red salmon (210g), 1/3 of an avocado, feta cheese (matchbox size), salt &amp; pepper, squeeze of lemon, a glass of gas water.</p> <p><b>4 pm:</b> 5 salted macadamia nuts, a glass of water with a teaspoon of Psyllium Husk.</p> <p><b>7.00 pm:</b> 250gms pan-fried chicken breast, two hands full of mixed and steamed broccoli, cauliflower, green beans, and snow peas drizzled with a golf ball of 'real' butter. Chopped lemon thyme &amp; chilli to taste.</p> <p><b>7.20 pm:</b> Brush teeth – Food is now done for the day.</p> <p><b>8.00 pm:</b> Mug of hot Vital Greens.</p> <p>* Vital Greens or Spirulina promotes best digestion, gut health and lowers further appetite.</p>	<p><b>9.00 pm:</b> Be certain bedroom is free of blue lights/ no screens beyond 9.40 pm.</p> <p><b>9.30 pm:</b> Listen to sleep hypnosis, App (pzizz) or YouTube, for about ten minutes.</p> <p>* I won't force sleep, I'll wait until I reached a dazed state.</p> <p>* Confirming, I will not drink alcohol for this period.</p>
<p>3</p>	<p><b>5.30 am:</b> 30 min easy jog on the flats, only.</p> <p>* The first 15-20% of each session is ridiculously easy at say, 120HR. I'll slowly build up to my 65-70%. I am only just over half the pace I'll be able to hold in a race later down the track, when I'm race lean &amp; fit.</p> <p>3 x 10 Push Ups/ 3 x 20 feet supported full sit-ups.</p>	<p><b>6.30 am:</b> 1 slice of wholemeal toast, 1/3 of an avocado, one fried egg fried in a butter smeared pan, a dash of salt, and a squeeze of 'real' lemon.</p> <p>Full cappuccino, no sugar.</p> <p><b>11 am:</b> Green Tea.</p>	<p><b>9.00 pm:</b> Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p><b>9.30 pm:</b> Read till I crash. I've found the book 'How to lose a few kegs (without busting a gut) by Gus Worland is better than Temazepam.</p>

	<p>*I don't eat before exercise when focusing on race weight. More, forcing my metabolism to go and find some energy. As my glycogen levels are low, from little dietary carbohydrate, my metabolism will be forced into breaking down stored fat and converting this fat into useable energy.</p>	<p><b>1.30 pm:</b> Bowl or red salmon (210g), 1/3 of an avocado, feta cheese (matchbox size), salt &amp; pepper, squeeze of lemon, a glass of gas water.</p> <p><b>4 pm:</b> 5 salted macadamia nuts, a glass of water with a teaspoon of Psyllium Husk.</p> <p><b>7.00 pm:</b> 250gms pan-fried chicken breast, two hands full of mixed and steamed broccoli, cauliflower, green beans, and snow peas drizzled with a golf ball of 'real' butter. Chopped lemon thyme &amp; chilli to taste.</p> <p><b>7.20 pm:</b> Brush teeth – Food is now done for the day.</p> <p><b>8.00 pm:</b> Mug of hot Vital Greens.</p>	
<p>4</p>	<p><b>5.30 am:</b> 40 min HR controlled (65%) indoor cycle.</p> <p>* I need audio &amp; visual as my effort is held steadily at a 'boring' 65%ish (120-130HR).</p> <p>* Water + pinch of Himalayan pink salt.</p> <p>3 x 10 Push Ups/ 3 x 16 Lying face up Arm/Leg Twists, holding 10kg DB.</p> <p>I'll also make a point of massaging my back (all of it) &amp; my hamstrings, using my bodyweight on a foam roller – these are a cracker recovery tool and really should be in everyone's kit.</p> <p><b>6.00 pm:</b> 40 min walk, only. I'm not sure who loves this more, the dog, or my aging pins.</p>	<p><b>6.30 am:</b> 3 eggs, full cream, whisk &amp; scrambled. Add salt &amp; pepper, baby tomatoes, shallots, grated tasty 'full' cheese (not much, just to taste).</p> <p>Small glass of water + Psyllium Husk.</p> <p>Full cappuccino, no sugar.</p> <p><b>11 am:</b> Green Tea - the Green Tea remains for the first five days, then I switch to a second coffee.</p> <p><b>1.30 pm:</b> ½ cup of cooking oats, cup of water, &amp; microwave for 75 seconds. Add ground cinnamon, slivered almonds and a dab of full cream.</p> <p><b>4 pm:</b> Celery &amp; carrots, hommus (usually lemon/garlic choice).</p> <p>* If I find myself hungry, or hangry, I'll drink gas water + salt, first, wait for 15 minutes, then if I'm still hungry, I opt for a stick of tasty cheese. Usually I'm dehydrated, not hungry.</p> <p><b>7.00 pm:</b> 250gms pan-fried red meat/ beef, make a massive green garden salad adding seeds &amp; nuts, plus a liberal drizzle of olive oil &amp; dash of salt.</p> <p><b>7.20 pm:</b> Brush teeth.</p>	<p><b>9.00 pm:</b> Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p><b>9.20 pm:</b> 1 x Valerian Forte.</p> <p><b>9.30 pm:</b> Read in bed till cooked.</p>

		<p><b>8.00 pm:</b> Mug of hot Vital Greens.</p> <p>* Headache = more salt water.</p> <p>* Can't sleep = watermelon 20 minutes before bed.</p> <p>* Bowel restrictions = additional psyllium husk.</p>	
5	<p><b>5.30 am:</b> 40 min easy jog on the flats, only.</p> <p>3 x 10 Push Ups/ 3 x 20 feet supported full sit-ups.</p> <p>I like to hold the same schedule. Consistency truly is King.</p>	<p><b>6.30 am:</b> 3 eggs, full cream, whisk &amp; scrambled. Add salt &amp; pepper, baby tomatoes, grated tasty 'full' cheese.</p> <p>Full cappuccino, no sugar.</p> <p><b>11 am:</b> Green Tea - the last day.</p> <p><b>1.30 pm:</b> 150grs of cooking oats, water, &amp; microwave for 75 seconds. Add ground cinnamon and a dob of full cream.</p> <p><b>4 pm:</b> Celery, &amp; carrots, hummus.</p> <p><b>7.00 pm:</b> 250gms pan-fried red meat/ beef (one night only), make a green garden salad adding seeds &amp; nuts, plus a liberal drizzle of olive oil.</p> <p><b>7.20 pm:</b> Brush teeth.</p> <p><b>8.00 pm:</b> Mug of hot Vital Greens.</p>	<p><b>9.00 pm:</b> Be certain bedroom is free of blue lights/ no screens beyond 10.30 pm.</p> <p><b>9.30 pm:</b> Watch rubbish until I crash.</p> <p>* When lowering my insulin, and consequent blood sugar balance, by lowering collective 'simple' carbs, I find I do not need, or require, the same sleep time, to function at my best. 7 hours commonly becomes 6 hours; I now know this to be normal, and, in fact, a good sign I am burning 'more fat.'</p>
6	<p><b>6.30 am:</b> 20 min brisk walk, only, then, slow jog for 60 mins, no stopping. Yep, this is a long one! Well, relative to my current fitness &amp; fatness.</p> <p>Speed &amp; distance is irrelevant, but I will average around 4.40kph/pace. This pace will naturally increase at the same intensity (140 heart rate beats per minute) by project day 23 and beyond.</p> <p>Again, I could comfortably run faster and when finishing, I know I could keep going.</p> <p>If I pull with sore legs, this is not a good sign, not for the sore legs, but I know it will drive the alternative (sugar) pathway later in the day. This is sub-optimal, as, now, my sole purpose is igniting my fat tank.</p>	<p><b>9.30 am</b> Bacon, Egg, Avocado, salt, wholemeal wrap. Yes, this is right!</p> <p>Full cappuccino, no sugar.</p> <p><b>1.30 pm:</b> BBQ Chicken (not loads), garden salad wrap, basal, salt, sundried tomatoes in oil, large gas water, sometimes two.</p> <p><b>7.00 pm:</b> Pan-fry green beans, mushrooms, and cashews in the golf ball of butter, salt &amp; garlic, then pour this over steamed garden veg (whatever and lots). I then add chilli-flakes, a dob of mayonnaise.</p> <p>Gas water.</p> <p><b>7.20 pm:</b> Brush teeth.</p>	<p><b>9.00 pm:</b> Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p><b>9.30 pm:</b> Watch TV till crash. This is usually later, as I know I don't have to get up early tomorrow morning.</p>

	<p>* I know if I am craving sweeter food choices I trained too hard, for now! If am craving sweets, I'll grab a little of the thickest, heaviest bread I can find, heat it up, and dunk it in extra virgin olive oil. Then, make a note to back off my exercise intensity next time.</p> <p><b>4.00 pm:</b> Walk, only, 30 mins.</p>	<p><b>8.00 pm:</b> Mug of Peppermint Tea.</p> <p>* I know once I reach that point of no longer craving carbs, or food in general, I am well on way to my race goal weight.</p>	
7	<p><b>6.00 am:</b> 40 min easy stationary ride.</p> <p>Just sitting up and holding a steady rhythm.</p> <p>Water + pinch of Himalayan Salt.</p> <p><b>6.40 am:</b> 40 min very easy jog at 55-60% (120-125).</p> <p>Ascents have me near running on the spot.</p> <p>I will hold 178 strides per minute, always.</p>	<p><b>8.30 am</b> ½ Cup Oats, ¼ Cup Chia seeds, ½ cup shredded coconut, Cup water, microwaved 75 seconds, adding tbsn rich organic honey (the real dark stuff, not golden commercial stuff).</p> <p>Full cappuccino, no sugar.</p> <p>Gas water + pinch of salt.</p> <p><b>1.30 pm:</b> Bacon (not heaps), garden salad wrap, basal, salt, sundried tomatoes in oil, large gas water. I will use a thin wholemeal wrap, usually heating in a press.</p> <p><b>7.00 pm:</b> Caesar salad/ 200gr diced chicken breast, red onion, sundried tomatoes, mix of basal, coriander, and baby spinach leaves, salt &amp; full fat mayonnaise.</p> <p>Gas water with squeeze of lemon.</p> <p><b>7.20 pm:</b> Brush teeth.</p> <p><b>8.00 pm:</b> Mug of Camomile Tea.</p>	<p><b>9.00 pm:</b> Be certain bedroom is free of blue lights/ no screens beyond 9.30 pm.</p> <p><b>9.30 pm:</b> 1 x Valerian Forte.</p> <p><b>10.00 pm:</b> Read in bed.</p>
Weight, kgs:		Girth (belly button) cm:	