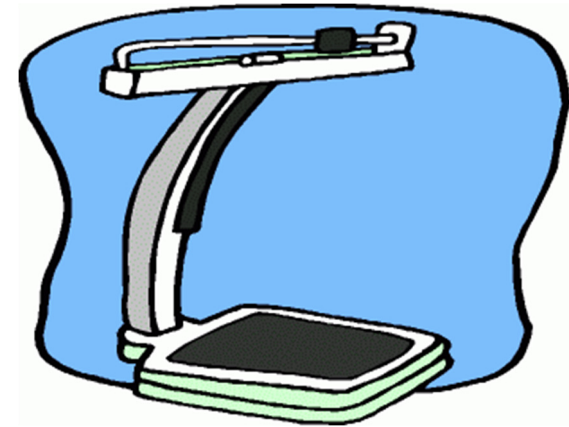


# The 6/28 Project

How Brad Pamp loses 6kgs in 28 Days.

Days 8-14



DAY	ACTIVITY	FOOD	SLEEP
1	<p><b>5.30 am:</b> 40 min 'easy' jog, again, on the flats, only.</p> <p>* If I catch myself doubting my 'conservative' effort/pace, doubting my pace is sufficient to induce fat loss, then, I know, I'm on track. I've done this so many times, personally, and with literally thousands of other body shapes &amp; sizes (clients). And, I know, this is the right and dominant way! Train, easy, now!</p> <p>* My HR max will remain 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/ 3 x 20 Feet supported full sit-ups.</p> <p><b>6.00 pm:</b> 30 min walk, only.</p> <p>* The evening walk is enjoyed with both my wife, and our golden cavoodle!</p>	<p><b>5 Days straight – same breakfast.</b></p> <p>My goal is not resorting to grazing food, if I can help it.</p> <p><b>6.30 am:</b> 1 slice of wholemeal toast, a smear of garlic hummus, one fried egg fried in a butter smeared pan, a dash of salt, and a drizzle of olive oil.</p> <p>A matchbox size of tasty cheese.</p> <p>Full cappuccino, no sugar.</p> <p><b>11 am:</b> Black coffee (the first day of black coffee, only, can be difficult, but I know I'll get used to it). I also know it drives energy, fat burning energy, and lowers appetite.</p> <p>* I've observed if I or many others consume more than two coffees (+250mg caffeine), insulin &amp; appetite increases – this is not good.</p> <p><b>1.30 pm:</b> Bacon Caesar Salad including bacon, sunflower seeds, sundried tomatoes, loads of green leaf (whatever), drizzle in olive oil.</p> <p><b>4 pm:</b> A glass of water with a teaspoon of Psyllium Husk.</p>	<p><b>8.30 pm:</b> Clean sheets &amp; pillowcase to start a new week. Much of this 6/28 Project is about 'practice'.</p> <p><b>10.00 pm:</b> Read paperback in bed until I hit the melatonin wall.</p>

		<p><b>7.00 pm:</b> Steam whatever garden veg I can find, often I'll opt for frozen veg, steamed, adding butter, salt, garlic &amp; chives. 1/3 cup of Olive Oil dipping two slices of wholemeal bread (microwaved for 30 seconds).</p> <p>Yep, no protein today!</p> <p>* I've found the volume of fibrous carbs does not influence weight gain. Meaning, I eat until my appetite is content, and, sometimes, this means eating mountains of food. Regardless, it still drives weight (fat) loss, when I am not living at my best fat balance. Oh, but be sure to toss in some tasty fat.</p> <p><b>7.20 pm:</b> Brush teeth.</p> <p><b>8.00 pm:</b> Mug of hot Vital Greens, again, this is what I do, however, other clients have used peppermint tea successfully.</p>	
2	<p><b>5.30 am:</b> 40 mins HR controlled indoor cycle.</p> <p>I will often make a new playlist the night before, as, I know this session can be boring. Whatever it takes to dissociate the mind from 40 minutes spent in my ideal fat burning zone.</p> <p>* Water + pinch of Himalayan pink salt.</p> <p>3 x 10 Push Ups/ 3 x 16 DB Twist: Lying face up arms go one way holding a 10kg DB /leg the other.</p> <p><b>6.00 pm:</b> 30 min walk, only.</p> <p>* I'll keep the double day till Thursday. I find I need to smack my fat burning metabolism out of the park; then, once it's happening, I can go back to a one session day. And, once the fat burning ball is rolling, two session days don't seem to induce 'faster' weight loss – for me!</p> <p>* Observation suggests once you've got fat oxidation rock'n'rolling as little as 20 minutes of 70-80% (Max) training will do the trick. Of course, a little more is better.</p> <p>* The almighty fat loss drop will come in week three when I pump out a 2 hour plus session, again, at an easy intensity.</p>	<p><b>6.30 am:</b> 1 slice of wholemeal toast, a smear of garlic hummus, one fried egg fried in a butter smeared pan, a dash of salt, and a drizzle of olive oil.</p> <p>Matchbox size of tasty cheese.</p> <p>Full cappuccino, no sugar.</p> <p><b>11 am:</b> Black coffee.</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> 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>

3	<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%.</p> <p>3 x 10 Push Ups/ 3 x 20 feet supported full sit-ups.</p> <p>*I don't eat before exercise when focusing on race weight. However, if I am living at my ideal weight, and I'm about to cycle for 3 hours, I will eat before starting. Low gut-stress choices like: oats, seeds, coconut, and honey are best, I've found.</p>	<p>Yep, I punch out the same menu for the first three days! I find this drives routine behaviour, gut clarity, and metabolism consistency.</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, then pan-fried in 'real' butter (golf ball size), salt, garlic, chopped lemon thyme &amp; chilli to taste.</p> <p>* If I have indeed trained too hard, have been thrown typical lifestyle stress, or, I'm just tired, and, damn it, I'm craving a 'make me feel good fast' hit, I'll grab a wholemeal slice of bread, microwave it, and do it in Olive Oil (the good stuff of course).</p> <p>I'll avoid the insulin spike at all cost.</p> <p>* The evening walk is also gold for reducing 'sweet' or alcohol cravings.</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 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>
4	<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 steady at a 'boring' 65%ish (120-130HR).</p> <p>* Often, I'll drop my cadence (how fast my legs turn over) and drop into a heavier gear. This will ask more of my leg muscles</p>	<p><b>6.30 am:</b> 3 eggs, full cream, whisk &amp; scrambled. Add salt &amp; pepper, baby tomatoes, grated tasty 'full' cheese (not much, just to taste).</p> <p>A small glass of water + Psyllium Husk.</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>but less of my HR. This is OK, as long as I don't feel that excessive lactic (acid) burn in my legs.</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 rolling out my back &amp; hamstrings.</p> <p><b>6.00 pm:</b> 40 min walk, only.</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, a cup of water, &amp; microwave for 75 seconds. Add ground cinnamon, slivered almonds 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, make a 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>8.00 pm:</b> Mug of hot Vital Greens.</p>	<p><b>9.30 pm:</b> Read in bed till cooked.</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><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>* Filler; I'll grab a handful, only, of salted cashews! Again, I'll grab my portion then walk away. These can be moreish, drives excessive dietary fat.</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>* If for whatever reason I haven't sleep nutritiously for three nights in a row, I consume ½ Restivit. While this usually doesn't leave me drowsy the next day, taking an entire tablet has. Ultimately, they work, well!</p>
6	<p><b>6.30 am:</b> 30 min brisk walk, only, then, slow jog for 60 mins, no</p>	<p><b>9.30 am</b> Bacon, Egg, Avocado, salt, wholemeal wrap. Yes, this is</p>	<p><b>9.00 pm:</b> Be certain bedroom is free of blue lights/ no screens</p>

	<p>stopping.</p> <p>Usually, I'll pop on some tunes and cruise along. Not that I do, but if I can't sing along, I'm going too hard, and burning the wrong fuel, for now!</p> <p>* I should note, I've found beyond 40 years, it has become more important to guard against exceeding my aerobic threshold. Meaning, I found I could bomb myself stupid, repeatedly, in my younger years, and not pull up sore, injured or incur body weight fluctuations. I guess I could also balance insulin spikes better when I was younger.</p> <p>* Regardless of one's current fitness status, if exercise is performed at 55-70% of max intensity, it really should allow for 60-90 minutes of continuous movement.</p> <p><b>4.00 pm:</b> Walk, only, 45 mins.</p>	<p>right!</p> <p>Full cappuccino, no sugar.</p> <p><b>1.30 pm:</b> BBQ Chicken, garden salad wrap, basil, 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 a 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>* If I'm invited to a function, with friends, I'll be open and throw it out there I'm off alcohol for 28 days, and I'll eat within the key principles;</p> <p>Protein choice, keep starchy carbs low, load up on fibrous carbs, and avoid sweets.</p> <p>Gas water.</p> <p><b>7.20 pm:</b> Brush teeth.</p> <p><b>8.00 pm:</b> Mug of Peppermint Tea.</p>	<p>beyond 9.30 pm.</p> <p><b>? pm:</b> Whenever!</p>
7	<p><b>6.00 am:</b> 30 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> 30 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>4.00 pm:</b> Walk, only, 30 mins.</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.</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, basil, salt, sundried tomatoes in oil, large gas water.</p> <p><b>7.00 pm:</b> Caesar salad/ 200gr chicken breast, onion, sundried tomatoes, a mix of basil, coriander, and baby spinach leaves, salt &amp; mayonnaise.</p> <p>Gas water with a squeeze of lemon.</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> 1 x Valerian Forte.</p> <p><b>10.00 pm:</b> Read in bed.</p>

	8.00 pm: Mug of Camomile Tea.	
Weight, kgs:		Girth (belly button) cm: