

# Fat Loss & Fitness Plan

## User Information

Name: Hilson Shrestha

Age: 23

Weight: 90 kg

Height: 5 ft 10 in

Goal: Fat Loss with Daily 2 km Running & Home Workouts

## Weekly Workout Plan

Monday: Full-body HIIT

Tuesday: Strength Upper Body

Wednesday: Strength Lower Body

Thursday: Full-body HIIT

Friday: Core & Abs

Saturday: Functional Mix

Sunday: Recovery/Stretch

## Daily Diet Plan

Breakfast: 3 boiled eggs, 1 toast or oats, green tea

Mid-morning Snack: 1 fruit, handful of almonds

Lunch: 1 cup brown rice/2 roti, chicken/lentils, veggies

Evening Snack: Roasted chickpeas or yogurt

Dinner: Grilled paneer/chicken, steamed veggies

Optional: Warm milk or herbal tea

## 30-Day Trackable Workout Calendar

2025-07-19: Full-body HIIT + 2 km Run [ ]

2025-07-20: Strength Upper Body + 2 km Run [ ]

2025-07-21: Strength Lower Body + 2 km Run [ ]

2025-07-22: Full-body HIIT + 2 km Run [ ]

2025-07-23: Core & Abs + 2 km Run [ ]

2025-07-24: Functional Mix + 2 km Run [ ]

2025-07-25: Recovery/Stretch + 2 km Run [ ]

2025-07-26: Full-body HIIT + 2 km Run [ ]

2025-07-27: Strength Upper Body + 2 km Run [ ]

2025-07-28: Strength Lower Body + 2 km Run [ ]

2025-07-29: Full-body HIIT + 2 km Run [ ]

2025-07-30: Core & Abs + 2 km Run [ ]

2025-07-31: Functional Mix + 2 km Run [ ]

2025-08-01: Recovery/Stretch + 2 km Run [ ]

2025-08-02: Full-body HIIT + 2 km Run [ ]

2025-08-03: Strength Upper Body + 2 km Run [ ]

2025-08-04: Strength Lower Body + 2 km Run [ ]

2025-08-05: Full-body HIIT + 2 km Run [ ]

2025-08-06: Core & Abs + 2 km Run [ ]

2025-08-07: Functional Mix + 2 km Run [ ]

2025-08-08: Recovery/Stretch + 2 km Run [ ]

2025-08-09: Full-body HIIT + 2 km Run [ ]

2025-08-10: Strength Upper Body + 2 km Run [ ]

2025-08-11: Strength Lower Body + 2 km Run [ ]

2025-08-12: Full-body HIIT + 2 km Run [ ]

2025-08-13: Core & Abs + 2 km Run [ ]

2025-08-14: Functional Mix + 2 km Run [ ]

2025-08-15: Recovery/Stretch + 2 km Run [ ]

2025-08-16: Full-body HIIT + 2 km Run [ ]

2025-08-17: Strength Upper Body + 2 km Run [ ]