FREE · FROM MR. SPOTTER

THE 4-FIX ABS CHECKLIST

Your abs are already there, under a layer of fat. Fill in your numbers, then tick this sheet every day. Print a new one every week.



01 · YOUR NUMBERS

MAINTENANCE

_____ cal

kg × 30–33, or lb × 14–15

DAILY TARGET

_____ cal

Maintenance minus 300 to 500

DAILY PROTEIN

_____ g

kg × 1.6, or lb × 0.7

1 EAT A LITTLE LESS

Hit your daily target, weekends included. Not starving, just 300–500 under.

2 PROTEIN + KEEP LIFTING

Hit your protein and lift 3 days a week, so you lose fat and not muscle.

3 TRAIN ABS LIKE A MUSCLE

Hanging leg raises and cable crunches: 3 sets of 10–15 hard reps, 2–3 days a week.

4 SLEEP AND STEPS

7–9 hours of sleep and 8,000–10,000 steps a day. The free fix.

02 · THIS WEEK

Week of _____ Avg weight _____ Waist _____

EVERY DAY	MON	TUE	WED	THU	FRI	SAT	SUN
On my calorie target	☐	☐	☐	☐	☐	☐	☐
Hit my protein	☐	☐	☐	☐	☐	☐	☐
Lifted (3 days a week)	☐	☐	☐	☐	☐	☐	☐
Heavy ab work (2–3 days)	☐	☐	☐	☐	☐	☐	☐
Slept 7+ hours	☐	☐	☐	☐	☐	☐	☐
Walked 8,000+ steps	☐	☐	☐	☐	☐	☐	☐

WATCH OUT FOR

The weekend. Two big days can wipe out five good ones.

Invisible calories. Oil, sauces, juice, nuts, "just one bite".

Scale panic. Water moves the scale. Trust the 2-week average.

WANT THE WHOLE 8-WEEK PLAN?

The Abs Plan: a calorie and protein table for your weight, gym and home workouts, the ab exercise guide, an 8-week map and a weekly tracker.

LINK IN BIO

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