



RESHAPE YOUR BODY. REDEFINE YOUR LIFE.

— YOUR PROGRAM

30-Day Fat Loss Habit Reset

A structured behavior-change system for lasting fat loss.

Fill in this page before you begin. Return to it every week.

— YOUR PROFILE

NAME	START DATE	END DATE (DAY 30)
_____	_____	_____
CURRENT WEIGHT	TARGET WEIGHT	PRIMARY GOAL
_____	_____	_____

— HABIT SELECTION — CHOOSE 2 TO 3 HABITS TO FOCUS ON THIS MONTH

BAD HABITS TO BREAK

- Junk Food
- Sugary Drinks
- Alcohol
- Overeating
- Late Night Eating
- Mindless Snacking
- Low Activity
- Poor Sleep
- Stress Eating
- No Exercise

GOOD HABITS TO BUILD

- High Protein Diet
- Daily Steps
- Workout Routine
- Water Intake
- Whole Foods
- Meal Planning
- Sleep Routine

— GOAL SETTING

MY MAIN GOAL FOR THE NEXT 30 DAYS

WHY THIS MATTERS TO ME

THE FOUR RULES

- Focus on consistency, not perfection. Showing up matters more than being perfect.
- Track daily and honestly. Lying to yourself is the only way to fail this program.
- If you fail a day, continue the next day. One bad day does not break the chain.
- Do not quit. Progress is rarely linear. Trust the process for 30 days.

INSTRUCTIONS

How to Use This Habit Reset System

This is not a passive tracker. It is an active behavior-change system. Each page requires honesty, daily commitment, and reflection. Follow these steps to get the most out of your 30 days.

- 1 Complete the Master Setup Page First**
Before anything else, fill in your profile, select your habits, and write your goal. The setup page is your anchor. Return to it every week to remind yourself why you started.
- 2 Choose 2 to 3 Habits at a Time**
Do not try to change everything at once. Research shows that focusing on 2 to 3 habits produces far better long-term results than attempting 10 simultaneously. Select your habits from both sections — ideally one bad habit to break and one good habit to build.
- 3 Mark Your 30-Day Grid Every Day**
Each habit page has a 30-day tracking grid. At the end of each day, mark ✓ if you succeeded or ✗ if you did not. Do not leave days blank. Blank days become invisible failures.
- 4 Use the Failure Analysis When You Slip**
When you mark a ✗, immediately complete the failure analysis section on the same page. Identifying why you slipped is more valuable than the slip itself. Most failures follow patterns — once you see the pattern, you can break it.
- 5 Track Benefits Weekly**
Each page has a benefit tracking row — energy, cravings, weight, and mood. Fill this in at the end of each week. Seeing real-world improvements reinforces the habit far more effectively than willpower alone.
- 6 Complete the Final Summary on Day 30**
The last page is your 30-day reflection. It locks in what worked, identifies what to continue, and sets the foundation for your next cycle. The goal is not perfection in 30 days — it is building a system that lasts.

IMPORTANT NOTE

This program is a behavior-change tool, not a medical protocol. Fat loss results depend on consistency, sleep, stress management, calorie balance, and individual metabolic factors. Use the BellyZero Calorie Deficit Calculator at bellyzero.com to set accurate targets before you begin.

SECTION ONE

Habits That Are Making You Gain Fat

The following 10 pages each focus on one high-impact bad habit. These are the behaviours most likely to be silently sabotaging your fat loss results — even when you think you are doing everything right.

30-DAY CHALLENGE

No Junk Food

30-Day No Junk Food Challenge

Why this matters: Junk food is engineered to override your hunger signals, spike insulin, and promote fat storage. Eliminating it is the single highest-return change most people can make in week one.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FAILURE ANALYSIS

- Strong craving / hunger
- Social situation / peer pressure
- No healthy food available
- Habit / automatic behaviour
- Stress or emotional trigger
- Tired / low energy

REPLACEMENT STRATEGY

Instead of junk food, choose:

- Fresh fruit or mixed berries
- High-protein snack (eggs, Greek yogurt)
- Nuts or seeds (small handful)
- Prepare home meals in advance
- Keep healthy options visible and accessible

WEEKLY BENEFIT TRACKING

ENERGY	CRAVINGS	WEIGHT	MOOD
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30-DAY CHALLENGE

No Sugary Drinks

30-Day Sugar-Free Drinks Challenge

Why this matters: Liquid sugar does not trigger satiety signals the way food does. A single can of soda delivers 150+ calories with zero nutritional value — and most people drink multiple servings daily without counting them.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FAILURE ANALYSIS

- Habit / automatic reach
- Social setting (restaurant, party)
- Sweet craving
- No water available
- Energy crash / caffeine need
- Stress or boredom

REPLACEMENT STRATEGY

Instead of sugary drinks, choose:

- Water with lemon or cucumber
- Sparkling water (plain or fruit-infused)
- Black coffee or unsweetened green tea
- Carry a water bottle at all times
- Herbal teas for evening sweet cravings

WEEKLY BENEFIT TRACKING

ENERGY

CRAVINGS

WEIGHT

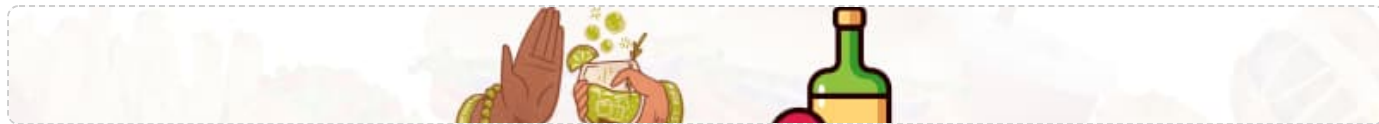
MOOD

30-DAY CHALLENGE

No Alcohol

30-Day Alcohol-Free Challenge

Why this matters: Alcohol is 7 calories per gram — almost as dense as fat. It also suppresses fat oxidation for 12–24 hours after consumption, disrupts sleep quality, and lowers inhibition around food choices.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FAILURE ANALYSIS

- Social pressure / event
- Stress relief habit
- Boredom
- No alternative drink available
- Emotional trigger
- Celebration / occasion

REPLACEMENT STRATEGY

- Instead of alcohol, choose:*
- Sparkling water with lime in a wine glass
 - Non-alcoholic cocktails (mocktails)
 - Herbal tea in the evening
 - Plan your response before social events
 - Replace the ritual, not just the drink

WEEKLY BENEFIT TRACKING

ENERGY	SLEEP	WEIGHT	MOOD
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30-DAY CHALLENGE

Stop Overeating

30-Day Mindful Eating Challenge

Why this matters: Overeating is the most direct cause of fat gain. Even healthy food consumed in excess creates a caloric surplus. The goal is not restriction — it is eating to satiety, not fullness.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FAILURE ANALYSIS

- Eating too fast
- Distracted eating (phone/TV)
- Too hungry before meals
- Emotional eating
- Large portions served
- Low protein, high carb meal

REPLACEMENT STRATEGY

To stop overeating:

- Eat slowly — put fork down between bites
- Use smaller plates and bowls
- Stop at 80% full — wait 15 minutes
- Start meals with protein and vegetables
- Never eat directly from the package

WEEKLY BENEFIT TRACKING

ENERGY

CRAVINGS

WEIGHT

DIGESTION

30-DAY CHALLENGE

No Late Night Eating

30-Day Kitchen Closed After 8PM Challenge

Why this matters: Late-night eating disrupts circadian rhythm, reduces growth hormone release during sleep, and adds surplus calories at the time your body is least metabolically active. Closing the kitchen after 8PM alone can eliminate 200–400 calories daily for most people.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
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FAILURE ANALYSIS

- Boredom in the evening
- Watching TV / screens
- Dinner was too light
- Stress from the day
- Sweet craving at night
- Late work or schedule

REPLACEMENT STRATEGY

To stop late night eating:

- Set a hard kitchen cut-off time (e.g. 8PM)
- Drink herbal tea or water when cravings hit
- Make dinner higher in protein and fibre
- Brush teeth early — signals the end of eating
- Create an evening routine away from the kitchen

WEEKLY BENEFIT TRACKING

SLEEP QUALITY

MORNING HUNGER

WEIGHT

ENERGY

30-DAY CHALLENGE

Stop Mindless Snacking

30-Day No Unplanned Snacking Challenge

Why this matters: Mindless snacking — eating without hunger or intention — adds an estimated 300–500 hidden calories daily for most adults. It also prevents insulin from dropping between meals, which is necessary for efficient fat burning.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
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FAILURE ANALYSIS

- Boredom
- Food visible / within reach
- Working at desk / screens
- Stress or anxiety
- Meal was not filling enough
- Social / shared environment

REPLACEMENT STRATEGY

To stop mindless snacking:

- Remove snack foods from visible areas
- Drink a glass of water first — wait 10 min
- Only eat at a table, never standing or working
- Increase protein at main meals
- If hungry, have a planned high-protein snack

WEEKLY BENEFIT TRACKING

CRAVINGS

HUNGER

WEIGHT

FOCUS

30-DAY CHALLENGE

Stop Skipping Exercise

30-Day No Zero-Exercise Days Challenge

Why this matters: Skipping exercise does not just burn fewer calories — it reduces muscle mass over time, lowering your basal metabolic rate. Less muscle means fewer calories burned at rest, every day, permanently until reversed.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
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FAILURE ANALYSIS

- No time / too busy
- Too tired or fatigued
- No motivation
- No gym access
- Soreness or minor pain
- Forgot / no reminder

REPLACEMENT STRATEGY

On days you cannot do a full session:

- 10-minute bodyweight routine counts
- A 20-minute walk is never a failure
- Schedule exercise like a fixed appointment
- Lay out workout clothes the night before
- The minimum is one set of anything

WEEKLY BENEFIT TRACKING

ENERGY	STRENGTH	WEIGHT	MOOD

30-DAY CHALLENGE

Fix Low Daily Activity

30-Day 8,000 Steps Minimum Challenge

Why this matters: NEAT (Non-Exercise Activity Thermogenesis) — all movement outside of formal exercise — accounts for up to 30% of total daily calorie burn. Most people with desk jobs burn 300–500 fewer calories daily than their bodies need. Steps fix this without a gym.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FAILURE ANALYSIS

- Desk job / sitting all day
- Bad weather
- Forgot to track steps
- Very busy / no time
- Fatigue / low energy
- No reminder system

REPLACEMENT STRATEGY

To increase daily activity:

- Walk after every meal — even 10 minutes
- Take stairs instead of lifts always
- Park further away or get off one stop early
- Set hourly movement reminders
- Walk while on phone calls

WEEKLY BENEFIT TRACKING

DAILY STEPS

ENERGY

WEIGHT

MOOD

30-DAY CHALLENGE

Fix Poor Sleep

30-Day 7-Hour Sleep Minimum Challenge

Why this matters: Sleeping under 7 hours increases ghrelin (hunger hormone) by 24%, reduces leptin (fullness hormone) by 18%, elevates cortisol, and directly impairs fat oxidation. Poor sleep makes fat loss physiologically harder regardless of diet and exercise.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
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FAILURE ANALYSIS

- Too much screen time at night
- Late caffeine consumption
- Stress or racing thoughts
- Irregular sleep schedule
- Room too bright or noisy
- Late heavy meal

REPLACEMENT STRATEGY

To improve sleep quality:

- Set a fixed bedtime and wake time daily
- No screens 45 minutes before bed
- Keep bedroom dark, cool (18°C ideal)
- No caffeine after 2PM
- 10-minute wind-down routine (reading, breathing)

WEEKLY BENEFIT TRACKING

HOURS SLEPT

MORNING ENERGY

CRAVINGS

MOOD

30-DAY CHALLENGE

Stop Stress Eating

30-Day Emotional Eating Awareness Challenge

Why this matters: Stress triggers cortisol release, which specifically drives fat storage in the abdominal region and increases cravings for high-calorie, high-sugar foods. Breaking the stress-eating loop is one of the highest-impact changes for visceral fat reduction.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FAILURE ANALYSIS

- Work / career stress
- Relationship stress
- Financial worry
- Anxiety / overwhelm
- Loneliness or boredom
- Habit / automatic response

REPLACEMENT STRATEGY

Instead of stress eating:

- 5-minute walk — breaks the cortisol loop
- Box breathing: 4 in, 4 hold, 4 out
- Write down the stress trigger — name it
- Call someone — social connection reduces cortisol
- Delay eating by 15 min — urge usually passes

WEEKLY BENEFIT TRACKING

STRESS LEVEL	CRAVINGS	WEIGHT	MOOD
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II SECTION TWO

Habits That Actually Burn Fat

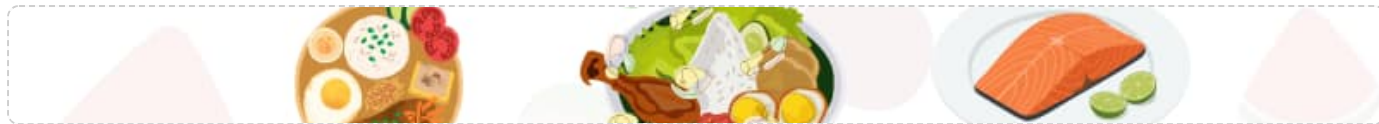
The following 7 pages each focus on one high-impact positive habit. These are the behaviours with the strongest scientific backing for fat loss, metabolic health, and long-term body composition improvement.

30-DAY CHALLENGE

High Protein Diet

30-Day High Protein Eating Challenge

Why this works: Protein has the highest thermic effect of all macronutrients (25–30% of calories are burned digesting it), preserves lean muscle during fat loss, and reduces hunger hormones more effectively than carbohydrates or fat.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

YOUR DAILY TARGET

- Eggs or egg whites
- Chicken / turkey breast
- Fish or seafood
- Greek yogurt / cottage cheese
- Lentils or legumes
- Protein shake (if needed)

CONSISTENCY BOOST

WHAT HELPED ME HIT MY PROTEIN TARGET TODAY?

WEEKLY BENEFIT TRACKING

HUNGER

CRAVINGS

WEIGHT

STRENGTH

30-DAY CHALLENGE

Daily Water Intake

30-Day 2.5-Litre Water Challenge

Why this works: Adequate hydration increases metabolism by 24–30% for 1–1.5 hours after consumption, reduces false hunger signals (thirst is frequently mistaken for hunger), and is essential for fat mobilisation and liver function.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

DAILY HYDRATION CHECKPOINTS

- 500ml upon waking
- 500ml before lunch
- 500ml mid-afternoon
- 500ml before dinner
- 500ml during exercise

CONSISTENCY BOOST

WHAT HELPED ME STAY HYDRATED TODAY?

WEEKLY BENEFIT TRACKING

HUNGER

ENERGY

SKIN

WEIGHT

30-DAY CHALLENGE

10,000 Daily Steps

30-Day Step Goal Challenge

Why this works: Walking is the most underrated fat loss tool. 10,000 steps burns approximately 400–500 extra calories daily — equivalent to a 45-minute run — with zero recovery cost, no muscle breakdown, and zero barrier to entry.



30-DAY TRACKING GRID — RECORD DAILY STEPS

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

STEP STACKING TACTICS

- Morning walk (20 min = ~2,500 steps)
- Walk after lunch and dinner
- Stairs instead of lifts
- Walk during phone calls
- Park further / exit one stop early

CONSISTENCY BOOST

WHAT HELPED ME HIT MY STEP GOAL TODAY?

WEEKLY BENEFIT TRACKING

AVG STEPS

ENERGY

WAIST

WEIGHT

30-DAY CHALLENGE

Consistent Workout Routine

30-Day Training Consistency Challenge

Why this works: Resistance training increases resting metabolic rate for 24–48 hours after each session. Combined with a calorie deficit, it preserves muscle mass — ensuring fat is lost, not lean tissue. 3 sessions per week is the minimum effective dose.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

WORKOUT LOG

WEEK 1 SESSIONS

WEEK 2 SESSIONS

WEEK 3 SESSIONS

WEEK 4 SESSIONS

CONSISTENCY BOOST

WHAT GOT ME TO TRAIN TODAY?

WEEKLY BENEFIT TRACKING

SESSIONS / WK

STRENGTH

WEIGHT

ENERGY

30-DAY CHALLENGE

Eat Whole Foods

30-Day Whole Foods First Challenge

Why this works: Whole foods require more energy to digest, provide more micronutrients per calorie, increase satiety, and do not contain the artificial additives designed to override your fullness signals. Switching from processed to whole foods alone reduces calorie intake by an average of 500 calories daily.



30-DAY TRACKING GRID — MARK ✓ OR ✗ EACH DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

WHOLE FOODS CHECKLIST

- Vegetables (2+ servings)
- Lean protein source
- Whole grain or legume
- Healthy fat (avocado, nuts)
- No ultra-processed foods
- Fruit as dessert / snack

CONSISTENCY BOOST

WHAT MADE EATING WHOLE FOODS EASIER TODAY?

WEEKLY BENEFIT TRACKING

ENERGY

DIGESTION

CRAVINGS

WEIGHT

30-DAY CHALLENGE

Weekly Meal Planning

30-Day Plan Before You Eat Challenge

Why this works: People who plan their meals in advance consume an average of 400–600 fewer calories daily than those who decide what to eat spontaneously. Planning removes decision fatigue — the primary reason most diets fail by Thursday.



30-DAY TRACKING GRID — MARK ✓ IF YOU PLANNED MEALS THAT DAY

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

WEEKLY MEAL PLAN OUTLINE

BREAKFAST PLAN

LUNCH PLAN

DINNER PLAN

SNACKS (IF ANY)

CONSISTENCY BOOST

WHAT HELPED ME PLAN AND STICK TO IT?

WEEKLY BENEFIT TRACKING

COMPLIANCE

CRAVINGS

BUDGET

WEIGHT

30-DAY CHALLENGE

Optimise Sleep Routine

30-Day Sleep Optimisation Challenge

Why this works: A consistent sleep and wake time — even on weekends — regulates cortisol, optimises growth hormone release (which drives fat oxidation), and reduces the next-day appetite surge caused by irregular sleep patterns.



30-DAY TRACKING GRID — MARK ✓ IF YOU FOLLOWED YOUR SLEEP ROUTINE

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

SLEEP ROUTINE CHECKLIST

- Fixed bedtime: _____
- Fixed wake time: _____
- No screens 45 min before bed
- Room dark and cool
- No caffeine after 2PM
- Wind-down routine followed

CONSISTENCY BOOST

WHAT HELPED ME FOLLOW MY SLEEP ROUTINE?

WEEKLY BENEFIT TRACKING

SLEEP QUALITY

MORNING ENERGY

CRAVINGS

MOOD



RESHAPE YOUR BODY. REDEFINE YOUR LIFE.

DAY 30

Your 30-Day Habit Reset Summary

Complete this page on Day 30. This is your record of what changed and the foundation for your next cycle.

YOUR 30-DAY RESULTS

DAYS ON TRACK	HABITS TRACKED	LBS / KG LOST
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REFLECTION

TOTAL HABITS I FOLLOWED CONSISTENTLY (MARK WITH ✓)

No Junk Food
 No Sugary Drinks
 No Alcohol
 No Overeating
 No Late Night Eating
 No Snacking
 No Stress Eating
 High Protein
 Water Intake
 Daily Steps
 Workout
 Whole Foods
 Meal Planning
 Sleep Routine

MOST DIFFICULT HABIT _____	EASIEST HABIT TO MAINTAIN _____
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BIGGEST PHYSICAL IMPROVEMENT I NOTICED

BIGGEST MENTAL IMPROVEMENT I NOTICED

HABITS I WILL CONTINUE INTO NEXT MONTH

WHAT I WILL CHANGE OR ADD IN MY NEXT 30-DAY CYCLE

BELLYZERO

- [Calorie Deficit Calculator](#)
- [Belly Fat Risk Analyzer](#)
- [BMI Calculator](#)
- [Body Fat Calculator](#)

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