

MRTEMPO

The Complete Fat Loss System

Everything you need to start losing fat this week.

- 01** **Fat Loss Fundamentals**
What actually drives fat loss
 - 02** **Calories & Protein**
Setting your numbers right
 - 03** **Cardio & Movement**
Steps, zone 2, and daily activity
 - 04** **Common Mistakes**
What's stalling your progress
-

@MrTempoFitness

SECTION 01

What Fat Loss Actually Is

Fat loss comes down to one thing: **a calorie deficit**. That means eating fewer calories than your body burns in a day. When you do this consistently, your body taps into stored fat for energy. That's it. No special foods, no magic timing, no supplements required.

Your body burns calories in four ways:

- **BMR (Basal Metabolic Rate)** — the calories your body burns just to keep you alive. Breathing, digestion, brain function. This accounts for about 60-70% of your total burn.
- **NEAT (Non-Exercise Activity)** — everything you do that isn't exercise. Walking, fidgeting, cleaning, taking the stairs. This varies massively between people and is often the biggest lever you can pull.
- **TEF (Thermic Effect of Food)** — the energy your body uses to digest food. Protein costs the most energy to digest, which is one reason high-protein diets work well for fat loss.
- **Exercise** — your gym sessions, runs, and workouts. Surprisingly, this only accounts for about 5-10% of your total daily burn.

Tip: Most people overestimate how many calories exercise burns and underestimate how many calories they eat. That's why you can't out-train a bad diet.

Why Diets Fail

The reason most diets fail isn't because the diet was wrong. It's because the diet wasn't sustainable. If you can't see yourself eating that way in 6 months, it's not the right approach. The goal isn't to find the perfect diet — it's to find a way of eating in a deficit that fits your actual life.

That's what this system is built around. Not perfection. Consistency.

SECTION 02

Setting Your Calories & Protein

You don't need to track every single macro to lose fat. But you do need to get two numbers roughly right: **your calorie target** and **your protein target**. Get these two in place and you're 80% of the way there.

Step 1: Find Your Maintenance Calories

Your maintenance calories (TDEE) is the amount you eat to stay the same weight. The simplest way to estimate this:

Activity Level	Multiply your weight (kg) by:
Sedentary (desk job, little movement)	28-30
Lightly active (1-2 workouts/week)	30-32
Moderately active (3-5 workouts/week)	32-35
Very active (6-7 intense sessions/week)	35-38

Example: A moderately active person weighing 80kg would estimate their maintenance at $80 \times 33 = 2,640$ calories.

Step 2: Create Your Deficit

To lose fat, eat **20% below your maintenance**. This is aggressive enough to see results but moderate enough to maintain muscle and energy.

Example: $2,640 \times 0.80 = 2,112$ calories per day. Round to 2,100 for simplicity.

Step 3: Set Your Protein

Protein is the most important macro for fat loss. It protects your muscle, keeps you full, and costs the most energy to digest. Aim for:

2g
per kg
body weight

So if you weigh 80kg, aim for 160g of protein per day.

This is the single most important number in your fat loss plan. If you only track one thing, make it protein.

Tip: Don't stress about carbs vs fats. Once your calories and protein are set, split the remaining calories however you prefer. If you love carbs, eat more carbs. If you prefer fats, eat more fats. Adherence beats optimisation.

SECTION 03

Cardio, Steps & Daily Movement

Here's the truth most people get wrong: **exercise is not the main driver of fat loss**. Your diet creates the deficit. Exercise supports it. But the type of movement you do matters more than you think.

Daily Steps — The Underrated Fat Loss Tool

Walking is the single most underrated fat loss tool. It burns calories without spiking hunger, doesn't require recovery, and you can do it every single day. This is your NEAT — and it can make or break your results.

Daily Step Target	Why It Matters
7,000 - 8,000	Good baseline for general health and steady fat loss
8,000 - 10,000	Sweet spot for most people actively trying to lose fat
10,000+	Aggressive fat loss — great if your schedule allows it

Tip: If you're currently at 3,000 steps a day, don't jump to 10,000 overnight. Add 1,000-2,000 steps per week until you reach your target. Build the habit gradually.

Zone 2 Cardio — Low Effort, Big Impact

Zone 2 cardio means working at a pace where you can hold a conversation. Think brisk walking, easy cycling, or a light jog. You're not out of breath. You're not drenched in sweat. But your body is burning fat as its primary fuel source.

Recommendation: 20-30 minutes of zone 2 cardio, 3-5 days per week. Cycling, walking, or the cross trainer all work. Pick what you enjoy — because the best cardio is the one you'll actually do.

Weight Training — Protecting Your Muscle

When you're in a calorie deficit, your body doesn't just burn fat. It can also break down muscle. Weight training sends a signal to your body: **keep the muscle, burn the fat**.

You don't need to train 6 days a week. **3 sessions per week** hitting all major muscle groups is enough to preserve muscle during a cut. Focus on compound movements: squats, deadlifts, bench press, rows, overhead press.

The Movement Hierarchy for Fat Loss

1. Daily steps (NEAT) — biggest impact on daily calorie burn.
2. Weight training — preserves muscle and shapes your body.
3. Zone 2 cardio — supports fat burning without draining recovery.
4. HIIT / intense cardio — use sparingly, not a requirement.

SECTION 04

Common Mistakes That Stall Fat Loss

Most people don't fail because they don't know what to do. They fail because they're unknowingly sabotaging themselves with habits that feel productive but actually stall progress. Here are the biggest ones:

Mistake 1: Doing Too Much Cardio

More cardio does not mean more fat loss. Excessive cardio increases hunger, kills recovery, and causes your body to adapt by lowering your daily energy expenditure. You end up burning fewer calories at rest to compensate for all the energy you're spending on cardio. The fix: moderate, consistent cardio (zone 2) combined with daily steps. Not hour-long treadmill sessions.

Mistake 2: Not Eating Enough Protein

If you're in a deficit without adequate protein, you're not just losing fat — you're losing muscle too. And less muscle means a slower metabolism, a softer look, and a higher chance of regaining the weight. Protein is non-negotiable. 2g per kg. Every day.

Mistake 3: Weekend Blow-Outs

Five days of good eating can be completely wiped out by two days of uncontrolled eating. A 500-calorie daily deficit during the week is a 2,500 calorie total deficit. One big Saturday night of takeaway and drinks can easily be 3,000+ calories. You're now in a surplus for the week. You don't need to be perfect on weekends — but you do need to be aware.

Mistake 4: Eating Too Little

Cutting calories too aggressively backfires. A massive deficit increases hunger, crashes your energy, tanks your training performance, and makes binge eating far more likely. A 20% deficit is plenty. You don't need to starve yourself. Slow, sustainable fat loss is the kind that sticks.

Mistake 5: Relying on the Scale Alone

Your weight fluctuates daily based on water retention, sodium, sleep, stress, and how much food is in your digestive system. A 1-2kg swing overnight is completely normal and has nothing to do with fat. Track your **weekly average weight** instead. Compare week to week, not day to day. And take progress photos — the mirror tells you more than the scale ever will.

Tip: If your weight hasn't moved in 2-3 weeks (weekly averages), and you're being honest about your food intake, reduce calories by 100-150 or add 1,000 more daily steps. Small adjustments, not drastic changes.

Your Fat Loss Checklist

Keep it simple. If you do these things consistently, you **will** lose fat:

- ✓ Set your calories at a 20% deficit below maintenance
- ✓ Hit 2g of protein per kg of body weight every day
- ✓ Get 8,000-10,000 steps daily
- ✓ Do 20-30 mins of zone 2 cardio 3-5x per week
- ✓ Lift weights 3x per week — compound movements
- ✓ Track your weekly average weight, not daily weight
- ✓ Stay consistent on weekends — you don't need perfection, just awareness
- ✓ If progress stalls for 2-3 weeks, reduce calories by 100-150 or add more steps

"You don't need the perfect plan. You need a plan you can follow."

Want the full system?

Get your personalised calorie targets, training plan, meal prep guide, and more at
mrtempofitness.com

@MrTempoFitness