

TEMPO MODE

The Tempo Fat Loss System

What works, what doesn't, and what to do tomorrow.

Always Improving.

The 4 things this covers

You don't need to read the whole thing front to back. Pick the section you need.

1

Fat Loss Fundamentals

What actually moves the needle. The stuff you keep hearing but doesn't sink in until you see it laid out.

2

Calories & Protein

Two numbers that decide most of your result. How to set them in 5 minutes without a single app.

3

Movement & Cardio

Steps, lifting, walking, gym time. What matters, what's optional, what's a waste.

4

Common Mistakes

The 5 things that quietly stop most people from getting anywhere. Probably one of them is you.

The order doesn't matter. Jump to the bit that feels most like you and start there.

****Prefer to watch it?*** I made a video walkthrough of the whole system. [[youtube.com/watch?v=zuf-T3uDgH0](https://www.youtube.com/watch?v=zuf-T3uDgH0)](<https://www.youtube.com/watch?v=zuf-T3uDgH0>)

Section 01: How fat loss actually works

Fat loss is one thing. Eat less than you burn, consistently, and your body fills the gap by using stored fat. That's the whole mechanism. No special foods. No magic timing. No supplement that does the work for you.

Your body burns calories in four ways. Knowing where each one goes stops you wasting effort on the small stuff.

BMR

60-70% of your daily burn. Calories you spend just being alive. Breathing, brain function, keeping your heart pumping. Runs in the background.

NEAT

Every movement that isn't a workout. Walking. Standing. Dishes. Stairs. The biggest lever most people don't realise they can pull.

TEF

The energy your body uses digesting food. Protein costs the most to digest, which is one reason high-protein diets work so well for fat loss.

Exercise

Gym, runs, classes. Sounds like the big one. Only 5-10% of your daily burn for most people.

Most people overestimate how much exercise burns and underestimate how much they eat. That's why you can't out-train a takeaway, a Chipotle bowl with chips, or 4 pints on a Friday.

Why diets fail

The diet wasn't the problem. The diet was probably fine.

The problem is most diets ask you to be a different person for 12 weeks. Eat at 5am. Skip every social event. Hit perfect macros. Cook 6 meals from scratch.

Real life never agrees to that for long.

If you can't see yourself eating the way the plan says in 6 months from now, it's not your plan. Pick a way of eating that survives a Friday night, a holiday, a bad week at work. That's the one that wins.

****The honest test.**** Imagine doing this exact week of eating every week for the next 12 months. If the answer is no, change the plan now, not in February when you've already crashed.

The plans that survive are the ones that allow takeaways occasionally, drinks on the weekend, eating out, life. The trick is the average across the week, not perfection every day.

Section 02: Set your numbers

Two numbers do most of the work: how many calories you eat, and how much protein. Get these roughly right and you're already most of the way there.

Step 1: Find your maintenance

This is what you'd eat to stay the same weight. The cleanest way to estimate it:

Activity Level	Multiply weight (kg) by	Or weight (lbs) by
Sedentary (desk job, low movement)	28-30	13-14
Lightly active (1-2 sessions/week)	30-32	14-15
Moderately active (3-5 sessions/week)	32-35	15-16
Very active (6-7 hard sessions/week)	35-38	16-17

Someone moderately active at 80kg (about 176 lbs): $80 \times 33 = 2,640$ calories. That's their maintenance.

Steps 2 + 3: Deficit and protein

Step 2: Create the deficit

Eat 20% less than maintenance. Aggressive enough to see real results. Not so harsh you crash and binge by week three.

Same example: $2,640 \times 0.80 = 2,112$. Round to 2,100 to keep your head clear.

Step 3: Lock in protein

The single number worth being strict on. Protein keeps your muscle, controls hunger, costs the most energy to digest.

Aim for 2g per kg of body weight. Or about 1g per pound.

For the 80kg person: 160g protein a day. For someone at 176 lbs: same target, just measured the American way. If you only track one thing, track this.

Don't get into carb vs fat wars. Once your calories and protein are set, split the rest however you like. Love carbs? Eat more carbs. Prefer fats? Eat more fats. Adherence beats optimisation every time.

How to actually hit protein

Most people undershoot protein because they're not building meals around it. The fix is boring on purpose. Anchor every meal on one of these and the daily number stops being a fight.

Breakfast wins

A scoop of whey in your oats or coffee. Greek yogurt with berries instead of regular yogurt. 3 eggs scrambled on toast. Cottage cheese with hot sauce and a bagel.

Lazy lunches

Tinned tuna on a wrap with light mayo. Rotisserie chicken from the supermarket on rice. Pre-cooked chicken thighs and a microwave pouch of rice. Protein shake plus a banana.

Quick dinners

Mince with pasta and tinned tomatoes. Salmon fillet and microwave veg. Chicken stir fry from a pre-cut bag. Burger patty on a bed of salad.

Snack rescue

Greek yogurt with honey. Beef jerky and an apple. Cottage cheese on rice cakes. Protein bar (real food first, bar as backup).

Hit your number 6 days out of 7 and you'll feel the difference inside a fortnight.

Section 03: Movement

The thing people get backwards: exercise isn't what creates fat loss. Your eating creates the deficit. Exercise supports it.

But the type of movement you do matters more than the amount.

Daily steps

Walking is the most underrated tool in the kit. It burns calories without making you hungrier. It needs no recovery. You can do it every day forever.

Daily Steps	What it does
7,000-8,000	Solid baseline. Good general health. Steady slow fat loss.
8,000-10,000	Sweet spot for most people actively trying to drop fat.
10,000+	Faster fat loss. Great if your job and life make it possible.

If you're at 3,000 a day now, don't aim for 10k tomorrow. Add 1,000-2,000 a week. Build the habit so it actually sticks.

Cardio + Lifting

Zone 2 cardio

Zone 2 means working at a pace where you could still hold a conversation. Brisk walking. Easy cycling. Light jog. You're moving but not gasping.

Your body burns fat as its main fuel at this intensity. It also recovers fast, so you can do it often.

Aim for 20-30 minutes, 3 to 5 days a week. Cycling, walking, swimming, cross trainer. Pick what you'll actually do, because the best cardio is the one you don't dread.

Weight training

In a deficit, your body doesn't only burn fat. Left to itself, it'll break down muscle too. Lifting weights tells your body to keep the muscle and burn the fat instead.

You don't need to lift 6 days a week. Three sessions hitting all the main movements is enough during a cut. Focus on compound lifts: squats, deadlifts, rows, presses. The big stuff.

If you've never lifted before, don't overthink the programme. Walk into any gym, do 3 sets of 8 reps on 4-5 different machines. Do it twice a week for a month. Then upgrade.

The movement hierarchy

If you only have so much energy to spend, spend it here, in this order.

1. Daily steps (NEAT)

The biggest lever for daily calorie burn. Costs no recovery. Works for everyone, every day.

2. Weight training

Protects muscle and changes your shape. 3 sessions a week is enough during fat loss.

3. Zone 2 cardio

Supports fat burning without wrecking your recovery. Bonus, not requirement.

4. HIIT or hard cardio

Use sparingly. Looks impressive on social media. Doesn't outperform the basics for fat loss.

****One useful frame.**** If you skip levels 1 and 2 to do levels 3 and 4, you're doing it backwards. Walk and lift before you sprint.

Section 04: Common mistakes

Most people don't fail because they don't know what to do. They fail because of a habit that feels productive but quietly stalls them. Here are the five that show up over and over.

Mistake 1: Too much cardio

More cardio doesn't mean more fat loss. Excessive cardio drives hunger up, kills recovery, and eventually your body just lowers your daily burn to compensate. You end up running an hour a day to undo the same calories you could have skipped at breakfast.

The fix: moderate, consistent zone 2 plus a step target. Skip the hour-long treadmill grind.

Mistake 2: Not enough protein

If you're in a deficit without enough protein, you're losing muscle as well as fat. Less muscle means a slower metabolism, a softer look, and a much higher chance of putting the weight back on.

Protein is the one number you don't negotiate. Hit it daily.

Mistakes 3-5

Mistake 3: Weekend blow-outs

Five tight days during the week, then a Friday night of takeaway and 6 drinks, then a Saturday roast and a pub session.

A 500-calorie weekday deficit is 2,500 calories over 5 days. One messy Saturday night easily eats 3,000+ calories. You're now in a surplus for the week and wondering why nothing's moving.

You don't ha