

# OGP

## Daily Checklist: Weight Loss

### Hydration:

- Drink 2-3 liters of water throughout the day.



### Nutrition:

- **Meals:** Eat balanced, nutrient-dense meals with lean protein, vegetables, and controlled portions of healthy carbs.
- **Snacks:** Choose low-calorie, nutrient-rich options like fruits, veggies, or a small handful of nuts.
- **Calorie Deficit:** Consume fewer calories than your body needs to maintain weight.
- **Limit Sugar and Processed Foods:** Focus on whole foods and avoid sugary snacks.



### Physical Activity:

- **Cardio:** Engage in at least 30 minutes of moderate-intensity cardio.
- **Resistance Training:** Choose from Beginner, Intermediate, or Advanced Workouts in your Member Portal.
- **OGP Focus:** Perform OGP Optimal Growth Positions for as long as you can during workout sets. You may also want to perform them at home after your days workout.



### Consider Tracking & Progress:

- Log food intake and track calories to maintain your calorie deficit.
- Monitor weight and body measurements weekly.



### Sleep:

- Ensure 7-9 hours of quality sleep.

