

WRITTEN & CREATED BY GAVIN WALSH

LEAN IN 19

EXTREME

FAT LOSS PLAN



SUCCESS JOURNAL

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LEAN IN 19

EXTREMES

FAT LOSS PLAN

NOTE: Please read the nutrition guidelines thoroughly before starting Lean in 19.

INTRODUCTION

Righto you, it's time to get DOUBLE serious.

This ickle manual is your success journal (as it says on the front cover).

Before you go dismissing this as airy-fairy positive thinking malarkey, listen up Sonny Jim...

Out of all the people I've trained over the years, the men and women that do extremely well, and by that I mean lose a bucket load of lard, are the people who keep tabs on EVERYTHING.

Not just the grub they eat, but how many hours they've slept, how energetic they feel and what workouts they've completed.

This is a time tested proven fact that will never change.

Keeping track of your shit does something psychologically.

It focuses your mind like a giant laser beam.

And the more focused you are over the course of the next 19 days the better results you'll get.

Comprende?

It really is that simple.

Are you on board?

Lovely ☺

So, your next step is print this journal.

Once you've printed it I'd really like it if you were to use it DAILY along with the wall calendar I've provided on the previous page.

Just fill in the blanks.

To your success,

Gravin

MEASUREMENTS & PHOTOS

It's been said a million times over and now I'm going to say it again ☺

"If you want to know where you're going, you've got to know where you're starting from."

So, it's time to write down your weight, measurements AND take photos.

I want you to keep an eye on these stats each week, not daily like some people seem to do.

Just make sure you record them at the same time of day and please TRIPLE check your measurements.

There's nothing worse, than realising that you must have been way off the mark the first time round.

By doing so you can improve your focus, motivation and have a word with yourself if things haven't been going to plan.

I'd like you to record your stats (and take photos) at the **beginning of the program, Day 10 and at the end of the program.**

Can you do that for me?

If you follow the plan properly you'll be surprised by how quickly the fattimus from your assimus falls off...

With regards the photos, this is a must because I'd like you to send me them once you've finished the program.

I love to see the before and after photos from those who take part.

Of course, you don't have to send me your photos, but it would be nice if you did ☺

Anyway, these are my instructions for the photos.

Take 3 photos: front, side and back.

Men: please wear only shorts.

Women: please wear something that shows your body off (a bikini or swimsuit works well).

Also, make sure you wear the same clothing each time and the lighting is the same in each photo also.

Okay, on the next page you'll find a wee table to enter your stats.

MY LEAN IN 19 STATS

	Start	Day 10	End
Weight			
Chest/Bust			
Naval (Belly button)			
Waist (2 inches below your belly button)			
Hips (Widest point round your butt)			
Thighs (Where your butt and leg meet)	Right Leg	Right Leg	Right Leg
	Leg Leg	Leg Leg	Leg Leg
Arms (Widest point around your bicep)	Right Arm	Right Arm	Right Arm
	Left Arm	Left Arm	Left Arm
Total inches			

- Triple check your measurements
- Weigh yourself at the same time of day
- Don't weigh yourself everyday
- Take photos (front, side and back)

DO NOT SKIP ANY OF THE POINTS ABOVE (otherwise, I'll have to send the boys round!)

Day 1

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 2

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

Wheat Refined Sugar Caffeine Dairy Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

Yes No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 3

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 4

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 5

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 6

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 7

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 8

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 9

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

Wheat Refined Sugar Caffeine Dairy Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

Yes No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 10

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat Refined Sugar Caffeine Dairy Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 11

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 12

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 13

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat Refined Sugar Caffeine Dairy Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 14

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 15

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat Refined Sugar Caffeine Dairy Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 16

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat Refined Sugar Caffeine Dairy Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 17

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 18

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat
- Refined Sugar
- Caffeine
- Dairy
- Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes
- No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Day 19

You know the deal, none of these nasties unless I've said otherwise.

Tick the one's you've dodged successfully (all of them ideally).

- Wheat Refined Sugar Caffeine Dairy Alcohol

Next up my friend, what did you have to eat today? If you're fasting, then of course this won't apply.

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

Did you complete today's workout? It best be a yes...

- Yes No

How much beauty sleep did you get last night? If you want to lose some serious chub aim for AT LEAST 7 hours per night.

On a scale of 1-10 (10 being bloody wonderful), how good do you feel today?

Congratulations.

You've made it!

