FREE GUIDE · BEN OLA FITNESS

7 things to check when your weight loss stalls

A seven day check for busy professionals whose scale stopped moving. Ten minutes a day. No new diet.

one page a day.
that's it.



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START HERE

Before you eat less, read this

Your weight stopped moving. The usual move is to cut more food. Most people I coach tried that three or four times.

This guide works the other way. For 7 days you change nothing. One check a day, under **10** minutes. You find the gap first.



repeat for 7 days. then pick ONE fix (page 12)

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07

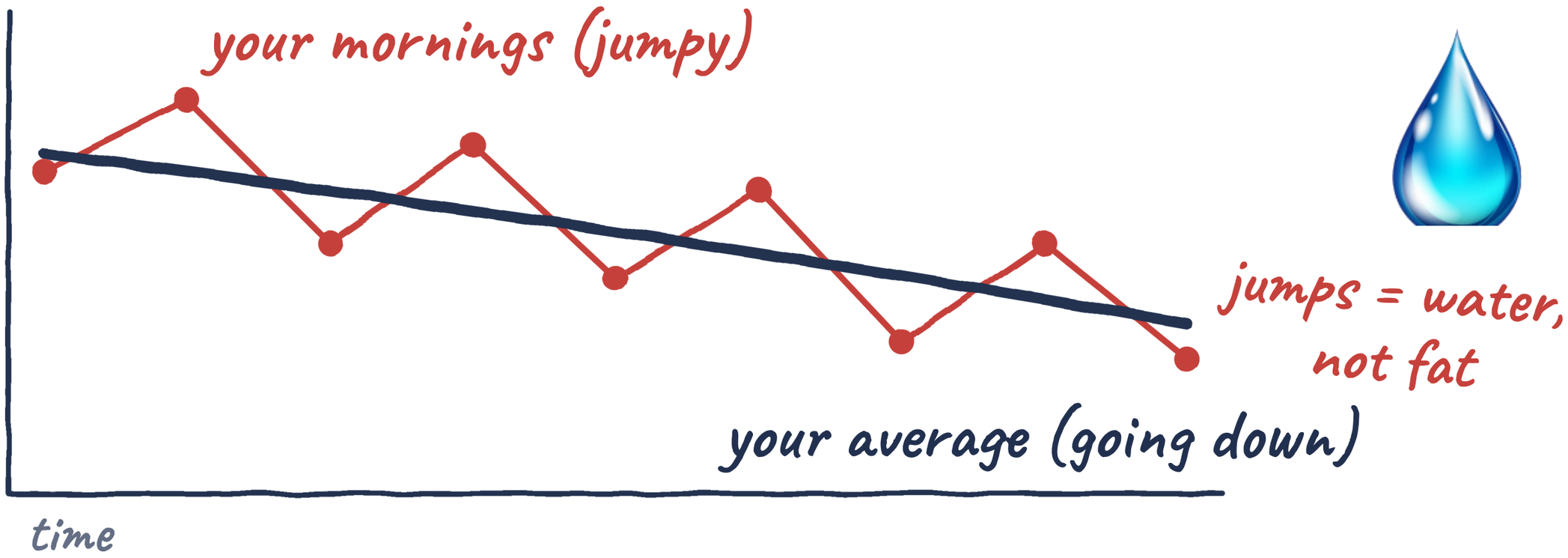
Seven checks

One check a day for seven days. Write down what you find. Change nothing until day seven.

CHECK 01 · DAY 1 · 2 MIN

Watch the weekly average

One weigh-in tells you very little. Salt, a big rice dinner, a leg day or your period can push the scale up overnight. That is water.



Weigh in every morning
after the toilet, before food

7
a week

Add them up, divide by 7
compare this number week to week

1
average

Scale makes you anxious? Skip it. Use the tape on page 10.

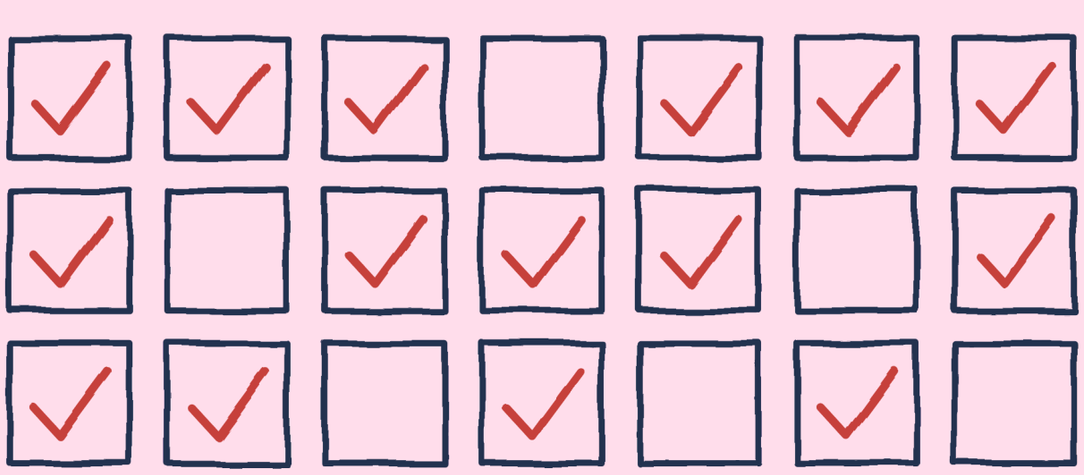
TODAY

Weigh in after the toilet. Write it on page 13.

CHECK 02 · DAY 2 · 5 MIN

Count your good days

Look back **3** weeks. That is **21** days. How many went to plan?



The plan needs a tweak — **18+** of 21
you did the work, your body changed

The plan is too hard to repeat — **12–17** of 21
make it simpler, not stricter

The plan does not fit your week — **0–11** of 21
start smaller, around work

A smaller body needs less food. The plan that worked at 95 kg can stall at 88 kg. That is normal.

TODAY

Count your good days from the last three weeks.

CHECK 03 · DAY 3 · 10 MIN

Find the calories you forget

Your meals are rarely the problem. The extras add up.



Cooking oil, poured

most people pour 2 or 3 spoons

120
cal · 1 tbsp



Peanuts

one handful at your desk

165
cal · 28 g



Can of Coke

the 3pm one

140
cal · 355 ml



Regular beer

one bottle after work

150
cal · 355 ml



keep your rice and plantain.
measure the oil for one week.

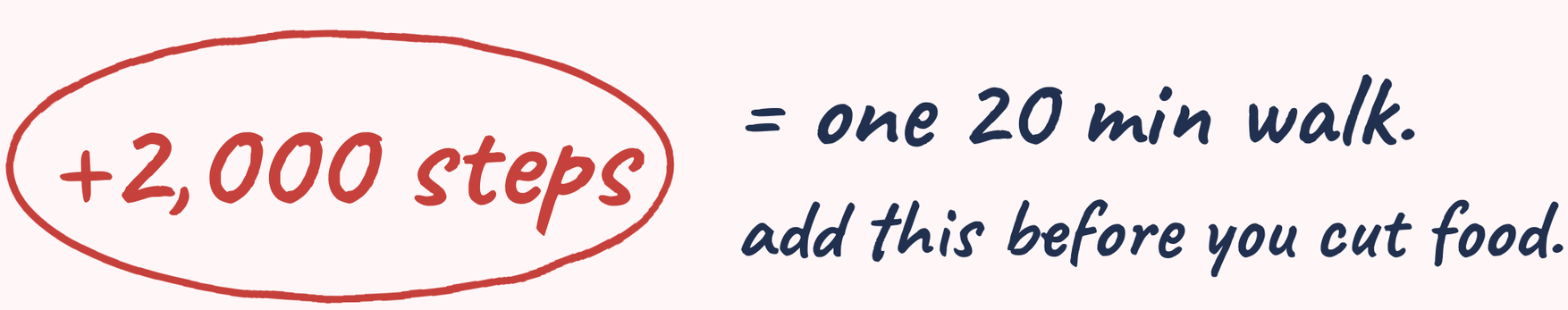
TODAY

Write down every drink and every spoon of oil.

CHECK 04 · DAY 4 · 2 MIN

Count your steps on a work day

Busy weeks cut your walking first. When you eat less, you also move less without noticing.



Walk during one phone call — **1,000** steps · 10 min
headphones in, laptop closed

Walk after dinner — **2,000** steps · 20 min
it also settles a heavy meal

Walk the long way at lunch — **1,000** steps · 10 min
round the block, then eat

An easy walk is about 100 steps a minute.

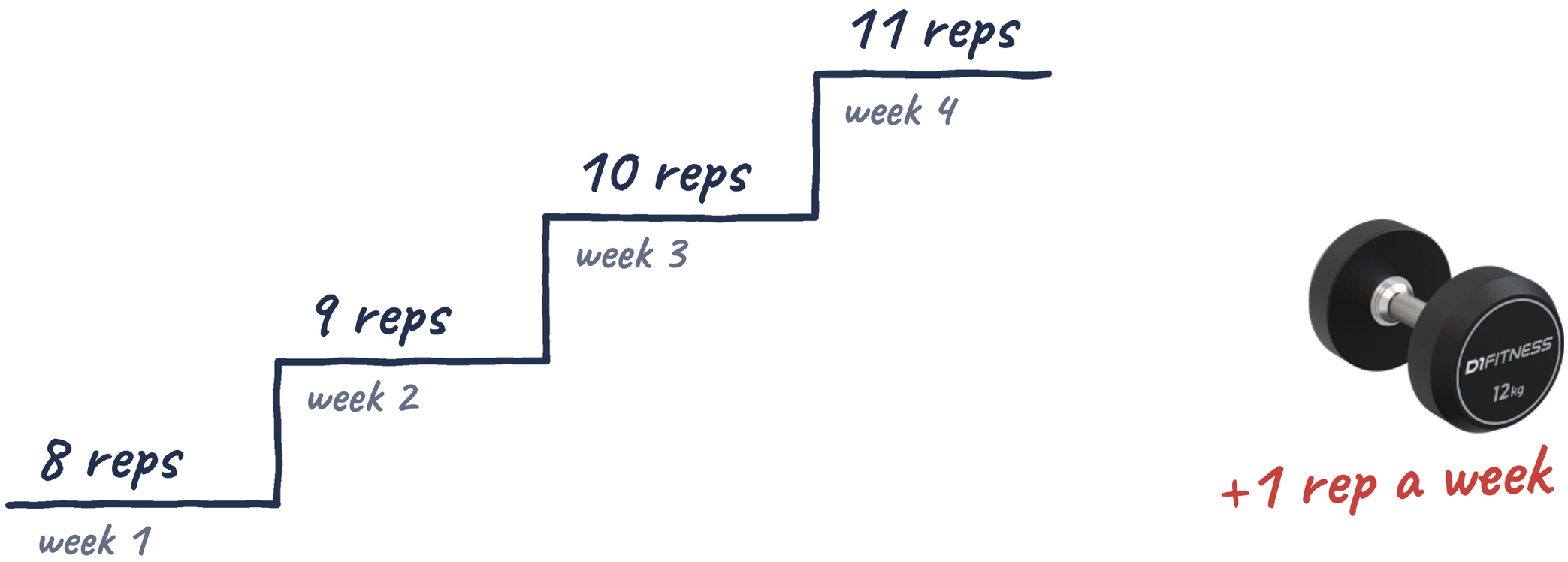
TODAY

Open your phone's health app. Write your 30-day step average.

CHECK 05 · DAY 5 · 5 MIN

Make your training go up

Same weights and same reps for months keeps you busy. It does not move you forward.



Strength sessions
home or gym, both work

3
a week

Session length
a squat, a push, a pull, a hinge

30–60
minutes

New to training or working around an injury? Start light. Get cleared by your doctor or physio.

TODAY

Look at your last 4 weeks. Did any lift go up?

CHECK 06 · DAY 6 · 2 MIN

Check your sleep before your food

Short sleep makes the next day hungrier. You reach for snacks at 4pm and again at 10pm.



Sleep adults need
American Academy of Sleep Medicine
7+ hours a night

Extra food after short sleep
average across studies, Al Khatib et al., 2017
385 cal · next day

Stress works the same way. If you snack after a hard day at work, plan a walk or a protein snack for that hour.

TODAY

Pick one: lights out 30 minutes earlier, or phone out of the bedroom.

CHECK 07 · DAY 7 · 5 MIN

Measure more than your weight

The scale can sit still while your waist gets smaller. Track both, or you will quit a plan that works.



Waist — 1×
tape at the belly button, breathe out — a week

Photos — 1×
front, side, back, same light — every 2 weeks

Strength — 3×
weight and reps on your main lifts — a week

Energy — 7×
score your day 1 to 10 at bedtime — a week

TODAY

Measure your waist at the belly button. Write it on page 13.

BEFORE YOU CHANGE ANYTHING

When to see your doctor first

Most stalls are habits. Some are medical. Book a visit if any of these sound like you.

- [ ] You gain weight fast without eating differently
- [ ] Swelling in your legs, ankles or belly
- [ ] Tiredness, feeling cold, or hair and skin changes that last
- [ ] The stall started around a new medication
- [ ] You are pregnant, breastfeeding, or managing diabetes, heart or kidney disease
- [ ] Big changes to your period, or perimenopause
- [ ] Tracking food makes you anxious, or you have had disordered eating

ticked one? see your doctor first.

This guide is education. It is not medical advice and does not diagnose or treat any condition.

YOUR WORKSHEET

Tick each check as you finish it

- ☐ **1** Weekly average *page 4*
- ☐ **2** Good days out of 21 *page 5*
- ☐ **3** Oil, drinks and snacks *page 6*
- ☐ **4** 30-day step average *page 7*
- ☐ **5** Training going up *page 8*
- ☐ **6** Sleep and stress *page 9*
- ☐ **7** Waist, photos, strength, energy *page 10*

only ONE!

THE ONE THING I WILL CHANGE FOR 14 DAYS

Pick the check with the biggest gap. Change only that. Compare your average again in **14** days.

YOUR TRACKER

Two weeks, one row a day

DAY	WEIGHT	STEPS	SLEEP	ON PLAN
example	84.2 kg	6,400	6.5 h	yes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Week 1	*average*	*average*	*average*	*waist*
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
Week 2	*average*	*average*	*average*	*waist*

WHAT NEXT

You found the gap. Pick your next step.

Clear fix? Run it for 14 days. Then check your weekly average again.

Want a simple structure to follow? Start my free 14 day starter plan.

start your 14 day plan ← start here

Want a plan built around your work and family? Book a free 30 minute call. We go through your seven checks together.

book a free call

Or DM RESET to @heybenola and tell me which check surprised you. I read every one.

My 180 day coaching program is paid. You see the price and terms before you decide anything.