

Your 7-Day 'Flatten Your Belly After 50' Checklist

A Step-by-Step Guide to Resetting Your Metabolism & Shrinking Your Waistline After 50

Welcome!

Losing stubborn belly fat after 50 isn't about crash diets or brutal workouts. It's about strategic, sustainable habits that reset your metabolism, balance your hormones, and build a stronger, healthier you.

This checklist breaks it down into a simple, day-by-day plan. Your goal is not perfection, but consistency. Let's get started!

☒ How to Use This Checklist:

- **Print it out** and put it on your fridge.
 - **Check off** (☒) each item as you complete it.
 - **Focus on Progress, Not Perfection.** If you miss one thing, just get back on track with the next.
 - **At the end of the week,** note how you feel—more energy? Less bloating? Better sleep? These are your real wins!
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Day 1: Monday - Foundation & Hydration

- ☐ **Drink 80 oz (10 glasses) of water.** Start with a glass first thing in the morning.
- ☐ **Eat 25-30g of protein at breakfast.** (e.g., 2-3 eggs, or a protein shake).
- ☐ **Take a 20-minute brisk walk.** Focus on consistency, not speed.

- ☐ **No screens 30 minutes before bed.** Read a book or listen to calm music instead.
 - ☐ **Weekly Prep:** Write down 3 reasons you're doing this (for energy, grandkids, health).
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Day 2: Tuesday - Protein & Core

- ☐ **Hit your water goal (80 oz).** Add lemon or cucumber if you like.
 - ☐ **Prioritize protein at lunch.** (e.g., a large palm-sized portion of chicken or fish over a salad).
 - ☐ **Perform your core routine:** 2 sets of **Bird Dog** (10 reps per side) and **Modified Plank** (hold 20-30 seconds).
 - ☐ **Swap one refined carb for a fiber-rich one.** (e.g., sweet potato instead of white potato, or berries instead of a cookie).
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Day 3: Wednesday - Movement & Recovery

- ☐ **Drink 80 oz of water.**
 - ☐ **Take a 30-minute walk.** Try adding a few hills or power-walking intervals.
 - ☐ **Do 10 minutes of gentle stretching or follow a beginner's yoga video on YouTube.** Focus on your hips, hamstrings, and back.
 - ☐ **Have caffeine only before 2 PM** to protect your sleep.
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Day 4: Thursday - Strength & Stability

- ☐ **Hit your water goal.**
- ☐ **Perform light resistance training:** **Sit-to-Stands** (2 sets of 12), **Wall Push-ups** (2 sets of 10), and **Banded Rows** (2 sets of 12).
- ☐ **Add a healthy fat to your dinner.** (e.g., drizzle olive oil on veggies, or add 1/4 avocado to your plate).
- ☐ **Be in bed by 10:30 PM** to aim for 7-8 hours of sleep.

Day 5: Friday - Review & Reflect

- ☐ **Drink 80 oz of water.**
 - ☐ **Take a 30-minute walk and listen to your favorite podcast or music.**
 - ☐ **Do your core routine from Tuesday.**
 - ☐ **Weekly Review:** What was your easiest habit? Your hardest?
 - ☐ **Measure your waist.** Don't worry about the scale! Note the number for future reference.
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Day 6: Saturday - Weekend Reset

- ☐ **Stay hydrated.** Keep your water bottle with you.
 - ☐ **Cook one new, healthy recipe.** Try a new lean protein or a vegetable you don't eat often.
 - ☐ **Be active for 45 minutes.** This could be a longer walk, gardening, or a gentle bike ride.
 - ☐ **Practice your nighttime ritual:** No screens 30 min before bed, and a cool, dark room.
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Day 7: Sunday - Prepare & Succeed

- ☐ **Drink 80 oz of water.**
 - ☐ **Do 15 minutes of stretching or restorative yoga.**
 - ☐ **Prep for Success:** Pack healthy snacks (e.g., almonds, Greek yogurt). Pre-cook 2-3 chicken breasts or a batch of lentils for the week.
 - ☐ **Write down one non-scale victory from the week.** (e.g., "I had more energy in the afternoon," or "My jeans felt less tight.").
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💎 You Did It! 💎

You've completed your first week of building powerful, belly-fat-fighting habits. Consistency is your greatest asset.

Ready for the Next Step?

This 7-day plan is just the beginning. To see continuous results, you need a sustainable plan tailored to your body's changing needs.

Visit [Belly-fat-loss.info](https://belly-fat-loss.info) to get your exclusive guide: **[*The Over-50 Metabolic Reset: Your 4-Week Plan to Hormone Balance, Lasting Energy, and a Flatter Belly.*](#)**

Disclaimer: Always consult with your physician or another qualified healthcare provider before starting any new diet or exercise program, especially if you have any pre-existing conditions.