

CLUELESSLY *Active*

An 8-Week Weight Loss & Wellness Planner
For women finding their rhythm—one small step at a time

Name:

Start Date:



*You don't have to have it all figured out.
Just start—cluelessly, consistently, actively.*

What Does "Cluelessly Active" Mean?

Cluelessly Active is a playful but powerful way to describe the journey of showing up for your health—even when you don't have it all figured out. It's for the woman who's moving her body, making better choices, and trying her best... while still Googling, guessing, and learning as she goes.

It's not about perfection.

It's not about having a 5-year fitness plan.

It's about progress, presence, and permission to grow.

This planner is your space to be cluelessly active—to take imperfect action, build habits that stick, and learn to trust yourself along the way.

Why I Created This Planner

Hi, I'm Danica—a regular woman balancing life and the rollercoaster of trying to feel good in my body again.

After years of starting over with diets, battling emotional eating (especially in winter!), and feeling overwhelmed by all the “right” ways to lose weight, I realised something: I didn't need a complicated plan—I needed simple, sustainable habits I could stick to.

That's how Cluelessly Active was born.

I felt like I was just stumbling through health and fitness—clueless, but still showing up. And that's the magic: you don't need to have it all figured out. You just need to keep moving, one small step at a time.

This 8-week planner brings together everything that helped me shift from starting over every Monday to actually feeling in control of my body again. It's not perfect, but it's real. It's flexible. And it's made for women like you and me—busy, tired, craving results, but still willing to try again.

If you're ready to build habits that feel good, nourish your body, and rebuild trust with yourself, welcome to Cluelessly Active. You're not alone—and you're definitely not clueless.

Let's do this—one week at a time.

With love,
Danica



How to Use This Planner

Your 8-week journey to sustainable weight loss and healthy habits

This planner is designed to help you:

- ✓ Build consistency through small daily habits
- ✓ Eat in a way that supports your body and energy
- ✓ Use intermittent fasting as a sustainable tool
- ✓ Track what matters—without obsession
- ✓ Reflect, reset, and recommit weekly

How to Use Each Section:

1. Why I Started This Planner

- Remind yourself that you're not alone, and progress isn't about perfection.

2. Getting Started Page

- Fill in your starting weight, measurements, and calorie/macro goals.

3. Weekly Habit Pages (8 Weeks)

- Each week has a new focus.
- Track your daily habits using the tick boxes.
- Set intentions and reflect at the end of the week.

4. 30-Day Health & Fitness Bingo

- Use this to make healthy living fun! Complete a row, a column, or black out the board.

5. Progress Check-ins (Weeks 4 & 8)

- Re-measure and reflect. Celebrate your wins—scale and non-scale alike.

6. Meal + Movement Trackers (Optional Section)

- Use if you enjoy logging your food or workouts more specifically.

7. Notes & Wins

- A space for journaling, venting, breakthroughs, or reminders to yourself.

Tip: *Don't aim to be perfect. Aim to be consistent 80% of the time. That's where real change lives.*

Getting Started: Know Your Numbers

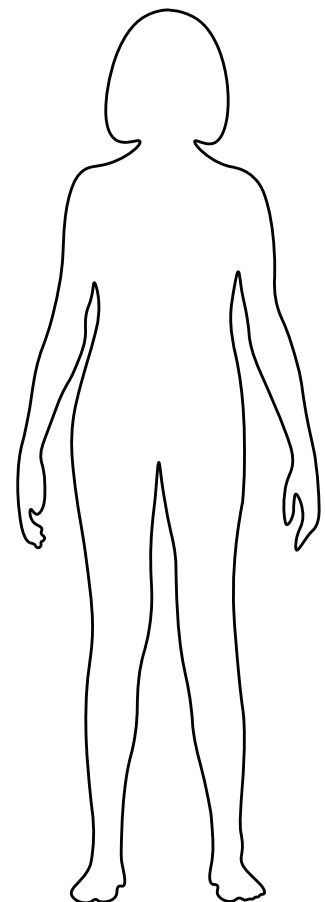
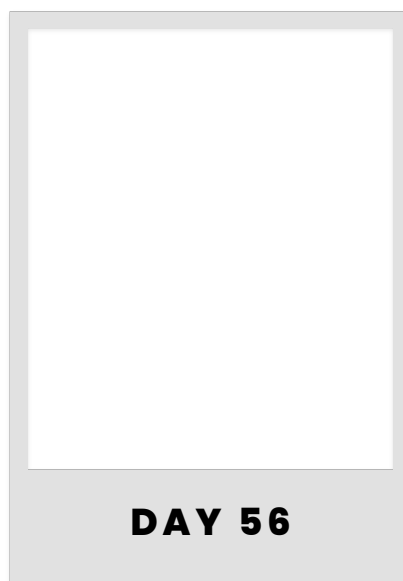
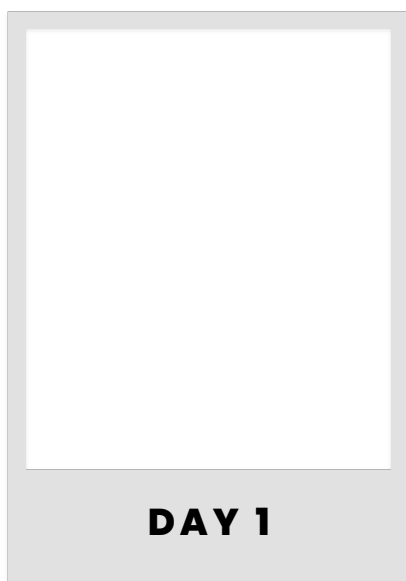
Before we begin, let's set your baseline and goals.

This page will help you track your starting point and estimate your daily calorie and macro needs, so you can personalise the plan to your body and goals.

Body Measurements

- Date: _____
- Weight (kg): _____
- Waist (cm): _____
- Hips (cm): _____
- Chest/Bust (cm): _____
- Thigh (cm): _____
- Arm (cm): _____

Remember: This is just a starting point, not a rulebook.



"Small steps every day lead to big results."

Calorie & Macro Guide

Estimate Your Daily Calorie Needs

For weight loss, aim for a gentle deficit—typically 300–500 calories less than your maintenance.

Use this simple calculation as a starting point:

Step 1: Goal Weight x 22 = Estimated Calories

Example: 65kg x 22 = 1430 kcal

My Goal Weight: _____ kg

My Daily Calorie Goal: _____ kcal

Your Macro Split

(Based on moderate low-carb, high protein for blood sugar balance and fat loss)

- Protein: 30–35%
- Fats: 35–40%
- Carbs: 25–30%

Macro	% Split	Grams per Day (approx.)
Protein	30–35%	_____ g
Fats	35–40%	_____ g
Carbs	25–30%	_____ g

Protein target: 1.6–2g of protein per kg of goal weight

Example: 65kg x 1.8 = ~117g protein daily

Tip: Multiply your calorie goal by % / 4 for protein & carbs, and /9 for fats.

This plan is not about perfection. These numbers are just a guide. You'll learn what works for your body through consistency and reflection.

Week 1

Foundation & Focus

Focus: Hydration, consistent fasting, tracking, simple meals, movement.

- Set clear goals and intentions
- Establish your fasting window (e.g. 16:8)
- Drink 2L water daily
- Aim for daily movement (e.g. 15–30 min walks)
- Simple whole foods only (minimal sugar/processed snacks)
- Track everything for awareness (food, mood, sleep)

This week is about building awareness and creating consistency—not perfection.

GOALS & INTENTIONS

MOTIVATION FOR THIS WEEK

“Start where you are. Use what you have. Do what you can”

Week 1

Daily Tracker

MONDAY

- ☐ Stuck to my fasting window
- ☐ Planned my meals
- ☐ Moved my body
- ☐ Stayed hydrated

SATURDAY

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WHAT CHALLENGES DID YOU FACE THIS WEEK?

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WINS FOR THE WEEK

Week 2

Blood Sugar Balance & Craving Control

Focus: Protein + fibre, reduce sugar, identify craving patterns, stable energy

- Prioritise protein + fibre in every meal
- Reduce/eliminate sugar and processed carbs
- Add a daily greens/veggie goal
- Break fast with a high-protein meal
- Continue hydration and movement
- Identify your cravings and what triggers them

Balancing your meals helps reduce energy dips and sugar cravings.

IDENTIFY YOUR CRAVINGS AND WHAT TRIGGERS IT

MOTIVATION FOR THIS WEEK

"Eat to nourish, not to numb"

Week 2

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WINS FOR THE WEEK

Week 3

Gut Reset & Energy Boost

Focus: Add fermented/prebiotic foods, reduce bloating, light detox support.

- Include fermented foods (yoghurt, sauerkraut, kefir)
- Add prebiotic fibre (onions, oats, bananas)
- Limit dairy and gluten if bloated
- Optional: try a 24-hour fast (1 day this week)
- Support digestion: chew slowly, stop eating by 7/8pm
- Try a gentle detox drink (lemon water, ginger, etc.)

Improving gut health can reduce bloating and boost your mood + immune system.

HOW DID YOU FEEL AFTER YOUR 24 HOUR FAST?

MOTIVATION FOR THIS WEEK

"Healing begins in the gut."

Week 3

Weekly Meal Plan

Add at least 1 gut healthy meal for each day.

Monday: _____

☐ Breakfast | ☐ Lunch | ☐ Dinner | ☐ Snacks

Tuesday: _____

☐ Breakfast | ☐ Lunch | ☐ Dinner | ☐ Snacks

Wednesday: _____

☐ Breakfast | ☐ Lunch | ☐ Dinner | ☐ Snacks

Thursday: _____

☐ Breakfast | ☐ Lunch | ☐ Dinner | ☐ Snacks

Friday: _____

☐ Breakfast | ☐ Lunch | ☐ Dinner | ☐ Snacks

Saturday: _____

☐ Breakfast | ☐ Lunch | ☐ Dinner | ☐ Snacks

Sunday: _____

☐ Breakfast | ☐ Lunch | ☐ Dinner | ☐ Snacks

Week 3

Daily Tracker

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WINS FOR THE WEEK

Week 4

Movement Matters

Focus: Add strength or bodyweight training, consistent steps, stretching.

- Add 2 strength/resistance workouts (dumbbells/kettlebells/bodyweight)
- Walk daily – aim for 6,000–8,000+ steps
- Add mobility or stretch session (YouTube, yoga, etc.)
- Challenge: Try a new workout or class
- Revisit and tweak meal habits from Week 2 if needed

You don't need a gym to build a stronger, leaner body—just consistent effort.

WEEKLY WORKOUT PLAN

- ☐ Monday: _ _ _ _ _
- ☐ Tuesday: _ _ _ _ _
- ☐ Wednesday: _ _ _ _ _
- ☐ Thursday: _ _ _ _ _
- ☐ Friday: _ _ _ _ _
- ☐ Saturday: _ _ _ _ _
- ☐ Sunday: _ _ _ _ _

Type of Movement:

- ☐ Strength ☐ Cardio ☐ Walk ☐ Stretch ☐ Rest

Equipment Needed:

- ☐ Mat ☐ Dumbbells ☐ Resistance Bands

MOTIVATION FOR THIS WEEK

"Your body is capable of amazing things—show it love through movement."

Week 4

Daily Tracker

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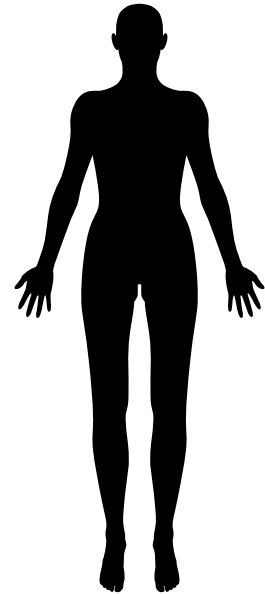
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WINS FOR THE WEEK

Progress Check-in

Date: _ _ _ _ _

Area	Starting	Week 4
Weight (kg)		
Waist (cm)		
Hips (cm)		
Chest (cm)		
Thigh (cm)		
Arm (cm)		



Wins I've Noticed (tick or fill):

- ☐ Fewer cravings
- ☐ Improved mood
- ☐ More consistent habits
- ☐ Stronger or fitter
- ☐ Less bloating

1. What's Working:

2. What I'd Like to Improve:

3. My Proudest Moment So Far (Highlight your win—even if it's small!):

Week 5

Mindset Reset

Focus: Journaling, positive self-talk, identity-based habits, gratitude.

- Daily affirmations or mindset journaling
- Catch negative self-talk and reframe
- Let go of all-or-nothing thinking
- Practice gratitude daily
- Celebrate non-scale wins: energy, sleep, skin, focus, clothes

Sustainable change starts with how you think about yourself and your progress.

DAILY AFFIRMATIONS / MINDSET JOURNALING

MOTIVATION FOR THIS WEEK

"The only way to fail is to quit."

Week 5

Daily Tracker

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WINS FOR THE WEEK

Week 6

Power Habits & Sleep Focus

Focus: Deep sleep routines, consistent hydration + fasting, screen limits.

- Prioritise 7–8 hours of quality sleep
- Cut screens 1 hour before bed
- Reduce caffeine after 2pm
- Create a calming bedtime routine
- Continue with protein, hydration, and fasting habits
- Recommit to regular workouts or movement breaks

Sleep is not a luxury—it's fat loss fuel and stress relief in one.

PLAN YOUR BEDTIME ROUTINE

MOTIVATION FOR THIS WEEK

"Rest is productive. Recharge to Burn Fat"

Week 6

Daily Tracker

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WINS FOR THE WEEK

Week 7

Metabolism & Hormone Support

Focus: Cycle-syncing, mineral intake, optional 36-hour fast, slow meals.

- Add cycle-aware eating (especially luteal/menstrual phase)
- Focus on mineral-rich foods: spinach, seeds, avo, dark chocolate
- Try a 36-hour fast (if already adapted to 16:8)
- Add magnesium (epsom salt bath, leafy greens, pumpkin seeds)
- Eat every meal slowly and mindfully

Your hormones are your weight-loss allies when you support—not fight—them.

**WRITE DOWN YOUR CYCLE PHASES AND WHAT YOU
PLAN TO EAT DURING EACH PHASE**

MOTIVATION FOR THIS WEEK

"Your body is always working for you."

Week 7

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WINS FOR THE WEEK

Week 8

Reflect, Reset, Recommit

Focus: Celebrate progress, assess habits to keep, set up next challenge.

- Review progress: weight, measurements, mindset
- Reflect on what worked and what you want to keep
- Revisit your goals and set new ones
- Celebrate your wins (non-food reward!)
- Plan your next 30-day challenge or maintenance plan
- Share your journey (if comfortable) for accountability

This isn't the end—it's your launchpad for lifelong success.

PLAN YOUR NEXT 30 DAY CHALLENGE / MAINTENANCE PLAN

MOTIVATION FOR THIS WEEK

"You didn't come this far to only come this far."

Week 8

Daily Tracker

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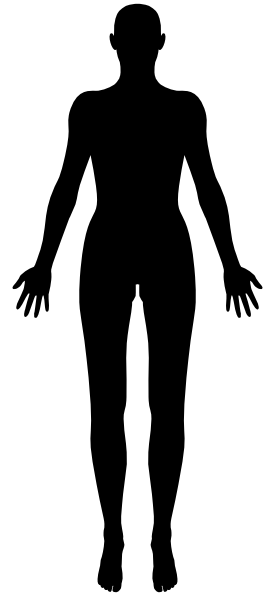
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WINS FOR THE WEEK

Progress Check-in

Date: _ _ _ _ _

Area	Week 4	Week 8
Weight (kg)		
Waist (cm)		
Hips (cm)		
Chest (cm)		
Thigh (cm)		
Arm (cm)		



Wins I've Noticed:

- ☐ Clothes fit better
- ☐ Improved mood
- ☐ More consistent habits
- ☐ Stronger or fitter
- ☐ Less bloating

1.What went well these 8 weeks?

2.What challenged me?

3.Mindset Check:

- ☐ I feel proud
- ☐ I feel stuck
- ☐ I am positive
- ☐ I need to give myself grace

30-Day Health & Fitness Bingo Challenge

"Check off as many squares as you can over 30 days.
Aim for at least one per day!"

Drink 2L water	Eat veggies in 3 meals	Walk 5 000 steps	Skip sugar	Do a workout
Try a new healthy recipe	Sleep 7+ hours	Log food for the day	Prep meals	Drink herbal tea
No snacking after 8pm	10min stretch	Fast for 24 hours	Have a sweet treat	15min walk
Mindful meal	Positive affirmation	Write a gratitude list	No caffience	Do a dance workout
Write in your journal	Rest day	Cold shower	Fruit only snack	30 squats

Final Wrap-up & Reflection

8 Weeks Later – Look How Far You’ve Come!

Final Weight: _____ kg

Total Lost: _____ kg

Centimeters Lost: _____ cm

My Non-Scale Victories

- ☐ I have more energy
- ☐ I trust myself around food
- ☐ I feel stronger and more in control
- ☐ I’m proud of my consistency
- ☐ I’ve built real habits
- ☐ I showed up even when I didn’t feel like it

Reflection Questions

The biggest lesson I learned during this journey:

One habit I’ll keep doing:

My proudest moment:

Advice I’d give to the “me” who started this planner:

LETTER TO MY FUTURE SELF

What's Next?

This journey isn't over—it's just evolving.

What is your next step?:

- ☐ Repeat this planner with new goals
- ☐ Focus on strength or fitness
- ☐ Join a group / challenge
- ☐ Maintain with balance and ease
- ☐ Other: _____

"Progress is what happens when you show up—even if you feel clueless.
You did that. You're not the same woman who started this planner.
Be proud. Keep going!"

MY NOTES

A series of horizontal dotted lines for writing notes.