

A decorative header featuring a light blue background with numerous small, multi-colored confetti sprinkles and several donuts with various toppings like pink frosting, white frosting, and colorful sprinkles.

# FIT FATTY

## Starter Pack

Be Bold. Be You. Get Fit.

### Introduction

I used to weigh 300 lbs. I hated myself, thought I was stuck, and believed I was a loser. Then something shifted: I realized that the way I thought about myself, food, and fitness was holding me back more than my body ever was.

Now I'm 180 lbs, stronger than ever, and more importantly, confident. I built this guide because I don't want you wasting years on diets, fads, and false starts. Fitness isn't about being perfect. It's about being consistent, bold, and unapologetically you.

## The 5 Fit Fatty Commandments

These are the non-negotiables. If you live by them, you can transform your body and mindset.

### 1. Calorie deficit is the foundation

You cannot out-train or out-supplement a bad diet. The only way fat comes off is by burning more than you eat.

### 2. Progress is more important than perfection

One bad meal doesn't ruin your week. One missed workout doesn't erase your progress. Forward momentum is what matters.

### 3. Mindset matters more than motivation

Motivation fades. Discipline and systems keep you going when you don't feel like it.

### 4. Strength matters more than the scale

The number on the scale matters less than how strong, capable, and confident you

become.

## 5. Be bold, not basic

Stop chasing what works for everyone else. Own your journey. Be bold enough to do things your way.

## Quick Start: Your First 3 Days

I'm not giving you a 12-week perfect plan. I'm giving you the first steps that actually work.

### Day 1: Track Your Food

- Download MyFitnessPal (or any tracker).
- Eat what you normally eat, just log it honestly.
- Awareness is step one.

### Day 2: Move Your Body

- Go for a 30-minute walk.
- If you already lift, hit a simple push/pull/legs workout.
- Don't overthink it. Consistency wins.

### Day 3: Reset Your Mindset

- Write down WHY you want to do this. Not "I want abs." What will it mean for your life?
- Pick one Fit Fatty Commandment to focus on this week.

## The Fit Fatty Formula for Meals

- Protein first: chicken, eggs, lean beef, fish, protein shakes.
- Fill with volume: veggies, fruit, potatoes, rice.
- Add flavor: don't eat like a robot. Use spices, sauces, seasonings.

Pro tip: I survived by making "boring basics" taste good. Don't chase 50 new recipes. Master 3 to 5 go-to meals and rotate.

## Final Words: Stop Waiting

You don't need to be perfect to start. You don't need to starve to lose weight. You don't need to be ripped to walk into the gym.

You just need to start, and keep starting every day.

Welcome to the Fit Fatty mindset. Be bold. Be you. Get fit.

## What to Do Next

- Follow me on TikTok [[@fit\\_fatty](#)]

- Pick one of the 5 Commandments and live it this week
- Share your journey and tag me so I can celebrate with you





# FIT FATTY

## The Fit Fatty Identity Shift Guide

**Be Bold. Be You. Get Fit.**

### Introduction: Why Identity > Goals

I used to say things like “I want to lose 50 pounds” or “I want to get in shape.” The problem? Goals sound good but they don’t change who you are.

Here’s the truth from Atomic Habits: you don’t rise to the level of your goals — you fall to the level of your systems.

I didn’t become 180 lbs and confident by chasing weight loss. I became that guy by changing my identity: I am someone who doesn’t miss workouts. I am someone who tracks what I eat. I am someone who respects myself enough to show up.

If you want lasting change, you need an identity shift.

## The 3 Laws of the Fit Fatty Identity Shift

### 1. Identity Over Outcome

Stop asking, “What do I want to achieve?”

Start asking, “Who do I want to become?”

Example: Don’t just want abs. Become the type of person who never skips training and fuels their body with purpose.

### 2. Systems Over Motivation

Motivation is a spark. Systems keep the fire burning.

- Make good habits obvious (put your gym clothes out before bed).

- Make bad habits invisible (don't keep junk food in the house).
- Make good habits easy (start with a 10-minute walk).
- Make bad habits hard (delete delivery apps).

### 3. Small Wins Compound

Atomic Habits is built on this truth: 1% better every day = massive transformation.

- Log your food today.
- Walk after dinner.
- Drink water before your first coffee.
- Do that for a year and you're unrecognizable.

## Quick Start: 3-Day Identity Reset

### Day 1: Choose Your New Identity

Write one sentence: "I am the type of person who \_\_\_\_."

Example: "I am the type of person who takes care of my body."

### Day 2: Install One Habit

Pick one action that proves it.

Example: Track dinner, or walk 15 minutes.

### Day 3: Shape Your Environment

Remove one thing that works against you (soda in the fridge, chips in the pantry).

### Day 3: Reset Your Mindset

- Write down WHY you want to do this. Not "I want abs." What will it mean for your life?
- Pick one Fit Fatty Commandment to focus on this week (Starter Pack).

## The Fit Fatty Habit Blueprint

- Stack it: Tie a habit to something you already do. (After I brush my teeth, I'll drink a glass of water.)
- Shrink it: Make the first step so small it's impossible to fail. (Put on your shoes. Walk 5 minutes.)
- Repeat it: Reps matter more than intensity. Action creates identity.

**Final Words: Stop Dreaming. Start Becoming.**

The old me dreamed about being fit but never acted like it. The new me built habits that matched the person I wanted to be. That's the shift.

Don't just want the outcome. Become the person who earns it.

## What to Do Next

- Follow me on TikTok [[@fit\\_fatty](#)]
- Write down your new identity today.
- Share it and tag me so I can hype you up.

