

**Free
Fat Loss
Guide**

**Don't make these
7 Fat Loss
mistakes**



Fat Loss E-book: 7 Fat Loss Mistakes you MUST STOP making!

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If you guys know me, watch any of our videos; read any of our content you know I am not about fluff. So, let me get right down to business here to help you start losing fat and stop wasting time on things that do not work.

7 Fat Loss Mistakes Correct Now...

Fat Loss Mistake #1 – You are not writing down what you are eating, and are not tracking your daily intake. You also have no idea of what your macros are each day.

Now I am not saying you need to write down every bite of every meal you eat everyday for the rest of your life, but if you have no idea of what is going on macro wise (protein-carbs-fats) how can you make changes to drop body fat?

The answer is you can't! It's like driving across America with no road signs or maps to follow, good luck. Writing down what you actually put into your mouth is a powerful tool, yet so often neglected by 90% of people striving to get lean.

Tracking your calories is not enough, knowing what proteins-carbs-fats are coming in is vital to true success for many people. It might take you 10 minutes a day to write everything down, but those 10 minutes can make all the difference in being successful or failing on this fat loss journey.

We have all our [nutrition coaching clients](#) track their food so they can see how much they are actually eating, we can also hold them accountable week after week doing this. All-important goals must be written down at some point – fat loss and food intake is no different. So get tracking today, it will make all the difference.

Fat Loss Mistake #2 – Focus on Progress not Perfection when starting.

Many people try and go from horrible eating to perfection in 1 day and trust me I am all for people being motivated. The problem is

many times these drastic changes in 1-day result in quick burnout and people falling back into poor habits.

Don't worry about 100% healthy eating on day 1; simply focus on being better this week than you were in previous weeks. Many people like the 80/20 or 90/10 rule meaning you eat well 80-90% of the time and the remaining 10-20% of the time you eat maybe foods that are not so healthy for you.

Eating one bad meal is not the end of the world, just because you had a slip up at lunch doesn't mean the whole day is lost. You can always turn things around 1 good meal at a time, every time you eat is another chance to make a good choice.

Ask yourself at the end of the day; is this day of eating better than I would have eaten say 6 months ago or even 3 months ago? If the answer is yes you are making progress and that's what we are after when starting; progress not perfection.

Fat Loss Mistake #3 – Don't just do cardio- get involved with some type of metabolic -HIIT training a few times a week.

Many people think they need to be doing hour and hours of cardio to get lean. While steady state cardio has its place in the world, it is NOT the be-all-end-all answer to fat loss and getting lean. Trust me when I say that I do far less traditional "cardio" than 99% of you reading this.

My advice – train with some passion, get after it, move your body dynamically challenge yourself both aerobically and anaerobically. Building lean muscle will help build your metabolism -as we say your muscle is your metabolism and cardio alone won't build that for you.

Go out and get involved in a metabolic training program like we offer our athletes here at [Jeremy Scott Fitness](#). If your goal is fat loss then start training and moving with a purpose. In terms of intensity think sprinting style as opposed to marathon running. You are an athlete at some level whether you realize it or not, you

just have to push yourself a little to find where your limits truly are in your training. It's ok to go out and sweat your ass for a few minutes a day.

Fat Loss Mistake #4 – Rome wasn't built in a day – your fat loss is really no different. It' takes time: Be Patient!

If it took you 15 years to build a body you are unhappy with to think you can erase all the damage in 15 days is unrealistic. Think of it in terms of a bank account – you are trying to save \$365 this year; the catch is you are only given \$1 a day to get there. So every day you have a great workout and eat within your goals you save \$1, on the flip side everyday you skip a workout, cheat on your eating plan you lose that \$1. My point is you must start stacking up one day on top of another, that is how you get there and it's a much longer journey than many people think.

The key is focusing on daily wins; just focus on doing your best daily and having the goal of losing 1-2lbs per week for most people is awesome. If you did that for an entire year that is 50-100lbs of fat lost...crazy right? Many of you don't even have 100lbs to lose, so think daily wins equal weekly wins – equal monthly wins- equal a winning year.

Remember this is a lifestyle not a diet and make each day count with little small improvements and victories.

Fat Loss Tip #5 – Find a community that supports you & learn to say no to old habits and friends.

Sometimes changing your surroundings and social circle makes all the difference in the world in our habits. If you find a community of successful, motivation people often times you become successful and motivated as well. On the flipside of that if you hangout out with lazy unmotivated people you can become one of those just as easy.

Ask yourself does my circle of people support my fat loss goals or are they holding me back? Based on that answer you might need to make a change for the better in life in terms of community.

You must also learn to say NO – saying no to old habits and no to your old lifestyle choices can be hard, incredibly hard at times trust me I know. I am not telling you to live in a cave, never go out and drink or have fun but there has to be a balance when it comes to this fat loss quest.

What we do some of the time is different from the things we do most of the time. Meaning planning a night out with the boys or an evening out with the ladies eating and drinking until the sun comes up is ok... in moderation.

But think about this if you said yes to eating and drinking whatever you wanted at every holiday party, birthday party, anniversary, sporting event, concert, vacation, work event, the list is really endless, my point at some of these events you must say NO and be the change you wish to see in yourself.

Be confident in your goals and your journey and respect yourself enough to set a higher standard in your life. You deserve to be happy, lean and healthy in your body!

Fat Loss Tip # 6 – Whatever you do please don't quit –keep going!

Success in fat loss or anything else in life is a slow hard process, but quitting won't speed it up that I can promise you.

Often times I hear people say, "I have tried everything" to get lean or in shape. The reality is they have probably tried 1-2 things at best they have tried 10 things... if Thomas Edison would have tried 10 times to make electricity work and just quit there where would we be today?

My point if you try 20 things and fail try 21 – all you have done is find 20 different ways that don't work for you, but eventually you

will find a lifestyle you enjoy and works for you to be happy, healthy and as lean as you want to be.

I am always trying, experimenting, and implementing new things and protocols to see how my body responds. It's a science for all of us, there is something out there that works for everyone enjoy the journey. It can be frustrating at times but just know each day is getting you one step closer to your goals.

Fat Loss Tip #7 – The most important of the 7 tips –this goes for fat loss and any other successful venture you get into – Believe in Yourself.

You must Make Success Mandatory in your Fat Loss Quest!

If you don't believe you can get into amazing shape, you won't. You must believe in your heart of hearts you can get into great amazing-mind-blowing physical shape, you must believe you are now a "healthy" person.

If you can see it in your mind before it happens you will be successful. You must see yourself training like a bad ass, see yourself eating the right way day after day, see yourself saying "no" to certain situations, see yourself in your ideal body, see yourself loving your body and loving your new life.

Having self-doubt and fear that you can't do something is a cancer you need to rid yourself of immediately. Once you sell yourself on the idea that you are going to reach your goals no matter the obstacle nothing, and I mean nothing can stop you.

Knowing that you control the outcome, you control the food you eat, you control your workouts; you control everything in your path- that puts you in the driver seat on the road to your fat loss success.

I hope you guys took away a few things from this guide; we work with our athletes a lot on the mental aspect of eating. If you can change your mental state on how you eat, think about food and approach each day fat loss can be as easy as breathing. It's just getting to that point that is the tough part.

Thank you guys again for taking the time to checkout these Fat Loss tips, if you are looking for more in-depth coaching and you dig my style please click below to checkout our nutrition-coaching program.

Learn about our Nutrition Coaching program by [Clicking HERE](#)

And if you want to really take your eating and mind to the next level pick up a copy our best selling book on Amazon –“Make Success Mandatory” [Click HERE](#) to get your copy today!

Until next time, eat well, train hard, be nice to people & make success mandatory in your life!

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