THE CUT 2026

Workbook

12 WEEK PROGRAM



Mindset & Results
Workbook

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Checklist

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Your pre-program checklist | Before we start

- Join our Facebook Group: facebook.com/groups/TheCut2026
- Read this workbook and your meal plan cover to cover.
- Record your starting measurements using the tracker provided.
- Take your “Before” photos and complete your Body Scan (if applicable).
- Print the Event & Training Schedule and put it somewhere visible.
- Book your training sessions and workshops — commit to showing up for YOU.
- Plan your Week 1 meals and write your grocery list.
- Schedule meal prep into your calendar — don’t leave it to chance.
- Print 12 copies of the Daily Tracker and place Week 1 on your fridge.

You are ready to Go Girl!

💡 **Pro Tip: Preparation is your superpower. The more organised you are now, the smoother the next 12 weeks will feel.**

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Let’s Get Set For Success

Your 7-step Transformation Blueprint

Each step is explored in detail in the following pages:

Step 1:
Stay Accountable

Step 2:
Prepare your environment

Step 3:
Remove the guesswork

Step 4:
Move your body more

Step 5:
Know your starting point

Step 6:
Define your destination

Step 7:
Anticipate roadblocks







Workbook Includes

Habit Tracker (12 Weeks — print & stick on your fridge)
SMART Goal Worksheets
Measurement Tracker

Step 1 : Accountability | You're not doing this alone

Accountability makes success more likely & that's why we've built it into every part of your challenge.

✅ Join the Facebook Group
facebook.com/groups/thecut2026
Share wins, ask questions, post recipes, and connect with others on the same journey.

✅ Your Personal Cheerleader
You'll receive text messages, tips and check-ins throughout the challenge from our coaching team our our challenge message system. You can ask any questions about the Challenge and we'll come back to yu with the answers.

💡Behaviour Tip

Let a friend or family member know you're doing this. Ask them to check in weekly
External accountability increases your chance of success by up to 65%.

Step 2 : Set Your Environment Up For Success

Your kitchen should make healthy choices the easy choice.
Here's how:

- **Clear Out Your Fridge & Pantry**

Ditch sauces, crackers, biscuits, chips, snack foods, and half-used sugary condiments.
Out of sight = out of mind.

- **Create Your Own Shelf**

Designate a pantry or fridge shelf that's just for you — your snacks, prepped meals, protein powders, etc.

- **Stock Up on Containers**

Having prepped meals ready to go saves time, money, and willpower.

💡Neuroscience Tip:

The human brain takes shortcuts. When junk food is visible, it becomes the default.
Keep your healthiest options visible and easy to grab.

Step 3 : Remove The Guesswork

Your Meal Plan booklet contains your full instructions for weighing, portions, training days and rest days. Follow the measurements closely by weighing with kitchen scales.

💡Real-World Example

Emma thought she was eating 'healthy' but it turns out her portions were too large. Once she started weighing her food, she began losing centimetres within the first week.



Step 4 : Make Movement Your Momentum

You don't need to train for hours. You just need to move consistently.

🚶‍♀️ Daily Movement Goal: Aim for 8,000+ steps per day (Phase 1 & 2)



👟 Challenge Tip: Track your steps using a smartwatch, phone, or pedometer. Invite a friend or family member to join the step challenge for extra accountability.

💪 Training Sessions:
Maximise results by increasing your class frequency or adding Personal Training (PT or Boxing).
Email:

- Group Training: Purchase #justonemore extra classes on app for $10
- PT: vanessa@punchlove.com.au



💡Behaviour Hack:

Schedule your workouts like appointments. Don't "try to fit it in." Commit in advance.

Step 5 : Measure What Matters

You can't manage what you don't measure. Tracking key metrics at the start helps you see progress beyond the scales.

📊 Start with a Body Composition Scan
Located at our Annangrove Studio. This scan measures:

- Body Fat %
- Muscle Mass
- Water levels
- Visceral fat
- Measurements (chest, waist, hips, etc.)

The benefit of a body composition scale is being able to track your true progress, not just scale weight! It also helps you select a specific goal that is important to you and allows you to accurately track your progress.

📸 Take Progress Photos
Wear fitted clothing and take photos from the front, side, and back. These are your "before" shots. You'll be proud to look back at your journey.

💡IMPORTANT : Book Your Starting Scan

Complete first scan before the challenge starts - finish the challenge with a second scan and see how your 12 weeks of commitment to your future self have improved body fat, muscle mass, visceral fat, measurements & hydration.



Step 6 : Define Your Destination

Know Where You're Headed

Goals give you direction. But clarity gives you purpose.

🎯 Use the SMART goal format in your Goal Worksheet.
Ask yourself:

- What would success look and feel like in 12 weeks?
- How will I know I've made progress?
- What actions will get me there?

💡Neuroscience Tip

Writing your goals by hand and reviewing them daily activates the brain's Reticular Activating System (RAS), increasing focus and motivation.







Step 7 : Plan For The Tough Days
Setup your safety net

You are guaranteed roadblocks - this is part of life. The key is planning ahead to reduce their impact.

Common Sabotages:

- Emotional eating
- Skipping workouts
- Night-time cravings
- "I've blown it" all-or-nothing mindset

Tools to Overcome:

Use the "If → Then" method on the following page

- If I feel like skipping a workout, then I'll do 10 minutes instead.
- If I crave sugar at night, then I'll have a tea and brush my teeth.

💡Karina's Words of Wisdom

Slipping isn't failure. Quitting is. You're human. Progress over perfection, always.

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Set Your Goals

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OUTCOME : Describe your Goal eg reduce bodyfat by 4 % within 12weeks. (SMART=Specific. Measureable. Achieveable. Realistic & Timebased)

_____
_____
_____
_____
_____

WHY this goal matters? Write 1–3 sentences about why this goal is important to you. Be honest. This is your anchor when things get hard.

_____
_____
_____
_____
_____

BEHAVIOURS : 3 Steps to take to achieve your goal:

_____
_____
_____
_____
_____
_____

IDENTITY:How are you going to feel in 12 weeks when you have achieved your goal?

_____
_____
_____
_____
_____

HOMEWORK:

- Keep your goal close to you. Write it & keep it next to the bed. Read them first thing in the morning and last thing before bed during EVERY day during this challenge. This will be KEY to your success.
- Find an image that represents your goal. Make it the cover screen of your phone.

Real-World Sabotage Scenarios & Solutions







Scenario 1: *Trigger*: "I had a stressful day. I just want chocolate and the couch."

Reframe:
"This is a craving for comfort, not fuel. I'll swap the habit, not the feeling."
Action:

- Have a ready to go a protein hot chocolate.
- Turn on a feel-good playlist.
- Do 10 squats before you sit. This will remind your brain what you're working for.

Scenario 2: "Everyone's eating pizza and drinking wine. I'll just start again Monday."

Reframe:
"One meal doesn't undo my progress unless I give up completely."
Action:

- Choose a protein-first option (e.g. top off with extra chicken and veg & scrape off cheesey toppings if needed).
- Say yes to connection, not to sabotage.
- Plan your next meal back on track. You're still in the game.

Scenario 3: "I missed my workout. Today's a write-off."

Reframe:
"Today's not over. One missed workout doesn't define me."
Action:

- Take a 10-minute walk before dinner.
- Stretch during your favourite show.
- Tick off meals, water, & mindset tasks- movement is only one part.

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Trouble-shooting

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Real Life Examples

Trigger: Too tired to work out → If this happens: want to skip training → Then do that: do 5–10 minutes of walking dog / stretching

Trigger :

→ If this happens:

→ Then I will:

Trigger :

→ If this happens:

→ Then I will:

Trigger :

→ If this happens:

→ Then I will:

Trigger :

→ If this happens:

→ Then I will:

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Water Matters

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Hydration | Your Hidden Fat Loss Weapon

Water does so much more than just quench thirst. It's essential for your metabolism, digestion, focus, and fat loss.

When you're dehydrated, you're more likely to:

- Feel tired and sluggish
- Mistake thirst for hunger
- Crave sugar or salty snacks
- Struggle with digestion and bloating
- Hold onto excess water weight

💡 Real Talk

If you're doing the workouts and following your meal plan but not seeing results - check your water intake. It makes a bigger difference than you think.

💡Pro Tips

- Start with 500 ml first thing in the morning — your brain and gut need it to "wake up".
- Carry a 1L bottle and aim to refill it 2 times.
- Set hourly reminders on your phone if you forget.
- Flavour with lemon, mint or herbal teas if you struggle with plain water.
- Hot day or training? Add an extra 250–500 ml per cup/session.

Common Hydration Myths Busted:

- "I'll be in the bathroom all day."
- → This settles after a few days as your body adjusts.
- "I don't feel thirsty, so I'm fine."
- → Thirst is a late signal. By the time you feel it, you're already dehydrated.

💡 Challenge Tip

Track your water just like your meals. Mark on your daily tracker or use a water app to help build consistency.

💡Did You Know?

Performance is affected by the slightest drop in hydration:
Just a small 2% decrease can significantly impair performance and the way you feel.

Your Brain and Heart are Highly Hydrated:
Your brain and heart are composed of about 73% water. This highlights the importance of hydration for cognitive functions and cardiovascular health.







Water Loss Through Breathing:
Did you know that you lose water just by breathing? When you exhale, you expel water vapor.

When you give a wilted plant a big drink of water – it springs back to life. Human bodies are just the same. Even one glass of water when you are feeling fatigued or have brain fog and it can perk up your system almost immediately.

How Much Water Should I Drink?

Quick Rule: Drink at least 8 cups / 2 litres each day.

💧 Water Tips

- Fill up a 2 litre water bottle
- drink 2 glasses of water while preparing each meal (there are 4 meals a day = 8 water in total)
- Try protein water in your water bottle. This ensures you keep your water and protein levels a focus for your day. Macro Mikes and Tropeaka or Muscle Nation (woolies)

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Measurement Tracker

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Name _____ Date _____

Measurement Tracker In CM

	Week1	Week 4	Week 8	Week 12
Chest - mid bra line				
Chest - under bra				
Hi Waist - 4cm above B/B				
Waist - Belly Button				
Low Waist - 4cm below B/B				
Hip - 8 cm from BB				
Thigh - in line with wrist				
			Total	

12 Week Bodyweight Tracker

Week 1	
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	

Week 7	
Week 8	
Week 9	
Week 10	
Week 11	
Week 12	

Total CM Lost: _____

Total KG Lost: _____

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Daily Tracker

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FOOD: Follow The Cut Program for 12 weeks. Tick each day.
WATER: Use formula to calculate daily water. Write daily amount.
ACTIVITY TARGET: 8,000 steps + Boxing, Strength, PT or any other 45min programmed exercise. Add each days activity and steps

MONDAY

FOOD	ACTIVITY	WATER
☐		 2 litres

TUESDAY

FOOD	ACTIVITY	WATER
☐		 2 litres

WEDNESDAY

FOOD	ACTIVITY	WATER
☐		 2 litres

THURSDAY

FOOD	ACTIVITY	WATER
☐		 2 litres

FRIDAY

FOOD	ACTIVITY	WATER
☐		 2 litres

SATURDAY

FOOD	ACTIVITY	WATER
☐		 2 litres

SUNDAY

FOOD	ACTIVITY	WATER
☐		 2 litres



To get the absolute best results and make the most of the next 12 weeks, sticking to the plan is key.

Remember, we're always here to support you—just a message away. But we're not mind readers (we're working on it, though!). If you need anything, don't hesitate to reach out. Whether it's a quick text, email, call with Bec, or a shout-out in our Facebook group, we've got your back.

Listen to your body, trust the process, and take each day at a time.

We're excited to be part of your journey and can't wait to see you thrive in the training room and in life.

Committed to Your Success,

Karina & Nik

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