

UZMI WELLNESS

7-Day Weight-Loss Reality Check

Find the habits keeping your progress stuck - without starvation, guilt or another extreme diet.



A practical self-check using everyday Indian foods and realistic habits

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START HERE

This Week Is About Clarity, Not Perfection

A quiet scale does not automatically mean your effort has failed. Water, digestion, sleep, stress, menstrual-cycle changes, new exercise and inconsistent portions can all affect the number you see. This workbook helps you observe the full pattern before you make another aggressive change.

The one rule for this week

Record what actually happens. Do not try to create seven perfect days just because you are tracking them. Honest information is more useful than a flawless-looking diary.

Before you begin

- ☐ I will use the same scale under similar conditions.
- ☐ I will not skip meals to make the numbers look better.
- ☐ I will include drinks, oil, sauces, tastes and small snacks.
- ☐ I will notice hunger, energy, sleep and stress alongside weight.
- ☐ I will not stop prescribed medicine or self-diagnose.

My starting point

Date	Weight, optional	Waist, optional

What I most want to understand this week

DAY 1

Replace One Number With a Weekly Pattern

Today's focus: Consistent measurement and realistic expectations

Weigh once under your chosen conditions. Then move on with your day. The purpose is to collect one useful data point, not to let the scale decide your mood.

Remember

A salty meal, constipation, travel, menstrual-cycle changes or a demanding workout can change water weight. One reading cannot tell you how much body fat changed.

Today's check

- ☐ I weighed at my planned time, or intentionally chose not to weigh.
- ☐ I noted waist fit, energy or strength as another progress marker.
- ☐ I avoided repeated weighing during the day.

My observation

One expectation I can make more realistic

DAY 2

Find the Invisible Extras

Today's focus: Drinks, cooking fats, snacks and unplanned bites

Write or photograph everything you eat and drink today. Include sugar in tea, oil used in cooking, biscuits, namkeen, sauces, creamy drinks, tastes while cooking and leftovers. No item needs a moral label.

Quick audit

Time	Food or drink	Hungry, habitual or social?

The easiest extra for me to adjust

DAY 3

Build a Plate That Satisfies

Today's focus: Protein, produce and a sensible carbohydrate portion

A very light meal can create strong hunger later. At one main meal today, build a plate with plenty of vegetables, a clear protein source and a suitable portion of rice, roti or another grain.

Indian meal ideas

Dal, sabzi, curd and rice; paneer bhurji with roti and salad; rajma with rice and vegetables; eggs with vegetable poha; or fish, chicken or tofu with vegetables and roti.

My balanced meal

- ☐ Vegetables or fruit were present.
- ☐ I could clearly identify the protein source.
- ☐ The carbohydrate portion suited my hunger and activity.
- ☐ I ate seated and without repeatedly returning for food.

How hungry was I before the meal? 0 1 2 3 4 5 6 7 8 9 10

How satisfied was I 20 minutes later? 0 1 2 3 4 5 6 7 8 9 10

What I would repeat or change

DAY 4

Anchor Each Main Meal With Protein

Today's focus: Fullness, nutrition and lean-tissue support

Choose a suitable protein source at each main meal. Options may include dal, beans, curd, paneer, tofu, eggs, fish or chicken. Your needs vary, so this is a pattern check rather than a gram target.

Meal	My protein source	Did the meal keep me satisfied?
Breakfast		
Lunch		
Dinner		

What I noticed about afternoon or evening hunger

Keep it practical

The best protein choice is one that fits your culture, budget, preferences, health needs and kitchen routine. You do not need a supplement to complete this exercise.

DAY 5

Measure the Easy-to-Miss Items

Today's focus: Oil, sugar, nuts, spreads and caloric drinks

Today, measure or clearly portion the foods that are easy to pour, spread or eat directly from a packet. The goal is not to fear them. It is to turn an unknown amount into a visible choice.

Items I checked

- ☐ Cooking oil or ghee
- ☐ Sugar, syrup, cream or milk added to drinks
- ☐ Nuts, seeds, peanut butter or cheese
- ☐ Namkeen, biscuits or packaged snacks
- ☐ Juice, soft drinks, shakes or alcohol

The item that surprised me most

My realistic adjustment

I can keep the food and change the portion. Sustainable choices do not require an all-or-nothing rule.

DAY 6

Move Beyond the Workout

Today's focus: Everyday movement, walking and safe strength activity

A formal workout is useful, but the rest of the day matters too. Add small movement opportunities without using exercise as punishment for eating.

Choose what is safe and realistic today

- ☐ Take a relaxed 10-minute walk after one or two meals.
- ☐ Walk during a phone call.
- ☐ Stand and move briefly during long sitting periods.
- ☐ Use stairs when practical and safe.
- ☐ Complete planned strength activity if it suits my ability.

My movement plan

When	What I will do	Minutes

How movement affected my energy or appetite

DAY 7

Protect Sleep and Plan the Weekend

Today's focus: Recovery, evening hunger and consistency

Sleep is not a magic fat burner, but tiredness can make appetite, planning, recovery and movement harder. A completely unstructured weekend can also erase the pattern you created during the week.

Tonight's sleep plan

- [] My target bedtime is: _____
- [] I will keep late caffeine earlier than: _____
- [] My screen-free wind-down starts at: _____
- [] My easy evening meal or snack option is: _____

My two weekend anchors

1. A meal habit I will keep

2. A movement or sleep habit I will keep

The indulgence or social meal I genuinely want to enjoy

A useful mindset

One enjoyable meal is an event. It does not need to become a three-day restart. Return to your usual routine at the next meal.

WEEKLY REVIEW

Turn Seven Days of Information Into Two Changes

Do not try to correct everything at once. Select the two changes that are most likely to improve consistency without making your life smaller.

What I learned

The time or situation when hunger was hardest

The extra food or drink I had not been noticing

The meal that kept me satisfied longest

The habit that felt easiest to repeat

My next seven days

Change 1	When and how I will do it
Change 2	

If your weight changes unexpectedly, or you have irregular periods, persistent fatigue, constipation, feeling unusually cold, excessive thirst, swelling, loud snoring with daytime sleepiness or other new symptoms, seek qualified medical advice. Do not stop prescribed medicines without speaking with your doctor.

YOUR NEXT STEP

A Clear Plan Beats a Harsh Plan

You do not need to punish your body to make progress. You need a plan that respects your health, food preferences, schedule, culture and real life.

Need personalised support?

Uzmi Wellness can help you understand what is keeping your progress stuck and build a practical routine around your needs. Book a consultation or use Ask on WhatsApp through uzmiwellness.com.

Evidence base

ICMR-National Institute of Nutrition. Dietary Guidelines for Indians. 2024.

Centers for Disease Control and Prevention. Steps for Losing Weight.

National Institute of Diabetes and Digestive and Kidney Diseases. Treatment for Overweight and Obesity.

World Health Organization. Physical Activity.

Important notice

This workbook provides general education for adults. It is not a diagnosis, medical treatment or individual diet prescription. Consult a qualified healthcare professional before major dietary or exercise changes if you are pregnant, breastfeeding, under 18, have a medical condition, take regular medicines or have a history of an eating disorder.

UZMI WELLNESS

Practical nutrition. Sustainable habits. Personalised support.