FICTIONAL PROFILE / INTERNAL MOCKUP

My personal plan

Full plan / $24 USD

Fat loss | Gym | 90 days

Mockup using fictional data. Illustrations and technique descriptions have been checked against sources. The team checks calculations and menu practicality before release to clients.

Starting calorie intake	Protein	Fat	Carbohydrates
2170 kcal	139 g	60 g	269 g

How to Use

Calories, protein, fat, and carbohydrates are initial estimates based on the questionnaire. The package duration does not mean calories will remain unchanged or that results are guaranteed throughout that period.

Start at your stage, maintain control of the movement, and keep the specified repetitions in reserve. The week number alone does not authorize an increase in load.

Red shows the primary muscle emphasis, and orange shows the secondary emphasis. Color does not measure load or guarantee a particular sensation.

Exercise and substitution cards

Leg press

Dumbbell goblet squat (substitution)

Glute bridge

Machine chest press

Dumbbell bench press (substitution)

Seated cable row

Bench-Supported One-Arm Dumbbell Row (substitution)

Dead bug

The substitute is selected based on the movement and available equipment. The working weight does not transfer automatically. If the variation is unfamiliar, learn the technique first.

Explanations for your plan

Your starting point

Your fictional beginner plan starts gently, helping you practise gym movements and build consistency while working toward fat loss.

Nutrition

Your calorie target is a starting estimate for fat loss and may need review. Protein supports muscle, while fats and carbohydrates contribute energy. Your full package includes example menus, rather than a unique menu for every day.

Workout

Start with supported gym movements. Use listed alternatives only with the required equipment; learn unfamiliar movements and choose their loads separately. Calendar stages do not automatically permit increases: progress depends on successful sessions and control. Stop for pain, worsening symptoms, or lost control, and establish the cause. Allow more rest when needed.

Next steps

Record completed sessions, actual food intake, portion and exercise comfort, recovery, and wellbeing. Your full package includes a correction: submit the check-in within the guide’s window with observations across several days. Say if you do not track weight. Progress may justify keeping the plan unchanged. You can also send a collected round of questions within the stated window; daily support is not included.

What to Consider

This is a synthetic example and is not cleared for sale.

Menu calculations cover energy and macros, without establishing complete nutrient adequacy.

Direct and indirect muscle work differ. The bridge emphasises glutes; dedicated knee flexion for hamstrings is absent.

The explanations were prepared by AI from the calculated plan. Numerical tables are generated by the calculator; this internal draft still requires team review.

Schedule and gradual start

Days: Monday, Wednesday, Saturday

The calendar is relative: Monday is day 1. Actual dates will be linked to the chosen start date. The final week is limited to the package period.

In this example, perform the main exercises in card order at each session. Use a substitution card in place of the corresponding exercise, rather than adding it.

Week	Stage	Volume guideline	Sessions
1	Getting started	1 sets	3
2	Getting started	1 sets	3
3	Consistency	2 sets	3
4	Consistency	2 sets	3
5	Progression	2 sets	3
6	Progression	2 sets	3
7	Progression	2 sets	3
8	Progression	2 sets	3
9	Progression	2 sets	3
10	Progression	2 sets	3
11	Progression	2 sets	3
12	Progression	2 sets	3
13	Progression	2 sets	3

How to Increase the Load

Progression to the next stage is conditional. When you complete two consecutive sessions at the upper end of the repetition range with the required repetitions in reserve and control, choose the smallest available increase up to 5%. If the increment is larger or technique deteriorates, do not automatically increase the weight.

Do not try to push through new or worsening pain by adding weight or changing the illustration. Stop the movement and investigate the cause with an appropriate specialist.

Session-by-session program

The current starting phase is shown below. Volume may stay the same or change according to the table after performance and recovery are assessed. The exercise list does not necessarily need to change. Perform the alternative instead of the main exercise.

Before working sets: approximately 5 minutes of manageable warm-up activity and movement practice with lighter resistance. This is an initial time guideline: do not rush or tire yourself out before the main work.

Full Body / Monday, Wednesday, Saturday

Exercise	Sets × reps	Reps in reserve / rest
Leg press	1 × 8-12	~4 reps / 90 s
Glute bridge	1 × 8-12	~4 reps / 90 s
Machine chest press	1 × 8-12	~4 reps / 90 s
Seated cable row	1 × 8-12	~4 reps / 90 s
Dead bug	1 × 5-8 / side	~4 reps / 90 s

Supported movements take priority initially. Confirmed preferences may change the selection; excluded exercises are not reintroduced as substitutions. Progress does not require switching to a harder exercise.

Reps in reserve are an approximate guide. Stop the set before losing control; do not test your maximum or continue through pain. If recovery requires a longer rest, do not rush to keep up with the timer.

Muscle groups / first week

Planned sets are shown, not a measurement of muscle activation. Indirect involvement is not added to direct sets as an equivalent load.

Group	Main focus	Accessory work
Front of the thigh	3	0
Glutes	6	0
Hamstrings	0	6
Chest	3	0
Lats	3	0
Mid-back	3	0
Front delts	0	3
Rear delts	0	3
Biceps	0	3
Triceps	0	3
Torso / Control	3	3
Hip adductors	0	3

Direct and indirect sets are shown separately, without assuming they are equivalent. The bridge emphasizes the glutes; this catalog does not yet include a separate knee-flexion exercise for targeted hamstring development.

During a gradual start, volume may be lower to help you learn; in a regular plan, it may stay the same. Use your schedule as a guide. The numbers in this table do not promise maximum growth for each individual muscle.

Nutrition Using Familiar Foods

These are three example days matched to the starting calorie and macronutrient targets, rather than a menu for each of the 90 days. Micronutrients, fiber, and the adequacy of the long-term diet have not yet been checked.

The products are listed in Ukrainian retail chain catalogs. Availability and price depend on the store; check the specific package.

Products used for calculations: Silpo, NOVUS, and manufacturer data from Veres. Imported products are also suitable if sold in Ukraine. Catalog verification date: 03.11.2026.

The basket cost has not yet been verified: an exact or budget-conscious plan requires separate product selection. Package sizes in the list help with shopping but are not a cost estimate.

How to Weigh

Grains, pasta, and lentils are weighed dry. Chicken and fish are weighed raw and trimmed. Bananas are weighed without the peel, and eggs without the shell. The sauce is included for the beans in this menu. The weighing state is specified beside each portion.

Weight changes after cooking because of water. Do not use 100 g cooked in a calculation for 100 g dry. If cooking several portions together, divide the finished dish proportionally based on its weighed yield.

Time in the Kitchen

The limit applies to active preparation time; cooking and waiting times are listed separately. Times are recipe estimates; thawing in advance and grocery delivery are not included.

Numbers and Substitutions

Portions are rounded to 5 g, and totals are checked after rounding: energy within ±5%, each macronutrient within ±10% of the starting target. These are our prototype's tolerances, not a measure of label accuracy or a treatment rule.

The calorie value comes from the product listing. It may not equal exactly 4 × protein + 9 × fat + 4 × carbohydrates. We retain the source value and do not fill in missing data.

When clarification is needed

A different brand, an allergy, an intolerance, or unfamiliar ingredients require checking. The listed substitutions apply one at a time; multiple simultaneous substitutions must be recalculated together.

Menu / day 1

2174 kcal | P 139.1 g | F 60.4 g | C 269.2 g

Active preparation: approximately 25 min. Total recipe time including boiling: about 65 min, excluding advance thawing.

1. Oatmeal, cottage cheese, and banana

Product	State when weighed	Portion
Dobrodiia No. 1 rolled oats	dry flakes	40 g
ProstoNashe cottage cheese, 5% fat	prepared product	220 g
Banana	flesh without skin	110 g

528 kcal | P 43.2 g | F 13.8 g | C 55.7 g

2. Chicken with rice and vegetables

Product	State when weighed	Portion
Premiya long-grain rice	dry grain	95 g
Skinless Chicken Breast Fillet	raw trimmed fillet	215 g
Carrot	raw peeled edible portion	120 g
Long cucumber	raw edible portion	150 g
Oliviya refined sunflower oil	oil, weighed in grams	20 g

803 kcal | P 55.8 g | F 26.9 g | C 84.6 g

3. Beans, bread, and vegetables

Product	State when weighed	Portion
Veres Nizhna beans	product with sauce, do not drain	240 g
Silpo Wholemeal Bread	ready-to-eat bread	135 g
Red cherry tomato	raw edible portion	115 g
Long cucumber	raw edible portion	150 g
Oliviya refined sunflower oil	oil, weighed in grams	15 g

843 kcal | P 40.2 g | F 19.6 g | C 128.9 g

See the preparation instructions after the three sample menus. Water adds no calories, protein, fat, or carbohydrates; oil is already included, while other sauces must be added to the calculation.

Menu / day 2

2158 kcal | P 138.6 g | F 59.9 g | C 269.2 g

Active preparation: approximately 25 min. Total recipe time including boiling: about 50 min, excluding advance thawing.

1. Toast with cottage cheese and an apple

Product	State when weighed	Portion
Silpo Wholemeal Bread	ready-to-eat bread	60 g
ProstoNashe cottage cheese, 5% fat	prepared product	205 g
Good for Life Golden Apple	edible portion without core	255 g

488 kcal | P 40.3 g | F 12.1 g | C 54.8 g

2. Chicken with buckwheat and vegetables

Product	State when weighed	Portion
Khutorok buckwheat	dry grain	105 g
Skinless Chicken Breast Fillet	raw trimmed fillet	195 g
Carrot	raw peeled edible portion	100 g
Long cucumber	raw edible portion	150 g
Oliviya refined sunflower oil	oil, weighed in grams	20 g

820 kcal | P 57.8 g | F 28.2 g | C 83.9 g

3. Beans, bread, and vegetables

Product	State when weighed	Portion
Veres Nizhna beans	product with sauce, do not drain	240 g
Silpo Wholemeal Bread	ready-to-eat bread	140 g
Red cherry tomato	raw edible portion	100 g
Long cucumber	raw edible portion	150 g
Oliviya refined sunflower oil	oil, weighed in grams	15 g

851 kcal | P 40.5 g | F 19.7 g | C 130.5 g

See the preparation instructions after the three sample menus. Water adds no calories, protein, fat, or carbohydrates; oil is already included, while other sauces must be added to the calculation.

Menu / day 3

2204 kcal | P 138.4 g | F 62.1 g | C 268.6 g

Active preparation: approximately 25 min. Total recipe time including boiling: about 65 min, excluding advance thawing.

1. Oatmeal with yogurt and banana

Product	State when weighed	Portion
Dobrodiia No. 1 rolled oats	dry flakes	95 g
Farm Fresh plain yogurt 2%	prepared product	300 g
ProstoNashe cottage cheese, 5% fat	prepared product	135 g
Banana	flesh without skin	165 g

836 kcal | P 45.7 g | F 19.1 g | C 115.1 g

2. Hake with Pasta and Vegetables

Product	State when weighed	Portion
La Pasta Per Primi pasta	dry pasta	110 g
Fresh-Frozen Hake, Unglazed Fillet	thawed raw fillet without ice glaze	290 g
Carrot	raw peeled edible portion	150 g
Long cucumber	raw edible portion	100 g
Oliviya refined sunflower oil	oil, weighed in grams	20 g

827 kcal | P 51.7 g | F 27.3 g | C 94.6 g

3. Bread with Cheese and Vegetable Salad

Product	State when weighed	Portion
ProstoNashe cottage cheese, 5% fat	prepared product	175 g
Silpo Wholemeal Bread	ready-to-eat bread	110 g
Red cherry tomato	raw edible portion	150 g
Long cucumber	raw edible portion	100 g
Oliviya refined sunflower oil	oil, weighed in grams	5 g

541 kcal | P 40.9 g | F 15.7 g | C 59.0 g

See the preparation instructions after the three sample menus. Water adds no calories, protein, fat, or carbohydrates; oil is already included, while other sauces must be added to the calculation.

How to Prepare

Oatmeal, cottage cheese, and banana

Weigh the dry flakes and cook them in water according to the package instructions. Serve the cottage cheese separately or add it to the porridge after cooling. Weigh the banana without the peel.

Chicken with rice and vegetables

Weigh the grains or pasta dry and cook in water according to the package instructions. Wash the vegetables, peel if needed, and weigh the edible portion. Weigh the chicken raw and skinless. Cut it up and cook in a pan until done; the internal temperature must reach 74 °C. All oil for cooking and dressing is already included in the portion. Water adds no calories or macronutrients; additional sauces and oil must be tracked separately.

Beans, bread, and vegetables

Weigh the beans together with the sauce; the sauce is not drained for this calculation. Chop the vegetables and add the specified oil. Serve with bread; the beans can be eaten as ready to eat according to the label or heated.

Toast with cottage cheese and an apple

Spread the cheese on the bread or serve it separately. Toasting the bread is optional. Wash the apple, remove the core, and weigh the edible portion.

Chicken with buckwheat and vegetables

Weigh the grains or pasta dry and cook in water according to the package instructions. Wash the vegetables, peel if needed, and weigh the edible portion. Weigh the chicken raw and skinless. Cut it up and cook in a pan until done; the internal temperature must reach 74 °C. All oil for cooking and dressing is already included in the portion. Water adds no calories or macronutrients; additional sauces and oil must be tracked separately.

Oatmeal with yogurt and banana

Cook the weighed dry flakes in water according to the package instructions. After cooling, add the yogurt, cottage cheese, and sliced peeled banana.

Hake with Pasta and Vegetables

Weigh the grains or pasta dry and cook in water according to the package instructions. Wash the vegetables, peel if needed, and weigh the edible portion. Thaw the fish in the refrigerator beforehand. Weigh the fillet without ice and cook to an internal temperature of 63 °C. All oil for cooking and dressing is already included in the portion. Water adds no calories or macronutrients; additional sauces and oil must be tracked separately.

Bread with Cheese and Vegetable Salad

Serve the cottage cheese with bread. Chop the washed vegetables and add the specified portion of oil. This specific bread contains a milk ingredient; another brand may have different ingredients, calories, and macronutrients.

Doneness guidelines: FoodSafety.gov, safe temperatures.

Substitutions with recalculated totals

Each option below has been checked separately from the others. The total for the entire day is shown after the substitution. Preparation and available time need to be agreed on before use; this is not yet an automatic substitution.

Day 1

Premiya long-grain rice, 95 g → La Pasta Per Primi pasta, 100 g. Substitution status: dry pasta.

Daily total: 2210 kcal | P 145.5 g | F 61.0 g | C 270.4 g

Day 2

Khutorok buckwheat, 105 g → Premiya long-grain rice, 95 g. Substitution status: dry grain.

Daily total: 2111 kcal | P 132.0 g | F 58.1 g | C 268.1 g

Day 3

La Pasta Per Primi pasta, 110 g → Premiya long-grain rice, 105 g. Substitution status: dry grain.

Daily total: 2166 kcal | P 131.4 g | F 61.4 g | C 267.7 g

Fresh-Frozen Hake, Unglazed Fillet, 290 g → Skinless Chicken Breast Fillet, 160 g. Substitution status: raw trimmed fillet.

Daily total: 2194 kcal | P 138.1 g | F 61.0 g | C 268.6 g

Another product in the same category

Compare calories, protein, fat, and carbohydrates per 100 g, fat content, and the state of the food. Substituting the same number of grams of another brand is not considered exact. For beans, separately check whether the label refers to the product with sauce or after draining.

Shopping for these three days

The list covers the main menus only; alternatives are not included. Package counts are rounded up for the specific package size. Leftovers can be used later according to the storage instructions on the package.

Product and source of calorie and macronutrient data	Required	Package Size / Purchase
Good for Life Golden Apple	255 g	Sold by weight, or check the package
Banana	275 g	Sold by weight, or check the package
Veres Nizhna beans	480 g	400 g / 2 packs
Silpo Wholemeal Bread	445 g	500 g / 1 packs
Khutorok buckwheat	105 g	800 g / 1 packs
Carrot	370 g	Sold by weight, or check the package
Skinless Chicken Breast Fillet	410 g	Sold by weight, or check the package
ProstoNashe cottage cheese, 5% fat	735 g	305 g / 3 packs
Long cucumber	800 g	Sold by weight, or check the package
Fresh-Frozen Hake, Unglazed Fillet	290 g	Sold by weight, or check the package
Dobrodiia No. 1 rolled oats	135 g	400 g / 1 packs
La Pasta Per Primi pasta	110 g	400 g / 1 packs
Premiya long-grain rice	95 g	1000 g / 1 packs
Oliviya refined sunflower oil	95 g	Sold by weight, or check the package
Red cherry tomato	365 g	Sold by weight, or check the package
Farm Fresh plain yogurt 2%	300 g	870 g / 1 packs

The listed weight refers to the edible portion or the dry product. Allow extra for trimming and preparation when buying unpeeled vegetables, fruit, eggs, and frozen fish; no universal percentage applies. Oil is counted in grams; do not convert a bottle's volume in ml to grams without density data.

Follow-up after starting

Record what you actually complete, not just the planned volume. If you have not mastered a stage, maintain the previous volume instead of increasing it automatically.

Brief log / first four weeks

Period	Sessions / training load	Nutrition, Recovery, Questions
Week 1	_____	_____
Week 2	_____	_____
Week 3	_____	_____
Week 4	_____	_____

Repeat this form for the following weeks. The final period ends on day 90.

Full package adjustment

The package includes one adjustment. You can submit the follow-up questionnaire from day 14 after receiving the initial PDF until the end of 90 days after receiving it.

Observations covering at least 7 days are required: completed sessions, actual food intake, how manageable the exercises and portions are, recovery, and changes in how you feel. If you do not track your weight, state this; a single weigh-in does not establish progress.

A response or updated PDF will be provided within 48 calendar hours after receipt of the completed check-in questionnaire. If progress is sufficient, we may reasonably leave the plan unchanged. We first clarify incomplete questionnaires; new symptoms or limitations are reviewed separately before recommendations are changed.

One consolidated round of questions may be submitted within 7 days of receiving the guide; a response will be provided within 48 calendar hours. Daily support is not included. Corrections of our errors are free in both packages and do not use up the scheduled adjustment.

Check before release to clients

The team checks the specific questionnaire, portions, and selected exercise program. Internal checks of illustrations against sources do not assess the client's personal exercise technique.

EXERCISE CARD

Leg press



1. Knees bent	2. Platform moved away

Main muscles: Quadriceps, Gluteal muscles

Secondary: Hamstrings, Hip adductor muscles

Starting guideline: 1 sets x 8-12 reps; about 4 reps in reserve; rest 90 s.

Instructions

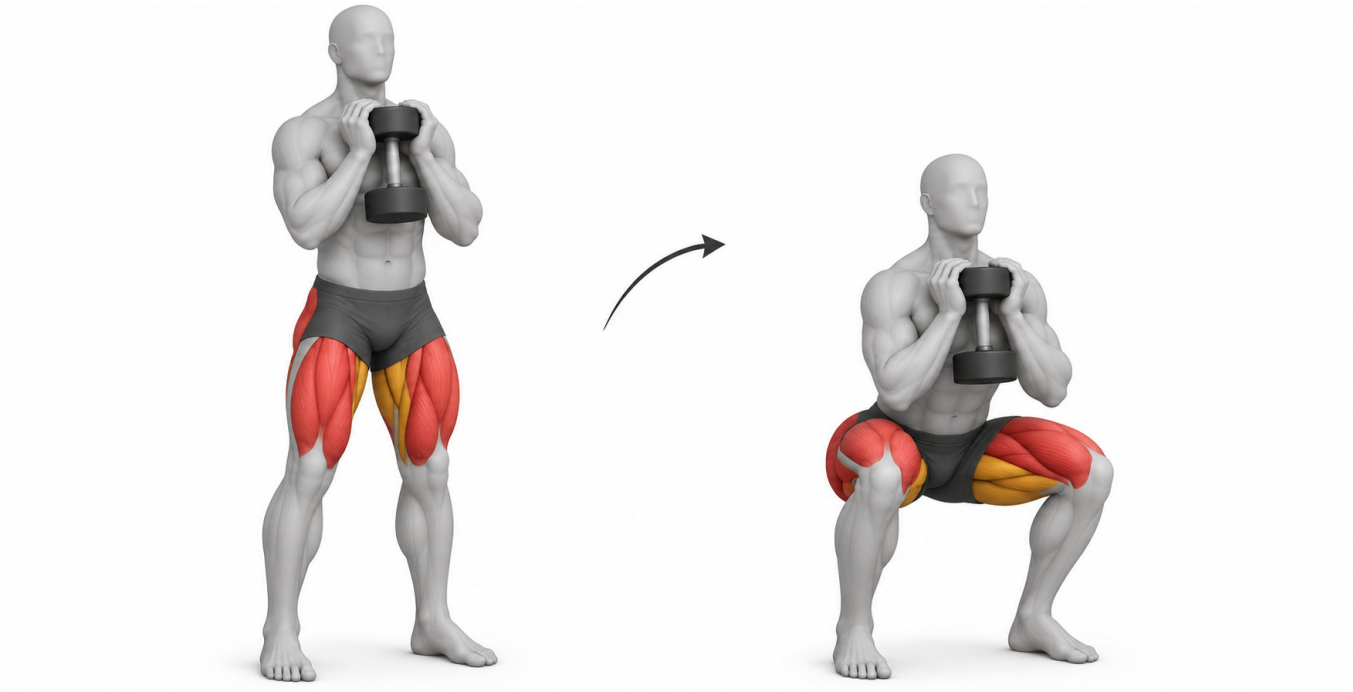
1. Adjust the seat and keep your back and pelvis against the support.
2. Place your feet on the platform; keep your knees tracking in the direction of your feet.
3. Push the platform away with control, without abruptly locking your knees.

Movement reference: NASM

ALTERNATIVE EXERCISE

Dumbbell goblet squat

Instead of: Leg press



1. Standing with a dumbbell	2. Controlled squat

Main muscles: Quadriceps, Gluteal muscles

Secondary: Hip adductor muscles, Core stabilizing muscles

Starting guideline: 1 sets x 8-12 reps; about 4 reps in reserve; rest 90 s.

Instructions

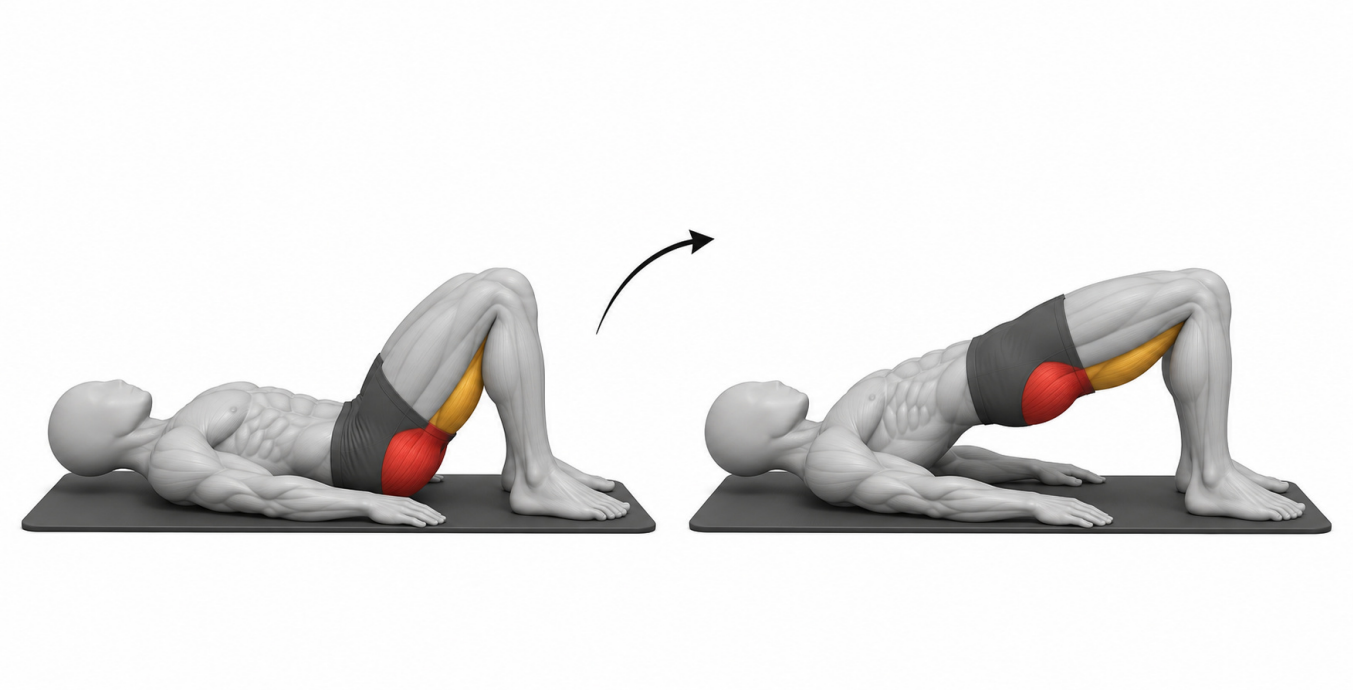
1. Hold one dumbbell at your chest, with your feet firmly on the floor.
2. Lower yourself to a depth you can manage while controlling your knees and torso.
3. Return to standing without jerking; keep the dumbbell near your chest.

A substitute with the same direction of movement. Select the load separately; the range of motion and technique may differ. If the movement is unfamiliar, learn it first.

Movement reference: NASM

EXERCISE CARD

Glute bridge



1. Hips on the floor	2. Hips raised

Main muscles: Gluteus maximus muscles

Secondary: Hamstrings

Starting guideline: 1 sets x 8-12 reps; about 4 reps in reserve; rest 90 s.

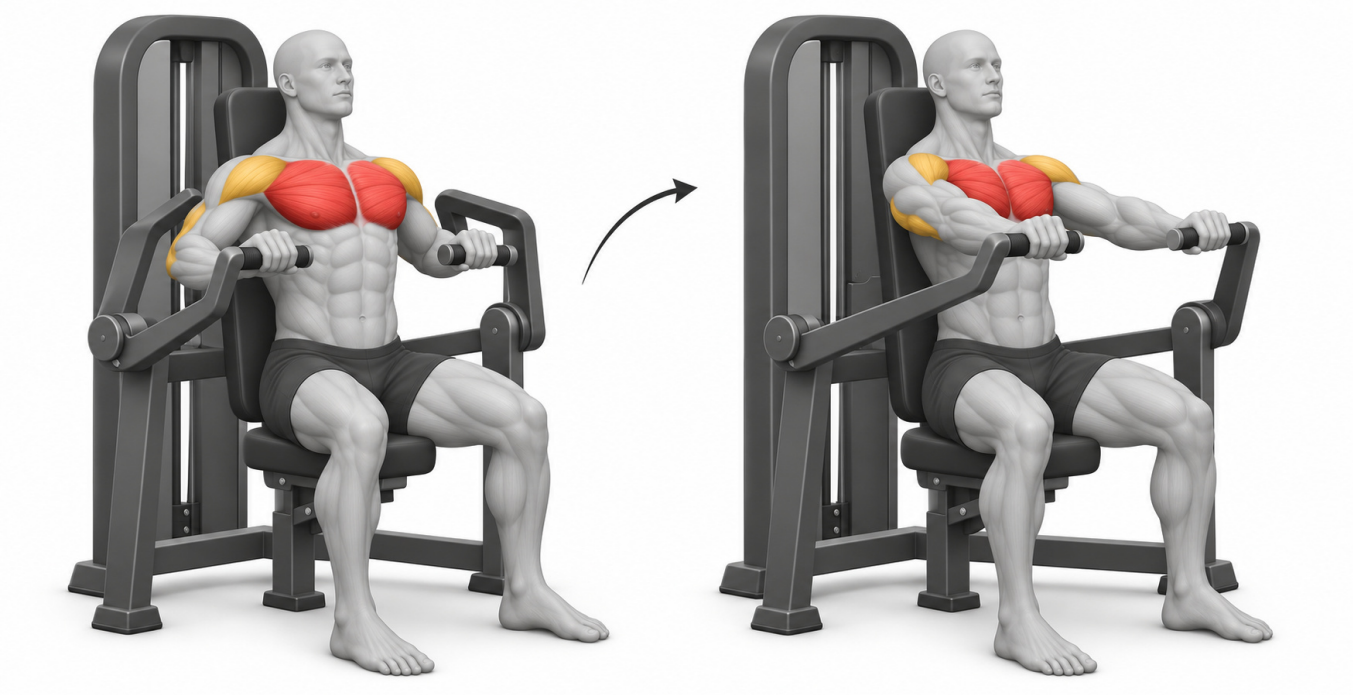
Instructions

1. Lie on your back, bend your knees, and place your feet on the floor.
2. Use your glutes to raise your hips; do not arch your lower back.
3. Lower your pelvis smoothly back to the floor.

Movement reference: NASM

EXERCISE CARD

Machine chest press



1. Handle near the middle of the chest	2. Forward press

Main muscles: Pectoralis major muscles

Secondary: Triceps, Anterior deltoid muscles

Starting guideline: 1 sets x 8-12 reps; about 4 reps in reserve; rest 90 s.

Instructions

1. Adjust the seat so the handles are at mid-chest, your back and pelvis are against the backrest, and your feet are on the floor.

2. Keep your wrists straight and your elbows moderately away from your torso; press forward with control.

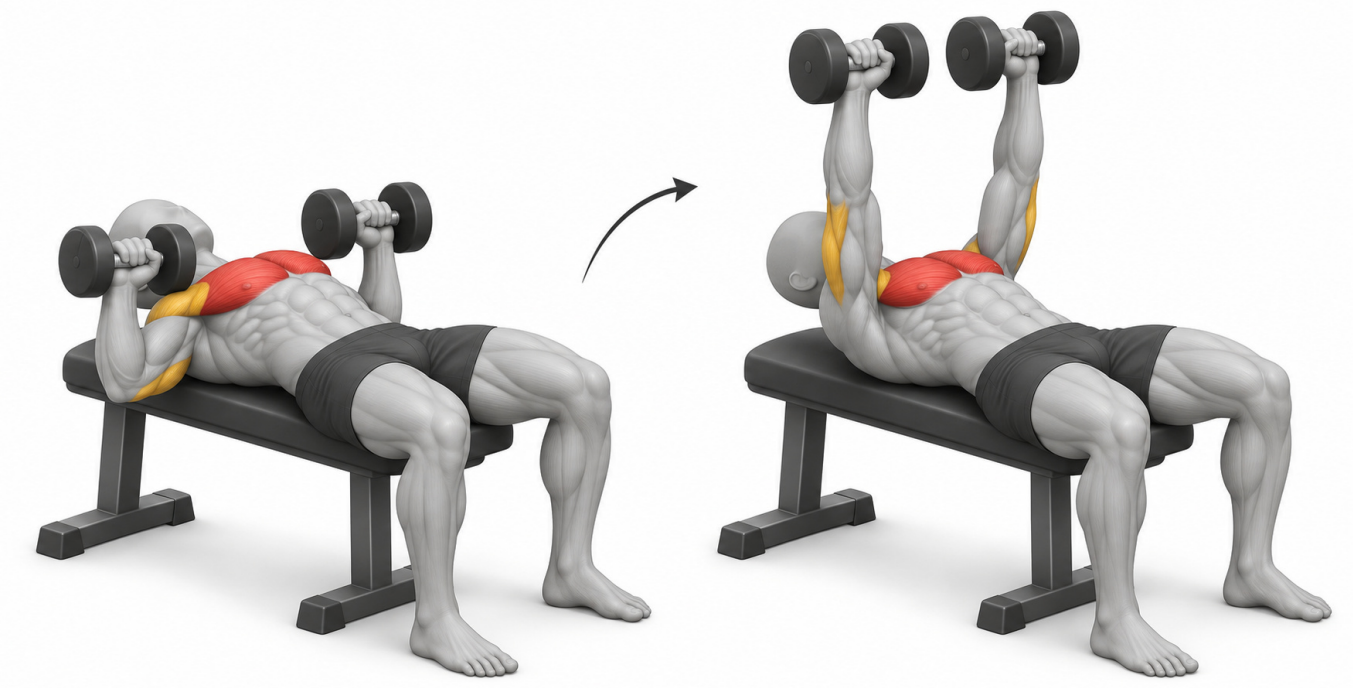
3. Return the handles without letting the weight plates slam or forcing your shoulders too far back. The setup depends on the specific machine.

Movement reference: NASM

ALTERNATIVE EXERCISE

Dumbbell bench press

Instead of: Machine chest press



1. Dumbbells near your chest	2. Chest press

Main muscles: Pectoralis major muscles

Secondary: Triceps, Anterior deltoid muscles

Starting guideline: 1 sets x 8-12 reps; about 4 reps in reserve; rest 90 s.

Instructions

1. Lie on a stable bench, keeping your feet on the floor.

2. Lower the dumbbells toward your chest with control; do not flare your elbows too wide.

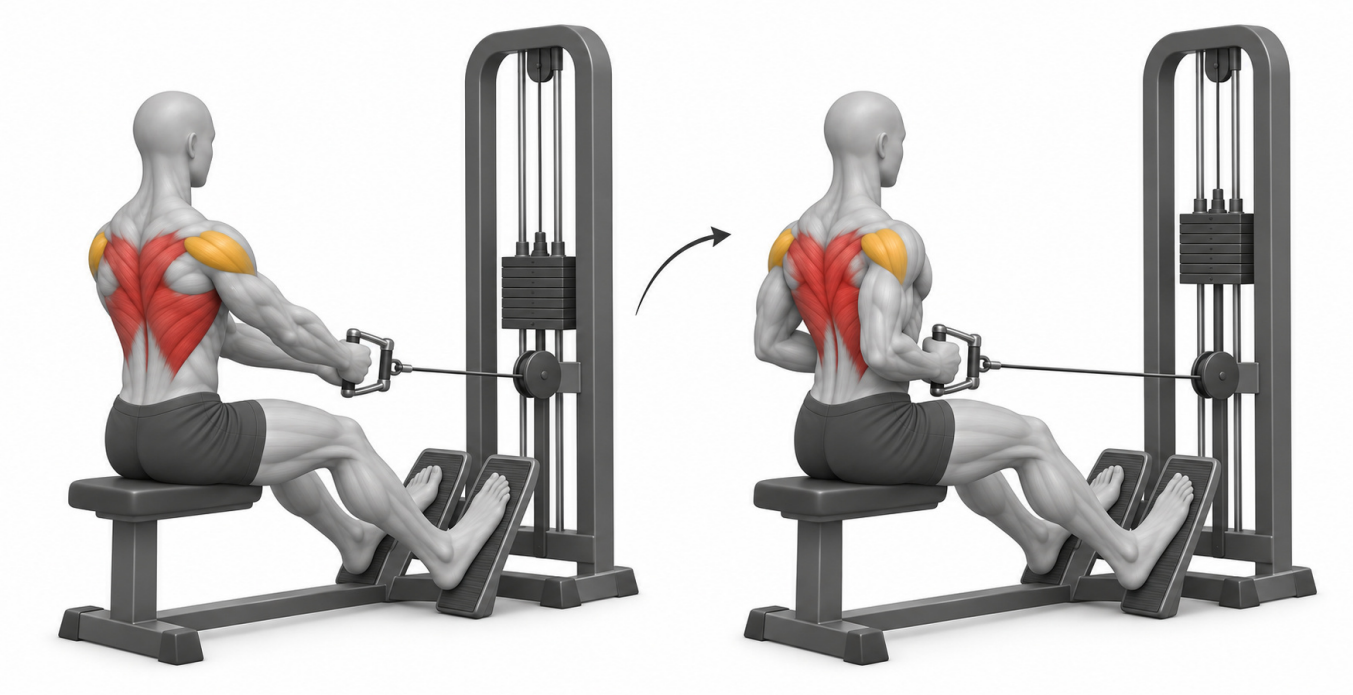
3. Press above your chest; choose a weight that leaves the required number of repetitions in reserve.

A substitute with the same direction of movement. Select the load separately; the range of motion and technique may differ. If the movement is unfamiliar, learn it first.

Movement reference: Mayo Clinic

EXERCISE CARD

Seated cable row



1. Arms in front, cable taut	2. Handle near the lower ribs

Main muscles: Latissimus dorsi muscles, Mid-back muscles

Secondary: Biceps, Posterior deltoids

Starting guideline: 1 sets x 8-12 reps; about 4 reps in reserve; rest 90 s.

Instructions

1. Sit on the low cable row bench, place your feet on the supports, and bend your knees slightly; keep your back controlled.

2. Pull the handles toward your lower ribs, keeping your elbows close to your torso; do not lean back abruptly.

3. Slowly straighten your arms, keeping your feet supported and your torso under control.

The biceps help bend the elbow. They are partially obscured in the rear view; do not shade the back of the upper arm as the biceps.

Movement reference: NASM

Movement reference: NASM

ALTERNATIVE EXERCISE

Bench-Supported One-Arm Dumbbell Row

Instead of: Seated cable row



1. Arm lowered
2. Row to Lower Ribs

Main muscles: Latissimus dorsi muscles, Mid-back muscles

Secondary: Biceps, Posterior deltoids

Starting guideline: 1 sets x 8-12 on each side reps; about 4 reps in reserve; rest 90 s.

Instructions

1. Place the hand and knee on the same side on a stable bench.
2. With your other hand, pull the dumbbell toward your lower ribs without rotating your torso.
3. Lower the weight with control; repeat on the other side.

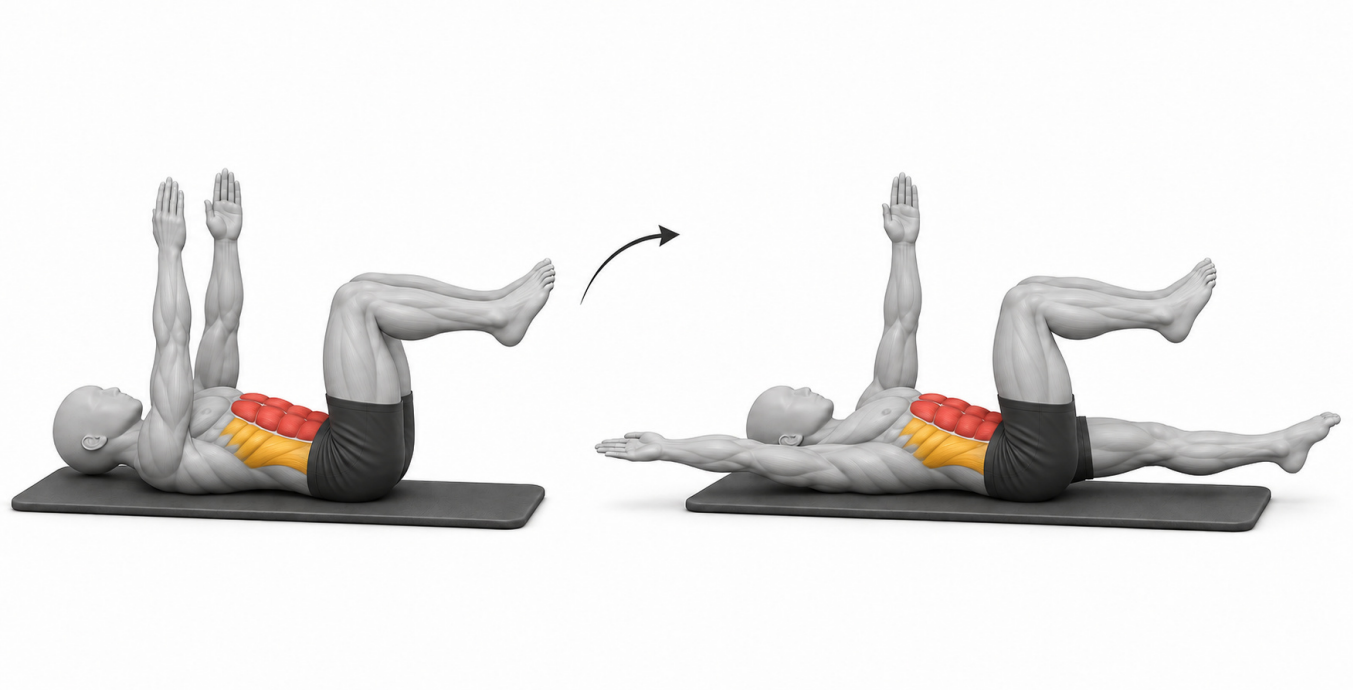
A substitute with the same direction of movement. Select the load separately; the range of motion and technique may differ. If the movement is unfamiliar, learn it first.

The biceps help bend the elbow. They are partially obscured in the rear view; do not shade the back of the upper arm as the biceps.

Movement reference: ACE

EXERCISE CARD

Dead bug



1. Arms up, legs bent	2. Opposite arm and leg extended

Main muscles: Anterior abdominal wall muscles

Secondary: Obliques

Starting guideline: 1 sets x 5-8 on each side reps; about 4 reps in reserve; rest 90 s.

Instructions

1. Lie on your back, raise your arms, and bend your hips and knees to approximately right angles.
2. Slowly extend the opposite arm and leg, keeping your torso under control.
3. Return to the starting position and perform the movement on the other side.

Movement reference: NASM