

DAY ZERO

The Day Zero Fitness Blueprint

Your Complete 30-Day Guide to Fitness, Nutrition & Habits

30
DAYS

3
LEVELS

7
SECTIONS

5
TRAINING DAYS/WK

0
COST

01	Introduction & Philosophy	Who this is for and how to use this guide
02	How the Program Works	4-week progression, training split, rest days
03	30-Day Training Plan	Day-by-day workouts — Beginner / Int / Adv
04	Cardio & Fat Burning	HIIT, LISS, weekly cardio schedule
05	Nutrition Blueprint	Calories, macros, Indian meal templates
06	Habit Tracker & Recovery	Sleep, hydration, supplements, deload
07	Mindset & Community	Progressive overload, consistency, Day Zero app

dayzero.fit

SECTION 01

Introduction & Philosophy

Welcome to the Day Zero Fitness Blueprint — a complete 30-day guide covering training, nutrition, cardio and habit formation. Built on one belief: everyone starts from zero, and that is perfectly fine.

Whether you have never worked out before, are returning after a long break, or want a structured reset — this blueprint gives you everything in one place. No fluff, no fad diets, no unrealistic promises. Just a clear, progressive system that works.

- Complete beginners starting their very first fitness routine
- People who tried before but lacked structure or consistency
- Intermediate trainees who want a guided 30-day reset
- Anyone who wants training AND nutrition in one unified plan

SECTION 02

How the Program Works

The program runs for 30 days across 4 progressive weeks. You train 5 days per week with Thursday and Sunday as rest days. Each week has a theme that increases in demand.

WEEK	THEME	TRAINING FOCUS	VOLUME	INTENSITY
Week 1	Foundation	Master form, establish routine	Low–Medium	60–65%
Week 2	Volume	Add reps, build endurance	Medium	70%
Week 3	Intensity	Add weight and resistance	Medium–High	75–80%
Week 4	Peak	Maximum output, push limits	High	85–90%

Weekly Training Split

DAY	TRAINING FOCUS	STYLE	CARDIO
Monday	Upper Body — Push (Chest, Shoulders, Triceps)	Gym + Bodyweight	Optional 15 min LISS
Tuesday	Lower Body — Legs & Glutes	Gym + Bodyweight	Optional 15 min LISS
Wednesday	Pull + Core (Back, Biceps, Abs)	Gym + Floor	HIIT 15–20 min
Thursday	REST	Active Recovery	Walk 20–30 min
Friday	Full Body Compound	Gym + Bodyweight	Optional 20 min
Saturday	Core + Cardio Finisher	Floor + Cardio	HIIT 15 min
Sunday	REST	Full Recovery	Gentle stretch

30-Day Training Plan

Complete day-by-day workout plan for all 3 levels: Beginner (B), Intermediate (I), Advanced (A). Follow your level for all 30 days. All exercises shown for Week 1 — Weeks 3–4 auto-increase reps by +2 per set.

WEEK 1 · FOUNDATION

Day 1 · Mon *Upper Body — Push*

BEGINNER	INTERMEDIATE	ADVANCED
DB Chest Press 3x10	Barbell Bench Press 4x10	Barbell Bench Press 5x8
Machine Chest Fly 3x12	Incline DB Press 4x10	Weighted Dips 4x10
DB Shoulder Press 3x10	Cable Chest Fly 3x12	Incline DB Press 4x10
Cable Lateral Raise 3x12	DB Shoulder Press 4x10	Military Press 4x8
Tricep Pushdown 3x12	Lateral Raise 3x15	Cable Lateral Raise 4x15
Push-Up 3x10	Tricep Dips 3x12	Skull Crushers 4x10
Pike Push-Up 3x8	Diamond Push-Up 3x12	Close-Grip Bench 4x10

Day 2 · Tue *Lower Body — Legs & Glutes*

BEGINNER	INTERMEDIATE	ADVANCED
Leg Press 3x12	Barbell Squat 4x10	Barbell Squat 5x6
Leg Extension 3x12	Romanian Deadlift 4x10	Romanian Deadlift 4x8
Seated Leg Curl 3x12	Leg Press 4x12	Bulgarian Split Squat 4x10/s
Hip Abductor 3x15	Leg Curl 3x12	Leg Press 4x12
Bodyweight Squat 3x15	Walking Lunges 3x20	Nordic Curl 4x8
Glute Bridge 3x15	Hip Thrust 4x12	Hip Thrust (heavy) 4x10
Calf Raise 3x20	Calf Raise Machine 4x20	Calf Raise + Pause 4x25

Day 3 · Wed *Pull + Core*

BEGINNER	INTERMEDIATE	ADVANCED
Lat Pulldown 3x10	Pull-Up / Assisted 4x8	Weighted Pull-Up 5x8
Seated Cable Row 3x12	Barbell Row 4x10	Deadlift 4x6
DB Row 3x10	Cable Row 3x12	Barbell Row 4x8
Cable Bicep Curl 3x12	Hammer Curl 3x12	Barbell Curl 4x10
Cable Rope Crunch 3x12	Hanging Leg Raise 4x12	Toes-to-Bar 4x12
Plank Hold 3x25s	Cable Woodchop 3x12/s	Dragon Flag 4x8
Bicycle Crunch 3x16	Ab Wheel 3x10	Pallof Press 4x12/s
Lying Leg Raise 3x10	Russian Twist 3x20	Ab Wheel 4x10

Day 4 · Thu

REST DAY · stretch · walk · recover

Day 5 - Fri *Full Body Compound*

BEGINNER	INTERMEDIATE	ADVANCED
Goblet Squat 3x12	Barbell Squat 4x8	Deadlift 5x5
DB Row 3x10	Pull-Up 4x8	Bench Press 4x8
DB Chest Press 3x10	Bench Press 4x8	Pull-Up (weighted) 4x8
Lateral Raise 3x12	Romanian Deadlift 3x10	Front Squat 4x6
Leg Press 3x12	DB Shoulder Press 3x10	KB Swing 4x15
Plank 3x30s	Box Jump 3x10	Battle Rope 4x30s
Push-Up 3x10	Burpee 3x10	Plank to Row 4x10/s
Mountain Climber 3x20	Cable Core Rotation 3x12/s	Overhead Carry 4x20m

Day 6 - Sat *Core + Cardio Finisher*

BEGINNER	INTERMEDIATE	ADVANCED
Crunch Machine 3x12	Cable Rope Crunch 4x15	Hanging Toes-to-Bar 5x12
Cable Rope Crunch 3x12	Hanging Leg Raise 4x12	Dragon Flag 4x8
Seated Rotation 3x12/s	Cable Woodchop 3x12/s	Cable Crunch Drop Set 4x20→15
Reverse Crunch 3x12	Pallof Press 3x12/s	Pallof Press Iso 4x30s/s
Side Plank 3x20s/s	Ab Wheel 3x10	Ab Wheel (standing) 4x8
Hollow Hold 3x15s	V-Up 3x12	Copenhagen Plank 4x40s/s
Dead Bug 3x8/s	Russian Twist 3x20	Hollow Body Rock 4x30s

Day 7 - Sun

REST DAY · stretch · walk · recover

WEEK 2 · VOLUME

Week 2 follows the same exercises as Week 1 with the same rep counts. Focus on adding volume by reducing rest times slightly and maintaining perfect form.

Day 8 · Mon Upper Body — Push

BEGINNER	INTERMEDIATE	ADVANCED
DB Chest Press 3x10	Barbell Bench Press 4x10	Barbell Bench Press 5x8
Machine Chest Fly 3x12	Incline DB Press 4x10	Weighted Dips 4x10
DB Shoulder Press 3x10	Cable Chest Fly 3x12	Incline DB Press 4x10
Cable Lateral Raise 3x12	DB Shoulder Press 4x10	Military Press 4x8
Tricep Pushdown 3x12	Lateral Raise 3x15	Cable Lateral Raise 4x15
Push-Up 3x10	Tricep Dips 3x12	Skull Crushers 4x10
Pike Push-Up 3x8	Diamond Push-Up 3x12	Close-Grip Bench 4x10

Day 9 · Tue Lower Body — Legs & Glutes

BEGINNER	INTERMEDIATE	ADVANCED
Leg Press 3x12	Barbell Squat 4x10	Barbell Squat 5x6
Leg Extension 3x12	Romanian Deadlift 4x10	Romanian Deadlift 4x8
Seated Leg Curl 3x12	Leg Press 4x12	Bulgarian Split Squat 4x10/s
Hip Abductor 3x15	Leg Curl 3x12	Leg Press 4x12
Bodyweight Squat 3x15	Walking Lunges 3x20	Nordic Curl 4x8
Glute Bridge 3x15	Hip Thrust 4x12	Hip Thrust (heavy) 4x10
Calf Raise 3x20	Calf Raise Machine 4x20	Calf Raise + Pause 4x25

Day 10 · Wed Pull + Core

BEGINNER	INTERMEDIATE	ADVANCED
Lat Pulldown 3x10	Pull-Up / Assisted 4x8	Weighted Pull-Up 5x8
Seated Cable Row 3x12	Barbell Row 4x10	Deadlift 4x6
DB Row 3x10	Cable Row 3x12	Barbell Row 4x8
Cable Bicep Curl 3x12	Hammer Curl 3x12	Barbell Curl 4x10
Cable Rope Crunch 3x12	Hanging Leg Raise 4x12	Toes-to-Bar 4x12
Plank Hold 3x25s	Cable Woodchop 3x12/s	Dragon Flag 4x8
Bicycle Crunch 3x16	Ab Wheel 3x10	Pallof Press 4x12/s
Lying Leg Raise 3x10	Russian Twist 3x20	Ab Wheel 4x10

Day 11 · Thu

REST DAY · stretch · walk · recover

Day 12 · Fri Full Body Compound

BEGINNER	INTERMEDIATE	ADVANCED
Goblet Squat 3x12	Barbell Squat 4x8	Deadlift 5x5
DB Row 3x10	Pull-Up 4x8	Bench Press 4x8

DB Chest Press 3x10	Bench Press 4x8	Pull-Up (weighted) 4x8
Lateral Raise 3x12	Romanian Deadlift 3x10	Front Squat 4x6
Leg Press 3x12	DB Shoulder Press 3x10	KB Swing 4x15
Plank 3x30s	Box Jump 3x10	Battle Rope 4x30s
Push-Up 3x10	Burpee 3x10	Plank to Row 4x10/s
Mountain Climber 3x20	Cable Core Rotation 3x12/s	Overhead Carry 4x20m

Day 13 · Sat Core + Cardio Finisher

BEGINNER	INTERMEDIATE	ADVANCED
Crunch Machine 3x12	Cable Rope Crunch 4x15	Hanging Toes-to-Bar 5x12
Cable Rope Crunch 3x12	Hanging Leg Raise 4x12	Dragon Flag 4x8
Seated Rotation 3x12/s	Cable Woodchop 3x12/s	Cable Crunch Drop Set 4x20→15
Reverse Crunch 3x12	Pallof Press 3x12/s	Pallof Press Iso 4x30s/s
Side Plank 3x20s/s	Ab Wheel 3x10	Ab Wheel (standing) 4x8
Hollow Hold 3x15s	V-Up 3x12	Copenhagen Plank 4x40s/s
Dead Bug 3x8/s	Russian Twist 3x20	Hollow Body Rock 4x30s

Day 14 · Sun

REST DAY · stretch · walk · recover

WEEK 3 · INTENSITY

Day 15 · Mon *Upper Body — Push*

BEGINNER	INTERMEDIATE	ADVANCED
DB Chest Press 3x12	Barbell Bench Press 4x12	Barbell Bench Press 5x10
Machine Chest Fly 3x14	Incline DB Press 4x12	Weighted Dips 4x12
DB Shoulder Press 3x12	Cable Chest Fly 3x14	Incline DB Press 4x12
Cable Lateral Raise 3x14	DB Shoulder Press 4x12	Military Press 4x10
Tricep Pushdown 3x14	Lateral Raise 3x17	Cable Lateral Raise 4x17
Push-Up 3x12	Tricep Dips 3x14	Skull Crushers 4x12
Pike Push-Up 3x10	Diamond Push-Up 3x14	Close-Grip Bench 4x12

Day 16 · Tue *Lower Body — Legs & Glutes*

BEGINNER	INTERMEDIATE	ADVANCED
Leg Press 3x14	Barbell Squat 4x12	Barbell Squat 5x8
Leg Extension 3x14	Romanian Deadlift 4x12	Romanian Deadlift 4x10
Seated Leg Curl 3x14	Leg Press 4x14	Bulgarian Split Squat 4x10/s
Hip Abductor 3x17	Leg Curl 3x14	Leg Press 4x14
Bodyweight Squat 3x17	Walking Lunges 3x22	Nordic Curl 4x10
Glute Bridge 3x17	Hip Thrust 4x14	Hip Thrust (heavy) 4x12
Calf Raise 3x22	Calf Raise Machine 4x22	Calf Raise + Pause 4x27

Day 17 · Wed *Pull + Core*

BEGINNER	INTERMEDIATE	ADVANCED
Lat Pulldown 3x12	Pull-Up / Assisted 4x10	Weighted Pull-Up 5x10
Seated Cable Row 3x14	Barbell Row 4x12	Deadlift 4x8
DB Row 3x12	Cable Row 3x14	Barbell Row 4x10
Cable Bicep Curl 3x14	Hammer Curl 3x14	Barbell Curl 4x12
Cable Rope Crunch 3x14	Hanging Leg Raise 4x14	Toes-to-Bar 4x14
Plank Hold 3x25s	Cable Woodchop 3x12/s	Dragon Flag 4x10
Bicycle Crunch 3x18	Ab Wheel 3x12	Pallof Press 4x12/s
Lying Leg Raise 3x12	Russian Twist 3x22	Ab Wheel 4x12

Day 18 · Thu

REST DAY · stretch · walk · recover

Day 19 · Fri *Full Body Compound*

BEGINNER	INTERMEDIATE	ADVANCED
Goblet Squat 3x14	Barbell Squat 4x10	Deadlift 5x7
DB Row 3x12	Pull-Up 4x10	Bench Press 4x10
DB Chest Press 3x12	Bench Press 4x10	Pull-Up (weighted) 4x10
Lateral Raise 3x14	Romanian Deadlift 3x12	Front Squat 4x8

Leg Press 3x14	DB Shoulder Press 3x12	KB Swing 4x17
Plank 3x30s	Box Jump 3x12	Battle Rope 4x30s
Push-Up 3x12	Burpee 3x12	Plank to Row 4x10/s
Mountain Climber 3x22	Cable Core Rotation 3x12/s	Overhead Carry 4x20m

Day 20 · Sat Core + Cardio Finisher

BEGINNER	INTERMEDIATE	ADVANCED
Crunch Machine 3x14	Cable Rope Crunch 4x17	Hanging Toes-to-Bar 5x14
Cable Rope Crunch 3x14	Hanging Leg Raise 4x14	Dragon Flag 4x10
Seated Rotation 3x12/s	Cable Woodchop 3x12/s	Cable Crunch Drop Set 4x20→15
Reverse Crunch 3x14	Pallof Press 3x12/s	Pallof Press Iso 4x30s/s
Side Plank 3x20s/s	Ab Wheel 3x12	Ab Wheel (standing) 4x10
Hollow Hold 3x15s	V-Up 3x14	Copenhagen Plank 4x40s/s
Dead Bug 3x8/s	Russian Twist 3x22	Hollow Body Rock 4x30s

Day 21 · Sun

REST DAY · stretch · walk · recover

WEEK 4 · PEAK

Day 22 · Mon Upper Body — Push

BEGINNER	INTERMEDIATE	ADVANCED
DB Chest Press 3x14	Barbell Bench Press 4x14	Barbell Bench Press 5x12
Machine Chest Fly 3x16	Incline DB Press 4x14	Weighted Dips 4x14
DB Shoulder Press 3x14	Cable Chest Fly 3x16	Incline DB Press 4x14
Cable Lateral Raise 3x16	DB Shoulder Press 4x14	Military Press 4x12
Tricep Pushdown 3x16	Lateral Raise 3x19	Cable Lateral Raise 4x19
Push-Up 3x14	Tricep Dips 3x16	Skull Crushers 4x14
Pike Push-Up 3x12	Diamond Push-Up 3x16	Close-Grip Bench 4x14

Day 23 · Tue Lower Body — Legs & Glutes

BEGINNER	INTERMEDIATE	ADVANCED
Leg Press 3x16	Barbell Squat 4x14	Barbell Squat 5x10
Leg Extension 3x16	Romanian Deadlift 4x14	Romanian Deadlift 4x12
Seated Leg Curl 3x16	Leg Press 4x16	Bulgarian Split Squat 4x10/s
Hip Abductor 3x19	Leg Curl 3x16	Leg Press 4x16
Bodyweight Squat 3x19	Walking Lunges 3x24	Nordic Curl 4x12
Glute Bridge 3x19	Hip Thrust 4x16	Hip Thrust (heavy) 4x14
Calf Raise 3x24	Calf Raise Machine 4x24	Calf Raise + Pause 4x29

Day 24 · Wed Pull + Core

BEGINNER	INTERMEDIATE	ADVANCED
Lat Pulldown 3x14	Pull-Up / Assisted 4x12	Weighted Pull-Up 5x12
Seated Cable Row 3x16	Barbell Row 4x14	Deadlift 4x10
DB Row 3x14	Cable Row 3x16	Barbell Row 4x12
Cable Bicep Curl 3x16	Hammer Curl 3x16	Barbell Curl 4x14
Cable Rope Crunch 3x16	Hanging Leg Raise 4x16	Toes-to-Bar 4x16
Plank Hold 3x25s	Cable Woodchop 3x12/s	Dragon Flag 4x12
Bicycle Crunch 3x20	Ab Wheel 3x14	Pallof Press 4x12/s
Lying Leg Raise 3x14	Russian Twist 3x24	Ab Wheel 4x14

Day 25 · Thu

REST DAY · stretch · walk · recover

Day 26 · Fri Full Body Compound

BEGINNER	INTERMEDIATE	ADVANCED
Goblet Squat 3x16	Barbell Squat 4x12	Deadlift 5x9
DB Row 3x14	Pull-Up 4x12	Bench Press 4x12
DB Chest Press 3x14	Bench Press 4x12	Pull-Up (weighted) 4x12
Lateral Raise 3x16	Romanian Deadlift 3x14	Front Squat 4x10

Leg Press 3x16	DB Shoulder Press 3x14	KB Swing 4x19
Plank 3x30s	Box Jump 3x14	Battle Rope 4x30s
Push-Up 3x14	Burpee 3x14	Plank to Row 4x10/s
Mountain Climber 3x24	Cable Core Rotation 3x12/s	Overhead Carry 4x20m

Day 27 · Sat Core + Cardio Finisher

BEGINNER	INTERMEDIATE	ADVANCED
Crunch Machine 3x16	Cable Rope Crunch 4x19	Hanging Toes-to-Bar 5x16
Cable Rope Crunch 3x16	Hanging Leg Raise 4x16	Dragon Flag 4x12
Seated Rotation 3x12/s	Cable Woodchop 3x12/s	Cable Crunch Drop Set 4x20→15
Reverse Crunch 3x16	Pallof Press 3x12/s	Pallof Press Iso 4x30s/s
Side Plank 3x20s/s	Ab Wheel 3x14	Ab Wheel (standing) 4x12
Hollow Hold 3x15s	V-Up 3x16	Copenhagen Plank 4x40s/s
Dead Bug 3x8/s	Russian Twist 3x24	Hollow Body Rock 4x30s

Day 28 · Sun

REST DAY · stretch · walk · recover

WEEK 5 · PEAK — FINAL PUSH

Day 29 · Mon *Upper Body — Push*

BEGINNER	INTERMEDIATE	ADVANCED
DB Chest Press 3x16	Barbell Bench Press 4x16	Barbell Bench Press 5x14
Machine Chest Fly 3x18	Incline DB Press 4x16	Weighted Dips 4x16
DB Shoulder Press 3x16	Cable Chest Fly 3x18	Incline DB Press 4x16
Cable Lateral Raise 3x18	DB Shoulder Press 4x16	Military Press 4x14
Tricep Pushdown 3x18	Lateral Raise 3x21	Cable Lateral Raise 4x21
Push-Up 3x16	Tricep Dips 3x18	Skull Crushers 4x16
Pike Push-Up 3x14	Diamond Push-Up 3x18	Close-Grip Bench 4x16

Day 30 · Tue *Lower Body — Legs & Glutes*

BEGINNER	INTERMEDIATE	ADVANCED
Leg Press 3x18	Barbell Squat 4x16	Barbell Squat 5x12
Leg Extension 3x18	Romanian Deadlift 4x16	Romanian Deadlift 4x14
Seated Leg Curl 3x18	Leg Press 4x18	Bulgarian Split Squat 4x10/s
Hip Abductor 3x21	Leg Curl 3x18	Leg Press 4x18
Bodyweight Squat 3x21	Walking Lunges 3x26	Nordic Curl 4x14
Glute Bridge 3x21	Hip Thrust 4x18	Hip Thrust (heavy) 4x16
Calf Raise 3x26	Calf Raise Machine 4x26	Calf Raise + Pause 4x31

SECTION 04

Cardio & Fat Burning

Cardio accelerates fat loss and improves cardiovascular health. Two types are used: HIIT for maximum calorie burn, LISS for active recovery and fat oxidation.

TYPE	WHAT IT IS	WHEN	DURATION	EXAMPLE
HIIT	High-Intensity Intervals	Wed & Sat	15–25 min	30s sprint / 30s walk × 10
LISS	Steady Moderate Effort	Mon, Tue, Fri (opt.)	20–40 min	Brisk walk, cycling, elliptical
Active Rest	Light Movement	Thu & Sun	20–30 min	Walk, yoga, stretching

HIIT Protocol by Level

LEVEL	WORK : REST	ROUNDS	DURATION	EXERCISES
Beginner	20s / 40s	8–10	15–18 min	Jumping jacks, high knees, step-ups
Intermediate	30s / 30s	10–12	20 min	Burpees, sprint intervals, jump rope
Advanced	40s / 20s	12–15	25 min	Sprint, box jump, kettlebell swings

SECTION 05

Nutrition Blueprint

Training is only half the equation. Nutrition determines 70–80% of your visible results. This section gives you a complete framework — calorie targets, macros, Indian meal templates, and foods to eat and avoid.

Step 1 — Calorie Targets

Estimate your TDEE as bodyweight (kg) × 30–35. Then adjust:

GOAL	ADJUSTMENT	EXAMPLE (70 kg)	FOCUS
Fat Loss	TDEE – 300 to 500 kcal	1900–2100 kcal/day	High protein, caloric deficit
Muscle Gain	TDEE + 200 to 300 kcal	2450–2550 kcal/day	Protein + carb surplus
Recomposition	TDEE (maintenance)	≈ 2250 kcal/day	High protein, calorie cycling

Step 2 — Macro Targets

MACRO	FAT LOSS	MUSCLE GAIN	MAINTENANCE	KEY SOURCES
Protein	2.2g/kg	2.4g/kg	2.0g/kg	Chicken, eggs, paneer, dal, whey
Carbs	1.5–2g/kg	3–4g/kg	2.5g/kg	Rice, roti, oats, sweet potato
Fats	0.8g/kg	1.0g/kg	0.9g/kg	Groundnut oil, almonds, ghee (small)

Step 3 — Indian Meal Templates

FAT LOSS DAY — ~1900 kcal		
6–7 AM	Warm water + lemon + 5 soaked almonds	~50
8 AM	3 egg whites + 1 whole egg omelette + 2 wheat toast	~320
10:30 AM	Greek yogurt / hung curd + 1 fruit	~180

1 PM	2 roti + chicken/paneer curry + salad + dal	~500
4 PM	1 banana + black coffee	~110
7 PM	Whey shake or low-fat curd + 1 roti	~280
8:30 PM	150g grilled fish/chicken + sabzi + 1 roti	~400
Bed	Warm milk or casein protein (optional)	~100

MUSCLE GAIN DAY — ~2500 kcal		
Morning	1 glass milk + 10 almonds + 2 dates	~200
8 AM	5 egg omelette + 3 wheat toast + fresh OJ	~550
10:30 AM	Oats with milk + banana + peanut butter	~400
1 PM	3 roti + 200g chicken + rice + dal + salad	~700
4 PM	1 banana + 2 dates + black coffee	~160
Post WO	Whey protein shake + 1 cup rice or bread	~450
8:30 PM	200g chicken/paneer curry + 2 roti + sabzi	~550
Bed	Full-fat milk + mixed nuts (30g)	~250

Foods Guide

EAT MORE	LIMIT / AVOID
Chicken breast · eggs · fish · paneer · tofu · dal · rajma Brown rice · oats · sweet potato · whole wheat roti · quinoa Broccoli · spinach · cucumber · tomato · carrots Almonds · walnuts · flaxseeds · groundnut oil · ghee (small)	Refined sugar · white bread · maida · biscuits · namkeen Fried snacks — samosa, vada, chips, pakoda Sugary drinks — cold drinks, packaged juices, chai with sugar Alcohol · cigarettes · instant noodles · fast food

Hydration Guide

BODY WEIGHT	DAILY TARGET	TIMING TIP
50–60 kg	2.0–2.5 L	500ml on waking, 500ml pre-workout
60–75 kg	2.5–3.0 L	Sip every 30–45 min throughout day
75–90 kg	3.0–3.5 L	Add electrolytes on heavy training days
90+ kg	3.5+ L	Never wait until you feel thirsty

Habit Tracker & Recovery

Results come from consistency, not perfection. Track these daily habits and ensure your recovery is as dialled-in as your training.

Daily Habit Checklist

- Drank 2.5–3 L of water today
- Trained or completed active recovery
- Hit protein target ($\geq 2\text{g/kg}$ bodyweight)
- No junk food or sugary drinks
- Slept 7–9 hours last night
- Logged meals in Day Zero app
- Took progress photo (weekly on Day 1, 8, 15, 22, 30)
- Did 5 min stretching or mobility work

Recovery Pillars

PILLAR	TARGET	WHY IT MATTERS	TIPS
Sleep	7–9 hours	Growth hormone peaks in deep sleep; muscle repair/weight gain	Consistent sleep/wake time; dark cool room; no screens 1h before bed
Stress	Low–Medium	Cortisol from chronic stress increases fat storage and reduces muscle	10 min meditation, deep breathing; walk in nature
Active Rest	20–30 min	Increases blood flow to muscles; reduces soreness	Light walk, yoga, swimming, foam rolling
Deload	Every 4–6 wks	Prevents overtraining; allows CNS and joints to recover	Reduce volume 40–50%; keep same movements

Basic Supplement Guide

Supplements are optional — food comes first, always. These 4 have the strongest evidence:

SUPPLEMENT	DOSE	TIMING	BENEFIT
Whey Protein	25–30g	Post-workout	Hits protein target conveniently
Creatine Monohydrate	5g daily	Any time (consistency matters)	Strength, muscle volume, recovery
Vitamin D3	1000–2000 IU	Morning with food	Testosterone, immunity, mood
Omega-3 Fish Oil	1–2g EPA/DHA	With meals	Reduces inflammation, joint health

Mindset & Community

Progressive Overload

Add weight, reps, or reduce rest every 1–2 weeks. Your body only grows when challenged. Track every session in the Day Zero app.

Sleep = Training

Missing sleep kills results faster than missing a workout. Prioritize 7–9 hours. Growth hormone peaks during deep sleep.

Hydration First

Drink 500ml first thing each morning. Dehydration causes poor strength, bloating, and slow fat metabolism.

Consistency Over Perfection

A 60% effort workout beats skipping. 80% diet consistency beats 100% one week and 0% the next. Show up every day.

Track Everything

Log food, workouts, weight and sleep in the Day Zero app. Data reveals patterns. Patterns reveal what works.

Mindset Reset

Progress is non-linear. Bad weeks happen. That does not mean failure — it means you are human. The only way to lose is to quit.

Your Fitness. Your Community. Your Day Zero.

DAY ZERO

Track workouts · Follow diet plans · Hire expert coaches · Join challenges · Build habits · Transform your life

dayzero.fit