



THE FREE 6 WEEK PROGRAM

BEGIN.

FIVE PILLARS TO HELP YOU START GETTING RESULTS.

WELCOME

HI, I'M JAPONICA.



Welcome to BEGIN. I'm so glad you're here.

If you've landed on this page, you're probably tired of starting over. A new plan every Monday, all in for two weeks, then life gets busy and you're back at square one.

For the next six weeks you won't overhaul your life. You'll focus on five things, and do them consistently: nutrition, training, mindset, steps and sleep.

You don't need to be perfect. You need to keep showing up and recover quickly from the imperfect days.

Let's begin.
Japonica

WHAT WE'LL WORK ON

YOUR FIVE PILLARS

01

NUTRITION

Track your food and hit your protein.

02

TRAINING

Lift four days a week.

03

MINDSET

Live the 777 standard.

04

STEPS

Walk 10,000 steps a day.

05

SLEEP

Set a bed time and keep it.

REMEMBER

Consistency over perfection. Standards over motivation.

START HERE

YOUR TO-DO LIST

Tick these off before your first session. It takes about half an hour and sets up all five pillars, so from day one you know exactly what you're aiming for.

- ☐ Download MyFitnessPal and create your free account
- ☐ Work out your calorie target with the TDEE calculator
- ☐ Work out your protein target: your weight in kg x 1.6
- ☐ Book this week's four training sessions into your calendar
- ☐ Check your phone or watch is counting your steps
- ☐ Set your bed time, wake time and wind-down alarm
- ☐ Take your progress photos
- ☐ Take your body measurements
- ☐ Print or save the weekly tracker, one for each week

PROGRESS PHOTOS

- ☐ Full body, head to toe
- ☐ Front, side and back
- ☐ Natural light, same spot every time
- ☐ First thing in the morning, on an empty stomach
- ☐ Same outfit each time

Photos catch what the scale can't: changes in posture, muscle tone and shape that show up long before the number moves.

BODY MEASUREMENTS

AREA	HOW TO MEASURE	WEEK 0	WEEK 6
Bust	Fullest part, under the armpits		
Waist	Smallest part, stomach relaxed		
Hips	Widest part of hips and glutes		
Upper arm	Halfway from shoulder to elbow		
Thigh	Widest part of the thigh		
Weight (optional)	Same scale, same time of day		

Retake your photos and measurements at the end of week six, the same way, and compare.

MY NUMBERS

CALORIES

PROTEIN (G)

STEPS

BED TIME

WAKE TIME

BEGIN is general education, not medical or dietary advice. If you're pregnant, breastfeeding, recently postpartum, injured or managing a health condition, check with your GP before you start.

TRACK YOUR FOOD

Calories decide how much you weigh.

Protein helps decide what that weight is made of.

WHAT IS MYFITNESSPAL?

MyFitnessPal is a food diary app for your phone. You log what you eat and it adds up your calories, protein, carbs and fats for the day, so you're working with real numbers instead of guessing. The free version does everything you need for BEGIN. Premium adds extras like a barcode scanner, which are handy but not essential.

HOW TO USE IT

- 1 DOWNLOAD IT AND SET UP A FREE ACCOUNT**
It will ask a few questions and suggest a calorie goal. You'll replace that with your own number on the next page.
- 2 SET YOUR CALORIE GOAL**
Tap More, then Goals, then Calorie, Carbs, Protein & Fat Goals, and enter your calorie target.
- 3 LOG EVERYTHING YOU EAT AND DRINK**
Search the food, pick the entry that matches the brand you're using, and enter how much you had in grams.
- 4 WEIGH YOUR FOOD WHERE YOU CAN**
Kitchen scales beat guessing, especially for oils, sauces and spreads. One tablespoon of olive oil is about 120 calories.
- 5 CHECK TWO NUMBERS EACH NIGHT**
Your total calories and your total protein. Write them in your tracker.

TRACKING TIPS

LOG AHEAD OF TIME

Tracking your day the night before or that morning saves brain power and lets you adjust meals to hit your numbers.

SAVE YOUR REGULAR MEALS

Eat the same breakfast most days? Save it as a Meal and add it with one tap next time.

SEARCH NUTTAB FOR WHOLE FOODS

For fresh, unbranded foods add NUTTAB to your search, like "NUTTAB chicken thigh". It's a vetted Australian database.

EATING OUT? USE QUICK ADD

If the menu lists calories, enter them directly. If it doesn't, estimate as best you can and move on.

REMEMBER If you can't hit your protein, hit your calories.

YOUR CALORIES AND PROTEIN

Three steps to set your numbers. Do them once now, then check them again if your weight changes by more than a few kilos.

STEP 1. FIND YOUR MAINTENANCE CALORIES

Your TDEE (total daily energy expenditure) is roughly how many calories your body burns in a day. Eat that amount and your weight stays about the same.

Use the free calculator at tdeecalculator.net. Enter your age, height, weight and activity level, and be honest about activity. Most of us overestimate it.



STEP 2. SET YOUR CALORIE DEFICIT

To lose body fat you need to eat a little less than you burn. Take 300 to 500 calories off your maintenance number. If your maintenance is 2,100, your target is somewhere between 1,600 and 1,800. Don't go lower to get there faster. A deficit you can stick to beats an aggressive one you quit. Not trying to lose fat? Eat at maintenance.

STEP 3. SET YOUR PROTEIN TARGET

Aim for 1.6g of protein per kilogram of body weight, every day. Protein protects muscle, so in a deficit more of the weight you lose is fat, and it keeps you fuller than the same calories from other foods.

BODY WEIGHT	60KG	70KG	80KG	90KG	100KG
Daily protein	96g	112g	128g	144g	160g

What about carbs and fats? For now, let them fall wherever you like inside your calories. Think 80% wholefoods and 20% soul foods. No food is off limits.

YOUR TARGET

Hit your calorie target and 1.6g of protein per kg of body weight, most days.

MY
NUMBERS

MAINTENANCE CALORIES

CALORIE TARGET

PROTEIN TARGET (G)

These are starting estimates, not a prescription. If you're pregnant or breastfeeding, have a medical condition, or tracking food has been unhealthy for you in the past, skip the numbers and speak with your GP or a dietitian first.

LIFT FOUR DAYS A WEEK

Two lower body days and two upper body days. Repeat them for six weeks and get a little better each time.

YOUR WEEK

MON	TUE	WED	THU	FRI	SAT	SUN
Lower A	Upper A	Rest	Lower B	Upper B	Rest	Rest

Any four days work. Keep your steps up on rest days.

HOW TO USE YOUR PROGRAM

- **Sets, reps and rest.** Sets are how many rounds you do, reps are how many times you do the movement in each set. Rest 60 to 90 seconds between sets, or up to two minutes on your first two exercises.
- **Warm up.** Do one to three lighter sets of your first exercise, building up to your working weight.
- **Choose your weights.** Start lighter than you think you need. Most sets should finish with one to three good reps left in the tank.
- **Know when to go up.** When you hit the top of the rep range on every set, go up in weight next session.

THREE TRAINING TIPS

1 PRIORITISE YOUR RECOVERY

Recovery is where your results are built. Train hard, then let your body adapt: sleep seven to nine hours, hit your protein and calories, keep your steps up on rest days, and take your rest days.

2 IF YOU CAN'T DO THE FULL SESSION, DO A SHORTER ONE

Short on time or low on energy? Cut your rest times, superset exercises or set a time cap and complete what you can. Doing something will always beat the version of you that stayed home.

3 BOOK YOUR SESSIONS INTO YOUR CALENDAR

Stay organised. Book your four sessions in like appointments at the start of each week, and treat them the same way.

YOUR TARGET

Four sessions a week. Think consistency, not variety. Repeating sessions is how you improve.

REMEMBER Technique earns the right to load. Range of motion, then control, then load.

YOUR PROGRAM: DAYS 1 AND 2

Do the exercises in order. Write your best set for the first two exercises in your tracker each session, so you know what you're trying to beat next week.

DAY 1 — LOWER A

GLUTES AND HAMSTRINGS

EXERCISE		SETS	REPS	NOTES
1	Hip thrust (barbell or machine)	3	8–12	Pause for one second at the top
2	Dumbbell Romanian deadlift	3	10–12	Soft knees, hips back, flat back
3	Leg press, feet high and wide	3	10–12	Full depth, lower with control
4	Seated leg curl	3	12–15	Slow on the way back up
5	45 degree back extension	3	12–15	Squeeze your glutes at the top
6	Calf raise	3	12–15	Full stretch at the bottom

DAY 2 — UPPER A

BACK AND SHOULDERS

EXERCISE		SETS	REPS	NOTES
1	Lat pulldown	3	10–12	Pull your elbows down to your sides
2	Seated dumbbell shoulder press	3	8–10	Arms fully extended at the top
3	Seated cable row	3	10–12	Squeeze your shoulder blades together
4	Incline dumbbell press	3	8–10	Lower to chest height
5	Dumbbell lateral raise	3	12–15	Lead with your elbows
6	Cable triceps pushdown	3	12–15	Elbows pinned to your sides

WEEKS 1 TO 3

Three sets of everything. Week one is for finding the right weights, not lifting the heaviest ones. Finish each set with two or three good reps left.

WEEKS 4 TO 6

Add a fourth set to exercises 1 and 2 each day and push to one or two reps left. Keep adding weight or reps wherever you can.

YOUR PROGRAM: DAYS 3 AND 4

If a machine is taken, swap in a similar movement and keep going. New to an exercise? Ask a trainer on the gym floor to check your set-up.

DAY 3 — LOWER BODY

QUADS AND GLUTES

EXERCISE		SETS	REPS	NOTES
1	Smith machine squat	3	8–10	Below parallel if you can
2	Dumbbell reverse lunge	3	10 each side	Back knee to the floor
3	Leg extension	3	12–15	Control the lowering
4	Hip abduction machine	3	12–15	Pause at the widest point
5	Cable glute kickback	3	12–15 each side	Hips square, no swinging
6	Plank	3	30–45 sec	Ribs down, squeeze your glutes

DAY 4 — UPPER BODY

BACK, CHEST AND ARMS

EXERCISE		SETS	REPS	NOTES
1	Assisted pull-up or neutral grip pulldown	3	8–10	Full stretch at the top
2	Machine chest press	3	10–12	Smooth reps, no bouncing
3	Single arm dumbbell row	3	10–12 each side	Pull your elbow towards your hip
4	Cable rope face pull	3	12–15	Pull to eye level, elbows high
5	Dumbbell biceps curl	3	10–12	No swinging
6	Dead bug	3	8 each side	Lower back stays on the floor

MISSED A SESSION?

Try your best to make it up within the week. If you can't, it's all good. Move forward into the new week and don't look back.

TRAINING HARD

Controlled on the way down, full range of motion, no rushing. The right weight is one you can control for every rep, not the heaviest one you can move.

THE 777 STANDARD

Changing your mindset will change your life more than a good plan.

These are the five standards and beliefs I coach by. Read them before you start, and come back to them on the hard days.

01 PROGRESS OVER PERFECTION

Imperfect consistency will take you further than perfect inconsistency ever will.

02 DISCIPLINE IS THE HIGHEST FORM OF SELF LOVE

Self-love isn't always choosing what feels good in the moment. Sometimes it's following through, holding yourself to a higher standard, and making the choice your future self will thank you for.

03 THE WORDS YOU SPEAK BECOME THE HOUSE YOU LIVE IN

The way you speak to yourself shapes the way you behave. Challenge thoughts like "I've ruined it" or "I'll start again Monday" and replace them with language that creates better action.

04 THE ONLY WAY TO FAIL IS TO QUIT

A hard day, a missed workout or an imperfect week does not mean you've failed. Failure only happens when you stop choosing to try.

05 TAKE RADICAL RESPONSIBILITY

You may not be able to control every circumstance, but you always have control over your next decision and the perspective you choose to take.

YOUR TARGET

Choose the standard you need most right now and put it where you'll see it every day.

YOUR TURN

The standard I need most right now, and why:

WALK 10,000 STEPS A DAY

Your steps are the movement you do outside the gym, and they're one of the easiest things to overlook.

WHY STEPS MATTER

- **They add up to more than you think.** Four gym sessions is four hours of your week. Your steps cover the rest of it, and across a week they often burn more energy than your training does.
- **They're easy to recover from.** Walking doesn't leave you sore or ramp up your hunger the way hard cardio can, so you can do it every single day.
- **They're good for your head.** A walk is one of the simplest ways to clear your mind, lower stress and get outside.

When progress slows, steps and sleep are the first places I look before I change anyone's calories.

THREE WAYS TO GET MORE STEPS IN

1 WALK FOR TEN MINUTES AFTER MEALS

Short walks count. Ten minutes after breakfast, lunch and dinner adds up to around 3,000 steps.

2 TAKE IT ON FOOT

Phone calls, podcasts, voice notes and coffee catch ups can all happen while you walk.

3 BUILD IT INTO WHAT YOU ALREADY DO

Park further away, take the stairs, walk the school run, or do laps while the kids are at sport.

YOUR TARGET

10,000 steps a day. Track them on your phone or watch and write them in your tracker.

NOT AT 10,000 YET?

Check your average for the last week in your phone's health app. Add 2,000 a day to that number, and add another 2,000 each week until you reach 10,000.

REMEMBER Aim to hit your weekly average, not a perfect score every day.

SET YOURSELF A BED TIME

When you're short on sleep, hunger and cravings go up, energy and recovery go down, and the scale can hold extra water.

Aim for seven to nine hours a night. The easiest way to get there isn't trying harder to fall asleep. It's a routine that starts at the same time every evening.

SET YOUR SLEEP ROUTINE

1

SET YOUR WAKE TIME

Choose the time you need to be up on a normal weekday. Keep it within an hour of that on weekends.

2

SET YOUR BED TIME

Count back eight hours from your wake time. That's when you want to be in bed with the lights out.

3

SET A WIND-DOWN ALARM ON YOUR PHONE

Set it for 30 to 45 minutes before your bed time and label it "Wind down". When it goes off, that's your reminder to start getting into bed.

4

WIND DOWN THE SAME WAY EVERY NIGHT

Dim the lights, put your phone on charge away from your bed, and do something that switches you off: a shower, skincare, a book.

MY SLEEP TIMES	WAKE TIME	BED TIME	WIND-DOWN ALARM

YOUR TARGET

The same bed time and wake time every day, with an alarm that tells you when to wind down.

KEEP IT CONSISTENT

- **Protect the routine, not the perfect night.** One bad night doesn't matter. Go to bed at your usual time the next night and carry on.
- **Cut caffeine after lunch.** It stays in your system for hours and can make it harder to fall asleep.
- **If sleep is out of your hands right now,** with kids or shift work, control what you can: your wind-down and your wake time.

REMEMBER Literally set yourself a bed time.

YOUR WEEK

WEEK

CALORIE TARGET

PROTEIN TARGET (G)

STEP TARGET

BED TIME

	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
CALORIES Daily total								daily average
PROTEIN Grams								daily average
TRAINING Tick, or write the day								sessions out of 4
STEPS Daily total								daily average
SLEEP Hours slept								nights on time
MINDSET Tick if you lived the standard								days out of 7

SESSION NOTES

Write your best set for the first two exercises each day (weight x reps), so you know what to beat next week.

LOWER A

DATE

UPPER A

DATE

LOWER B

DATE

UPPER B

DATE

SUNDAY REFLECTION

A win from this week:

What got in the way, and what I'll do about it next week:

FROM THE RECIPE HUB

BREAKFAST

Six high protein favourites from the 777 Recipe Hub. Macros are per serve and calculated with the brands listed, so swapping brands will change the numbers a little.



INGREDIENTS

- 40g quick oats
- 100mL So Good Unsweetened Almond Milk
- 15g Rule 1 Strawberries & Creme Protein Powder
- 160g Rokeby Protein Snack Pouch Strawberry
- 50g fresh strawberries
- 15g Fresh Life Soy Protein Crisps

BREAKFAST

STRAWBERRY CRUNCH OVERNIGHT OATS

Serves 1 · Prep 5 min · Chill 4 hours or overnight

432
CALORIES

45g
PROTEIN

45g
CARBS

8g
FATS

Per serve

METHOD

- Dice half the strawberries and slice the rest.
- Stir the oats, almond milk and protein powder together in a jar.
- Fold through the diced strawberries, then spread the protein snack pouch over the top.
- Cover and refrigerate for 4 hours or overnight.
- Top with the sliced strawberries and protein crisps to serve.



INGREDIENTS

- 45g Simson's Pantry High Protein Low Carb Wrap
- 50g egg
- 100g egg whites
- 40g Primo Short Cut Salt Reduced Rindless Bacon
- 15g Woolworths Light Tasty Cheese, shredded
- 10g MasterFoods Barbecue Sauce Reduced Salt & Sugar
- 2mL olive oil spray

BREAKFAST

CHEESY BACON & EGG BREAKFAST QUESADILLA

Serves 1 · Prep 8 min · Cook 8 min

380
CALORIES

39g
PROTEIN

11g
CARBS

20g
FATS

Per serve

METHOD

- Dice the bacon and cook in a lightly sprayed non stick pan over medium heat for 2–3 minutes.
- Whisk the egg and egg whites, pour into the pan and stir gently until just set.
- Spoon over half the wrap, add the cheese and barbecue sauce, then fold.
- Return to the pan for 1–2 minutes each side until golden. Slice and serve warm.

FROM THE RECIPE HUB

MEAL PREP MAINS



INGREDIENTS

- 1000g Spud Lite potatoes
- 750g Coles Chicken Extra Lean Breast Mince
- 250g Bulla Cottage Cheese
- 150g avocado
- 75g Capilano Hot Chilli Honey
- 30g Mingle Taco Recipe Base
- 5mL olive oil spray

MEAL PREP

HOT HONEY CHICKEN BOWL

Serves 5 · Prep 15 min · Cook 25 min

425

CALORIES

44g

PROTEIN

42g

CARBS

9g

FATS

Per serve

METHOD

- Cut the potatoes into 2cm cubes and toss with half the taco seasoning and a light spray of oil. Air fry at 200°C for 20–25 minutes, shaking regularly.
- Cook the chicken mince with the remaining seasoning over medium-high heat for 7–8 minutes.
- Divide the potatoes and mince between five containers and refrigerate.
- To serve, reheat until piping hot and top with 30g avocado, 50g cottage cheese and 15g hot honey.



INGREDIENTS

- 300g Vetta Smart Protein Spirals
- 750g extra lean beef mince
- 150g iceberg lettuce
- 100g Always Fresh Dill Cucumbers
- 100g brown onion
- 75g Woolworths Burger Sauce
- 5g garlic powder, 3g salt, 2g black pepper
- 5mL olive oil spray

MEAL PREP

BIG MAC PROTEIN PASTA SALAD

Serves 5 · Prep 15 min · Cook 15 min

484

CALORIES

48g

PROTEIN

37g

CARBS

16g

FATS

Per serve

METHOD

- Cook the pasta until al dente, then drain, rinse under cold water and cool.
- Finely dice the onion and pickles. Shred the lettuce and keep it separate.
- Brown the mince with the garlic powder, salt and pepper for 7–8 minutes in a lightly sprayed pan. Cool.
- Toss the pasta, mince, pickles and onion with the burger sauce.
- Divide between five containers. Serve cold, stirring the lettuce through just before eating.

FROM THE RECIPE HUB

MAINS AND SOMETHING SWEET



INGREDIENTS

- 1000g Spud Lite potatoes
- 750g extra lean beef mince
- 30g Mingle Taco All Natural Seasoning
- 100mL water
- 50g Woolworths Shredded Mozzarella
- 125g iceberg lettuce
- 250g tomato
- 100g red onion
- 75g Nando's Mild Perinaise
- 5mL olive oil spray

MEAL PREP

LAZY MEAL PREP TACO BOWLS

Serves 5 · Prep 15 min · Cook 25 min

381
CALORIES

38g
PROTEIN

28g
CARBS

13g
FATS

Per serve

METHOD

- Cut the potatoes into 2cm cubes, spray lightly with oil and air fry at 200°C for 20–25 minutes, shaking regularly.
- Brown the mince for 6–8 minutes, then stir in the taco seasoning and water and cook for 2–3 minutes until reduced.
- Shred the lettuce, dice the tomato and finely dice the onion.
- Divide the potatoes and mince between five containers. Store the toppings separately.
- To serve, reheat and top with 25g lettuce, 50g tomato, 20g onion, 10g mozzarella and 15g perinaise.



INGREDIENTS

- 160g Vetta Smart Protein Plain Flour
- 5g baking powder
- 180g Chobani Greek Yoghurt Natural Light
- 100g Hershey's Caramel Topping Syrup
- 2g flaky sea salt
- 100g Philadelphia Light Cream Cheese
- 50g egg
- 2mL olive oil spray

SOMETHING SWEET

MINI SALTED CARAMEL ROLLS

Serves 5 (2 rolls each) · Prep 15 min · Cook 12 min

238
CALORIES

13g
PROTEIN

33g
CARBS

6g
FATS

Per serve

METHOD

- Heat the oven to 180°C fan forced and lightly spray a small baking dish.
- Mix the flour and baking powder, stir in the yoghurt and knead gently into a smooth dough. Roll into a rectangle about 5mm thick.
- Spread with 60g of the caramel syrup, sprinkle with half the salt, roll into a log and cut into 10.
- Arrange cut side up, brush with the beaten egg and bake for 10–12 minutes.
- Mix the cream cheese with the remaining 40g syrup, spoon over the cooled rolls and finish with the rest of the salt.

WHAT'S NEXT

BUILD. BREAK. BECOME.

BEGIN was your first six weeks.

BECOME is the six months that make it last.

BECOME is my six month coaching mentorship, built to close the gap between creating results and keeping them. We move through an intentional fat-loss phase and then into maintenance, so you're not just taught how to lose weight. You're taught how to keep the result you worked for.

THE ROADMAP

PHASE 1 — BUILD

Months 1–2. Begin your fat-loss phase, set realistic routines and build momentum with planning, weekends and eating out.

PHASE 2 — BREAK

Months 3–4. Break all-or-nothing thinking and self-sabotage, then bring calories up toward maintenance.

PHASE 3 — BECOME

Months 5–6. Practise living at maintenance and cement the habits, mindset and identity that got you here.

WHAT BECOME INCLUDES

- Online training program and personalised nutrition targets
- Weekly check-ins with feedback and plan adjustments
- Optional 1:1 coaching calls every fortnight
- Messaging support through Everfit
- Progress and habit tracking in your coaching app
- Recipe hub, flexible dieting resources and 777 Podcast access

IT'S FOR YOU IF

- ☐ You're done with all-or-nothing mindset
- ☐ You want personalised support and guidance
- ☐ You're ready to take your goals seriously
- ☐ You want to learn how to keep your result, not just reach it

READY FOR WHAT'S NEXT?



Scan to apply, or head to
777-fitness.com/apply.html

BEGIN AND THEN BECOME

***YOU GOT
THIS.***

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777 FITNESS — JAPONICA CUSCHIERI