



Fit for Life 411

"411" noun (slang) The latest scoop, information, or news

This resource is still a work in progress. If you run into any issues please let me know pete@hipvlog.org

Losing weight and maintaining fitness and a healthy weight for life is possible for anyone. I gain weight easily! Despite my love of sweets, junk food and late night snacks, I've been able to do it for 40 years using the same basic principles and diet - starting at age 21 and now nearing 60. And it can work for anyone as I proved when my 80 year old mother and I lost weight following the same plan. I won't say it's easy, but it doesn't have to be overly complicated.

**Keep It Simple
to Succeed!™**

The basics are:

1. Avoid insulin spikes by following a Zone Diet
 - a. Goal is 40% carbs, 30% protein, 30% fat for most meals and snacks
2. Exercise regularly

This document is meant to be used in conjunction with my other content including:



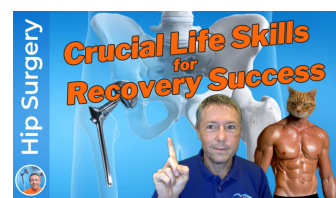
Fitness Challenge

Follow my 7 week weight loss and fitness challenge and learn how you can become fit for life using the same principles I have been using successfully for over 20 years.



Lose Weight at Any Age

This video shares how my 80 year old mother and I were both able to lose weight using the Fit for Life 411 principles.



Principles of Success

These principles will help you win in many different areas of life, including weight and fitness.

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Daily Tracker

Use this to track your daily meals, snacks, exercise and goals. I call this a "rinse & repeat" tracker because you can repeat essentially the same each week if you wish. This simplicity will help you stick to your plan, or you can vary it each week if you need variety to stay motivated. You can just print the tracker below or make your own online copy.

Instructions: To create your own copy: 1.Go to the [Google Sheet](#) 2.Click "File" 3.Click "Make a copy".

Day of Week	Breakfast	Lunch	Dinner	Snacks	Exercise/Duration/Distance	Once-a-Day Goal
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

SAMPLE * Zoned recipe from The Formula, but most of what I ate is guided by the Zone Diet 40-30-30 goal and was fairly zoned even if it wasn't a recipe from the book.

Day of Week	Breakfast	Lunch	Dinner	Snacks	Exercise/Duration/Distance	Once-a-Day Goal
Sunday	*Strawberry Smoothie	Green salad and homemade chicken salad	Hamburger patty, diced tomato & ½ avocado, saute of peppers and onions	1 Cup Boom Chika Pop & 1 piece of beef jerky	2 Hours Volleyball Doubles	10 Super Slow Pushups
Monday	1 egg & 2oz turkey sausage patty (homemade)	*Cocoa Peanut Butter shake (12-3p)	Grilled Chicken Breast, green salad peppers, onions	Soy Nuts (aka Roasted Edamame)	30m morning workout abs and upper body. 18mi bike ride in the afternoon.	10 Super Slow Pushups
Tuesday	Peanut butter banana toast	Green salad and chicken salad (homemade)	Roast beef and a spinach/leek/lemon side dish	1 Cup Boom Chika Pop & 1 piece of beef jerky	2h Beach Doubles Volleyball (won 2 of 5), tweaked my back - right side!	10 Super Slow Pushups



Weekly Tracker

Use this to track your weekly progress. You can print the tracker below or make your own online copy. If you use an online copy, it includes some cool graphs of your progress. Instructions under Daily Tracker.

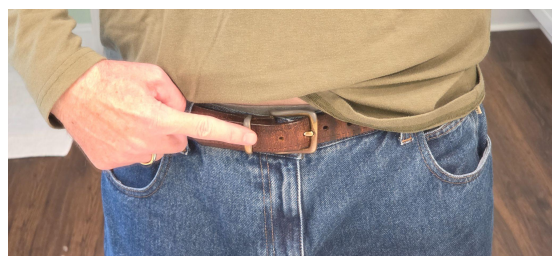
Week #	SAMPLE				
Start Date	4/26/2026				
Start Weight	177.6lb				
Your Personal Metric**	On the last belt loop				
Bio Age	56				
Walk (miles)	7				
Hike (miles)	6				
Bike (miles)	23				
Abs (minutes)	35				
Upper Body Weights (min)*	45				
Lower Body Weights (min)*					
Volleyball (hours)	4				
Pickleball (hours)					
Other sports/activities:					

*see "Gym Tracker" page on the [Google Sheet](#) to track the weights you're using during your gym workouts

** For instance, I measure my overall fitness by what belt loop fits me best. More info in this [video](#).

Objective & Subjective Fitness Tracking

To track my weight and other body composition metrics, I use an inexpensive smart scale by Renpho which connects to my phone. It tracks all sorts of helpful information such as my Weight, BMI, Body Fat, biological age, Bone Mass, etc. While these metrics can be useful for tracking and monitoring your fitness, you may also want to add some subjective personal metrics. For me, this means how my favorite belt fits, how I look, and if my wedding ring will easily come on and off. What personal metrics will you track?



Belt Notch Test



Renpho Info

Gym Tracker

Use this to track gym workouts involving weights. You can print and track on paper, but using an online copy includes some automatic week-to-week calculations. Instructions for creating your own online copy can be found under the Daily Tracker section of this document..

Note: To minimize the risk of injury, limit yourself to exercising 2-4 times per week and do not increase distances, durations, reps, or weights more than 10% each week. Weights only come in certain increments, so if you are just getting started or using small weights initially, the smallest increase could exceed 10% (i.e. going from 8lbs to 10lbs is a 25% increase). In these cases, be extra cautious and listen to your body to avoid injuries and setbacks. You can also buy things like wrist weights or plate mates to increase weight by smaller increments.

[illegible]

SAMPLE

	Week 1							Week 2							Week 3												
Date	4/1/26	4/3/26				Average	4/8/26	4/10/26	4/12/26			Average	% Change	4/15/26	4/17/26	4/20/26				Average	% Change						
Bench Press																											
Weight	50	50				50	55	55	55			55	10%	60	60	60				60	9%						
Reps	10	10				10	10	10	10			10	0%	10	10	10				10	0%						
Bicep Curl																											
Weight	12	12				12	12	12	12			12	0%	14	14	14				14	17%						
Reps	10	10				10	10	10	10			10	0%	10	10	10				10	0%						
Chin Ups																											
Weight																											
Reps	3	3				3	4	4	4			4	33%	4	4	4				4	0%						
Lateral Raise																											
Weight	5	5				5	6	6	6			6	20%	7	7	7				7	17%						
Reps	10	10				10	10	10	10			10	0%	10	10	10				10	0%						



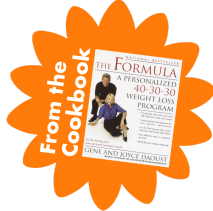
Pete's Favorite Recipes

Please note: These recipes are portioned for me, a 58 y/o 6'2" 170lb male. To find your correct portion size, please use [The Formula](#) cookbook.

Zoned Strawberry Smoothie

Ingredients

1 cup Strawberries, frozen
 ½ cup Water, cold
 13g Pure whey protein powder
 2 tsp Fructose, granulated
 1 ⅓ tbsp Almonds



Instructions

Combine in a blender, but watch this [video](#) for additional info and my preparation tips

Notes:

The recipe is from a Zone Diet cookbook titled "The Formula" that we've been using for at least 20 years. You can find it [here](#).

Zoned Cocoa Peanut Butter Shake (a great lunch)

Ingredients

1 cup 1% low fat milk
 2 ½ tbsp Cocoa powder, unsweetened
 2 ½ tbsp Fructose*
 2 tbsp Peanut butter, natural
 30g Pure whey protein powder
 1-2 cups Ice cubes



Instructions

Combine in a blender, but watch this [video](#) for my preparation tips. I will add extra ice during the hot summer months and typically sip this slowly over several hours. Finishing it in the afternoon helps me avoid being completely starved come dinner time.

Notes:

*Fructose has a lower glycemic index, but in a pinch you can substitute sugar or another sweetener

Pete's Chicken Salad

Ingredients

1 Leftover chicken breast, skinless, diced (from roast chicken)
 1 Apple, diced
 1 Jalapeno, diced
 1 Carrot, small, diced
 4 tbsp Miracle Whip lite
 1 tsp Roasted sesame oil
 1 tsp Soy sauce, low sodium
 1 tsp Hoisin sauce

Instructions

Combine all ingredients.

Notes:

I vary this recipe each time. I'll make a garden salad and add a healthy scoop of this chicken salad for protein and just because it's delicious. Or if you're not currently trying to lose weight, chicken salad is great in a wrap with finely chopped cabbage, lettuce or other veggies. This is a batch that will last me 3-4 meals. The first time I tried dressing it this way, I usually use curry powder and add toasted nuts - either almonds, walnuts or pecans. Just using mayo or mayo plus a spritz of lemon, without any additional seasoning, is also great.



Snacks & Hacks

Simple snacks that help you maintain your fitness goals. Watch this [video](#) for more snack ideas!



Boom Chika Pop with Beef Jerky



Canned Chicken



[Roasted Edamame](#)
[Aka Soy Nuts](#)



Rotisserie Chicken Salad

These hacks are helpful for losing fat and gaining muscle. For more in-depth information about these hacks, watch this [video](#).

- **Shrinking Your Stomach** - by eating smaller meals more often throughout the day and never stuffing yourself, your stomach could literally shrink.
- **Daily 10x Super Slow Pushups** - set a daily simple exercise goal, something that you can do whenever and wherever you.
- **Mini Croutons** - some foods come in large portion sizes, like croutons. By splitting croutons into smaller chunks you can still get that satisfying crunch in your salad with less calories.
- **Bacon Bits** - are a reasonably low calorie addition that encourages me to eat more salads.
- **Splurge Days & Reset Weeks** - to avoid your body thinking it needs to start retaining fat, use a splurge day to flood your body with calories about once a week.
- **Zone Diet:** [The Formula Recipe Book](#) - this is the book that has helped keep my family and I fit for over 20 years!

More resources and information

Website: The411.org

YouTube: [Game of Life 411](#)

Facebook: [Game of Life 411](#)

Instagram: [Game.of.Life.411](#)

I am not a healthcare professional, physical therapist, or fitness pro.
This is not a substitute for professional advice, diagnosis, treatment, or care.
Please seek info from a professional.