FREE STARTER GUIDE

Your first *4* *weeks.*

Train at home. Eat by the numbers.
Keep the foods you love.

- Find your calorie & protein targets
- Learn to measure your portions
- A sample day of meals
- A 4-week home workout plan
- A simple gear list & progress tracker
- Bonus: a no-equipment circuit



Go See Fit

with Nithya · NASM Certified Personal Trainer & Nutrition Coach

8,000+ followers on YouTube,
Instagram & Facebook
goseefitme.com · @nithya_svasudevan

WELCOME

Hi, I'm *Nithya.*

Mom of 2, civil engineer, certified personal trainer, and content creator with **8,000+ followers** across YouTube, Instagram and Facebook.

I used to be overweight, then obese: tired, stuck, and waiting for life to calm down before I started. I started anyway.

What worked wasn't a crash diet. It was **measuring**: knowing how much I ate, keeping the everyday food I loved, and training at home with dumbbells and bands around my kids. Then tracking, adjusting and repeating.

Creating content started as a hobby, sharing my journey on YouTube, Instagram and Facebook. Today 8,000+ of you follow along. This guide gives you that same system, built on the research behind how bodies actually change. Follow it for four weeks. Be patient, be consistent, and message me if you get stuck.

— Nithya

The Go See Fit method

1 Assess

Take your starting numbers. No judgment.

2 Plan

Set your calorie and protein targets.

3 Portion

Weigh and measure everyday food.

4 Track

Check in weekly and adjust.

How to use this guide

When	Do this	Page
Day 1	Read the safety check, then take your starting measurements and photos.	3–4
Day 1–2	Work out your calorie, protein, fat and carb targets.	5
Week 1	Get a kitchen scale and log what you eat for a few days, without changing anything yet.	6–7
Weeks 1–4	Train 3 days a week with the plan. Walk daily. No gear yet? Start with the bonus circuit.	8–10
Every week	Fill in your weekly check-in and adjust if needed.	12

This guide is general education, not medical advice. Your numbers are a starting point. Everyone's body responds a little differently, which is why we track and adjust.

BEFORE YOU START

Safety check

Talk to your doctor before starting a new exercise or eating plan if any of these apply to you:

- You're pregnant, or had a baby recently
- You have a heart, blood-pressure or lung condition
- You get chest pain, dizziness or fainting with effort
- You have diabetes or take medication that affects blood sugar
- You have a joint or back injury
- You have a history of disordered eating

Pregnant or postpartum?

For most healthy pregnancies, regular moderate exercise is safe and recommended. Guidelines suggest about 150 minutes a week, with your provider's OK. **Don't diet to lose weight while pregnant**, and don't cut calories hard while breastfeeding. After birth, return to exercise gradually once your provider clears you. Start with walking, breathing and pelvic-floor work. Tell me where you are, and I'll adapt your plan.

Your gear: *about $25*

You buy this yourself. It's all you need for the 4-week plan.

Item	Why	Approx. cost
Mini loop band set (light to heavy)	Glute bridges, lateral walks, warm-ups	~$8
Pair of dumbbells, 3–5 lb to start*	Squats, deadlifts, rows, presses	~$12
Long resistance band (with or without handles)	Pull-aparts, rows, assistance	~$5
Towel or yoga mat	Floor work	$0
Total		**about $25**

Already have dumbbells?

You can start for $0.

Have gym access?

Recommended, not required.

Same plan, more weight options.

Kitchen scale

Highly recommended for nutrition (~$10–15).

*Prices vary by store. Many women outgrow 3–5 lb dumbbells within weeks for lower-body moves. Adjustable dumbbells or a second, heavier pair (8–15 lb) are a good next buy.

STEP 1 · ASSESS

Take your starting numbers

The scale is only one number. Measurements and photos show changes the scale misses, especially when you're building muscle.

Weight

- Weigh in the morning, after the bathroom, before eating or drinking
- Weigh 3–7 times a week and use the **weekly average**
- Daily weight can swing 1–4 lb from water, salt, your cycle and digestion. That's normal.

Tape measurements

- **Waist:** at your belly button, relaxed, after breathing out
- **Hips:** at the widest point of your bottom
- Optional: thigh and upper arm at the widest point
- Snug, not tight. Same spot every time.

Photos

- Front, side and back
- Same place, same light, same clothes
- Retake every 2 weeks. Keep them private.

How you feel

- Energy, sleep, mood, hunger (1–10)
- How your clothes fit
- Can you do more reps, or lift heavier?

My starting point

Date	Height
Weight (weekly average)	Age
Waist	Hips
Thigh	Upper arm
Average daily steps	Average sleep (hours)
My main goal	
Why it matters to me	

STEP 2 · PLAN

Find your numbers

Fat loss comes down to eating a little less energy than you burn, while eating enough protein and strength training to keep your muscle.

A Resting calories (BMR)

The Mifflin-St Jeor equation is a well-tested estimate:

BMR = (10 × weight kg) + (6.25 × height cm) − (5 × age) − 161

lb ÷ 2.2 = kg · inches × 2.54 = cm

B Daily burn (maintenance)

Multiply your BMR by your activity level:

Your day	×
Mostly sitting, little walking	1.2
Light activity: some walking, exercise 1–3 days a week	1.375
Moderate: on your feet a lot, or exercise 3–5 days a week	1.55

C Your fat-loss target

Eat **15–20% below maintenance**. Aim to lose about **0.5–1% of your body weight per week**. Don't go below **1,200 calories** a day without medical supervision.

D Protein first

1.6 g per kg of body weight a day (about 0.7 g per lb). If you have a lot of weight to lose, use your goal weight. Protein keeps you full and protects muscle while you lose fat.

E Then fat

About **25–30% of calories**, and at least 0.6 g per kg, for hormones and vitamin absorption.

F Carbs fill the rest

Carbs fuel your training. Choose mostly whole grains, fruit, vegetables, lentils and beans.

Calories per gram: protein 4 · carbs 4 · fat 9

Worked example: 35 years, 70 kg (154 lb), 163 cm (5'4"), lightly active

Step	Math	Result
BMR	700 + 1,019 − 175 − 161	**≈ 1,383 kcal**
Maintenance	1,383 × 1.375	**≈ 1,900 kcal**
Fat-loss target	1,900 − 15% to 20%	**≈ 1,520–1,615 → 1,600 kcal**
Protein	70 × 1.6 = 112 g × 4	**112 g (448 kcal)**
Fat	25% of 1,600 = 400 kcal ÷ 9	**≈ 44 g**
Carbs	1,600 − 448 − 400 = 752 kcal ÷ 4	**188 g**

My targets: Calories _____ Protein _____ g Fat _____ g Carbs _____ g

STEP 3 · PORTION

Measure, don't *restrict.*

You don't need "diet food." Eat what your family eats, in amounts that fit your numbers. Measuring for a few weeks trains your eye for life.

How to measure

- Use a **kitchen scale** in grams. It's the most accurate.
- Log food in a tracking app such as **Cronometer** or **MyFitnessPal**.
- **Raw or cooked: pick one and stay consistent.** Rice and dal gain weight when cooked, and meat loses it.
- Count **oil, ghee, butter and sauces**. One tablespoon of oil is about 120 calories.
- Count drinks: chai, coffee creamers, juice.
- Packaged food: read the label and check the serving size.

No scale? Use your hand

Per meal	Portion
Protein	1–2 palms
Vegetables	1–2 fists
Carbs (rice, roti, fruit)	1–2 cupped hands
Fats (oil, nuts, ghee)	1–2 thumbs

Hand portions are less exact, but a great backup when you're eating out or traveling.

Easy protein: about how much is in each

Food	Serving	Protein	Calories
Chicken breast, cooked	100 g	31 g	165
Fish (salmon), cooked	100 g	25 g	205
Egg whites	100 g (about 3)	11 g	52
Whole egg	1 large	6 g	72
Nonfat Greek yogurt	170 g	17 g	100
Firm tofu	100 g	17 g	144
Paneer	100 g	18 g	~290
Lentils / dal, cooked	1 cup (200 g)	18 g	230
Chickpeas, cooked	1 cup (165 g)	15 g	270
Whey protein	1 scoop (~30 g)	20–25 g	~120

Values are approximate, from USDA data. Brands vary, so check your labels.

STEP 3 · PORTION

A sample day: *~1,600 calories*

Built for the worked example on page 5. It's an example, not a prescription. Swap in your own foods and portions to fit your numbers.

Meal	What & how much	kcal	Protein	Carbs	Fat
Breakfast	Yogurt bowl: 200 g nonfat Greek yogurt + 30 g rolled oats + 100 g berries + 10 g chia seeds	330	26 g	43 g	6 g
Snack	1 small apple (150 g) + 15 g roasted peanuts	165	4 g	24 g	8 g
Lunch	2 rotis (60 g whole-wheat flour) + 150 g cooked dal with 5 g ghee + 150 g vegetable sabzi cooked in 5 g oil + cucumber salad	525	23 g	84 g	12 g
Evening	30 g roasted chana + chai with 100 ml low-fat milk, no sugar	155	9 g	22 g	3 g
Dinner	120 g cooked chicken breast (or 150 g firm tofu) cooked in 5 g oil + 100 g cooked rice + 150 g sautéed vegetables	415	42 g	36 g	10 g
Total		**~1,590**	**~104 g**	**~209 g**	**~39 g**

Close to target, not perfect, and that's fine. Protein is 8 g under the 112 g goal. Close the gap with 2 egg whites plus 30 g more Greek yogurt (about +10 g), or swap 1 roti for 100 g tofu. Within about 10% of your targets is a good day.

Breakfast swaps

2 idlis + sambar + 2 boiled eggs · 2-egg omelette with veg + 1 slice whole-grain toast · Besan chilla with paneer

Lunch & dinner swaps

Rajma or chana masala + rice · Fish curry + rice · Paneer bhurji + roti · Grilled chicken salad with a grain

Snack swaps

Sprouts chaat · Buttermilk + fruit · Greek yogurt · Boiled egg + cucumber · Roasted makhana

Every-day habits

- **Protein at every meal:** about 25–35 g
- **Fiber:** about 25 g a day, from vegetables, fruit, dal and whole grains
- **Half your plate vegetables** at lunch and dinner
- **Water:** about 9 cups (2.2 L) a day from drinks, more when it's hot or you sweat
- **Plan treats** into your calories instead of banning them
- **80/20:** mostly whole foods, some fun

TRAIN

Your 4-week *home plan*

3 full-body strength workouts a week, 25–35 minutes each, plus daily walking. Strength training is the key to looking toned: it builds and keeps muscle while you lose fat.

Weekly schedule

Day	Weeks 1 & 3	Weeks 2 & 4
Mon	**Workout A**	**Workout B**
Tue	Walk	Walk
Wed	**Workout B**	**Workout A**
Thu	Walk	Walk
Fri	**Workout A**	**Workout B**
Sat	Longer walk or fun activity	Longer walk or fun activity
Sun	Rest	Rest

Any 3 non-consecutive days work. Missed one? Just do the next workout.

How it progresses

Week	Sets × reps	Focus
1	2 × 10	Learn the moves
2	3 × 10	Add a set
3	3 × 12	Add reps or weight
4	3 × 12–15	Slow 3-second lowering

How hard? Finish each set with about **2–3 reps left in the tank**. If you could do 5+ more, go heavier or slower next time. That's **progressive overload**, the main driver of strength.

Rest 60–90 seconds between sets.

5-minute warm-up

March in place 1 min · Arm circles 10 each way · Bodyweight squats × 10 · Glute bridges × 10 · Cat-cow × 6 · Band pull-aparts × 10

Daily walking

Find your current average and add about **1,000 steps a day each week**, working toward **7,000–10,000**. Walking adds to your calorie burn without making you hungrier the way hard cardio can.

At a gym? Same plan. Use heavier dumbbells, and swap the long band for a cable or lat-pulldown machine. Hip thrusts on a bench can replace floor bridges.

TRAIN

The workouts

Use the sets and reps for your week from page 8. Core moves use the counts shown.

A Workout A

#	Exercise	Gear
1	**Goblet squat**	1 dumbbell
2	**Romanian deadlift**	2 dumbbells
3	**Incline push-up** (hands on a counter)	Bodyweight
4	**One-arm row** (hand on a chair)	1 dumbbell
5	**Banded glute bridge**	Loop band
6	**Dead bug**: 2–3 × 8 per side	Bodyweight

B Workout B

#	Exercise	Gear
1	**Reverse lunge** (per leg)	Bodyweight → dumbbells
2	**Sumo squat**	1 dumbbell
3	**Shoulder press**	2 dumbbells
4	**Band pull-apart**	Long band
5	**Banded lateral walk**: 10 steps each way	Loop band
6	**Side plank** from knees: 2–3 × 20–30 s per side	Bodyweight

Form cues

Goblet squat

Hold the dumbbell at your chest. Feet shoulder-width. Sit back and down, knees track over your toes, chest tall. Push the floor away to stand.

Romanian deadlift

Soft knees. Push your hips back and slide the weights down your thighs with a flat back until you feel a hamstring stretch. Squeeze your glutes to stand.

Incline push-up

Body in one straight line. Lower your chest to the counter, elbows about 45° from your body. The lower the surface, the harder it gets.

One-arm row

Flat back, brace your core. Pull the dumbbell toward your hip, not your shoulder. Pause, then lower slowly.

Banded glute bridge

Band above your knees, heels close to your bottom. Press your knees out, lift your hips, squeeze 2 seconds at the top. Don't arch your lower back.

Dead bug

Lie on your back, arms up, knees at 90°. Press your lower back into the floor. Reach the opposite arm and leg out slowly, then switch.

Reverse lunge

Step back and lower until both knees are near 90°. Front heel stays down. Push through your front foot to return.

Sumo squat

Wide stance, toes turned out, dumbbell hanging between your legs. Sit straight down, knees pushing out.

Shoulder press

Ribs down, glutes tight. Press the dumbbells up and slightly in. Seated is fine.

Band pull-apart

Arms straight at shoulder height. Pull the band apart by squeezing your shoulder blades together. Control it back.

Banded lateral walk

Band around your ankles or above your knees, half-squat. Step sideways with control. Keep tension on the band.

Side plank (knees)

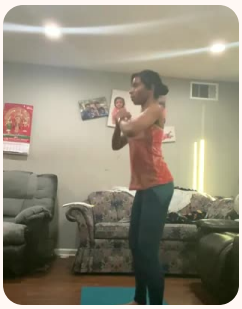
Elbow under your shoulder, knees bent. Lift your hips so you're in a straight line from knees to head. Breathe.

Sharp pain means stop. Mild muscle soreness for 1–3 days is normal at the start. Postpartum: skip the dead bugs and planks if you notice doming along your midline or leaking, and ask me for alternatives.

BONUS · ZERO EQUIPMENT

No gear yet? *Start here.*

A 15-minute living-room circuit you can do today. Do each move, then go straight to the next. Rest 60 seconds after all four. That's one round.



1 Bodyweight squats

12 reps

Sit back and down, chest tall, knees over toes. Push the floor away to stand.



2 Knee push-ups

8–10 reps

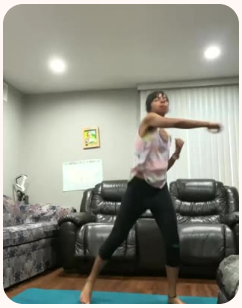
Straight line from knees to head. Lower your chest toward the floor, then press up.



3 Plank up-downs

6 per side

From forearms to hands, one arm at a time, then back down. Keep your hips steady.



4 Jumping jacks

30 seconds

Low-impact option: step one foot out at a time and reach your arms up.

Level	Rounds	When
Just starting	2 rounds	On your walk days, or before your gear arrives
Comfortable	3 rounds	Add it as a 4th workout, or as a finisher after Workout A or B

Want me to check your form?

Book a live 1-on-1 **Flex** session ($25) at **goseefitme.com/plans**, or DM me on Instagram.

Live 1-on-1

Pregnant or postpartum? Get your provider's OK first, and skip plank up-downs if you notice doming along your midline.

RECOVER

The quiet *results-makers*

Your body changes between workouts. These habits make the plan work.

Sleep: 7+ hours

Short sleep raises hunger, cravings and fatigue. Moms: if nights are broken, protect what you can. Try a consistent bedtime, a dark room, and screens down 30 minutes before bed.

Stress

A 10-minute walk outside, 5 slow breaths, or a stretch break all count. Stress can cause water retention that hides fat loss on the scale for a few days.

Your cycle

Weight often rises 1–3 lb before and during your period from water. Compare the same week of your cycle, month to month.

Cool-down stretches

After each workout, hold for 30 seconds each: child's pose, hip-flexor stretch, figure-4 glute stretch, chest stretch in a doorway, hamstring stretch.

When the scale doesn't move

After 2 weeks with no change in your average weight AND your waist…	Try this
You're sure your logging is accurate	Reduce calories by 100–150 **or** add 1,500–2,000 daily steps
Logging has gaps (weekends, oils, drinks)	Tighten tracking for 1 week before changing anything
Waist is down but weight isn't	Keep going. You're likely losing fat and gaining muscle.
You feel exhausted, hungry, or sleep is poor	Eat at maintenance for a week, then resume. Talk to me.

Remember

Progress isn't a straight line. A "bad" day doesn't undo a good week. Consistency over perfection, every single time.

STEP 4 · TRACK

Weekly check-in

Fill this in on the same day each week. Print it, or copy it into your notes app.

	Start	Week 1	Week 2	Week 3	Week 4
Average weight					
Waist					
Hips					
Workouts done (of 3)	—				
Average daily steps					
Days I hit protein (of 7)	—				
Days I logged food (of 7)	—				
Average sleep (hrs)					
Energy (1–10)					
Hunger (1–10)					
Photos taken		—		—	

Strength log: one lift from each workout

Exercise	Week 1	Week 2	Week 3	Week 4
Goblet squat (weight × reps)				
One-arm row				
Reverse lunge				
Shoulder press				

My wins this month (not scale-related)

WHAT'S NEXT

Want me in your *corner?*

This guide follows the same method as my **Essential plan**. The difference: Essential is built for your body and schedule, and I check in with you every week. Core and Elite add live 1-on-1 training on video.

Plan	What you get	Price (USD)
Flex	1-on-1 personal training only: one live session with form correction. No nutrition guidance, no commitment.	$25 / session
Essential	**This guide, made personal:** your own home workout plan and nutrition targets, weekly check-in, direct chat	$50 / month
Core Most popular	8 live sessions a month + everything in Essential + measurement tracking	$149 / month
Elite	12 live sessions a month + everything in Essential + measurement tracking	$199 / month

Your first live session is free on Core and Elite.

Website
goseefitme.com

Instagram DM
@nithya_svasudevan

Email
hello@goseefitme.com

The science behind this guide

1. Mifflin MD, St Jeor ST, et al. A new predictive equation for resting energy expenditure in healthy individuals. *Am J Clin Nutr.* 1990;51(2):241–247.
2. Morton RW, et al. A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training–induced gains in muscle mass and strength. *Br J Sports Med.* 2018;52(6):376–384.
3. Jäger R, et al. International Society of Sports Nutrition position stand: protein and exercise. *J Int Soc Sports Nutr.* 2017;14:20.
4. U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans*, 2nd edition. 2018.
5. American College of Obstetricians and Gynecologists. Committee Opinion No. 804: Physical Activity and Exercise During Pregnancy and the Postpartum Period. 2020.
6. U.S. Department of Agriculture and HHS. *Dietary Guidelines for Americans, 2020–2025.*
7. National Academies. *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate.* 2005.
8. Paluch AE, et al. Daily steps and all-cause mortality: a meta-analysis of 15 international cohorts. *Lancet Public Health.* 2022;7(3):e219–e228.
9. Watson NF, et al. Recommended amount of sleep for a healthy adult: AASM and SRS joint consensus statement. *Sleep.* 2015;38(6):843–844.
10. USDA FoodData Central, for food nutrient values.

© 2026 Go See Fit. For personal use. This guide is general education and not a substitute for medical advice. Check with your healthcare provider before starting, especially if you're pregnant, postpartum, or have a health condition.