



COMPLETE PERFORMANCE

The 90-Day **Fall Fat** **Loss** Map

Your free preview of the exact roadmap women 40-60
are using to lose 10-20 lbs before the holidays.

YOUR FREE PREVIEW

Your 90 Days, Mapped Out

Here's the shape of the next 90 days — the exact three-phase structure inside the full Fall Fat Loss Accelerator, mapped straight onto the fall calendar.

WEEKS 1–4

Phase 1: Foundation

The four weeks that decide whether you're still going by Halloween — or already back to square one like every year before.

WEEKS 5–8

Phase 2: Momentum

Where real results start to show — and where the full program hands you a plan for Thanksgiving weeks before it arrives.

WEEKS 9–13

Phase 3: Lock-In

The stretch that wrecks most people's progress every December. This is how you walk through it and still hit Day 90.

WHY THIS WORKS WHEN OTHER PLANS HAVEN'T

Most programs fall apart in the fall because nobody accounts for Halloween, Thanksgiving, and a month of holiday parties. This one is built around those exact events — not in spite of them. The full program gives you the specific nutrition targets, training plan, and event-by-event playbook behind each phase above.

What's Waiting Inside the Full Program

- Your complete strategy guide — nutrition targets, mindset coaching, and a full playbook for every holiday event between now and New Year's
- Your choice of a full 13-week workout plan — Bodyweight/At-Home or Gym-Based, no gym required either way
- Weekly check-in worksheets to track real progress, not just the scale
- Access to our calorie & macro calculator to set your exact daily targets

Ready for the Rest of the Map?

This preview shows you the shape of the 90 days. The full program gives you every target, every workout, and every worksheet to actually walk it — for one flat price.

\$90 for 90 Days

Get the full program at completeperformance.com/fall-fat-loss

This preview is a general nutrition and training framework and is not a substitute for individualized medical or dietary advice. Check with your physician before beginning any new nutrition or exercise program.