The Whole Method on One Page

Three meals a day. Three sessions a week. **Three months of focus**.



3

MEALS A DAY

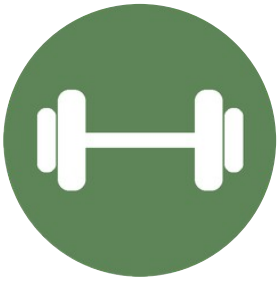
Nothing before noon

Lunch · 12:00 · 500 kcal

Dinner · 18:00 · 600 kcal

Evening · 21:00 · 500 kcal

Protein first, every plate



3

SESSIONS A WEEK

Day A · Upper push and pull

Day B · Lower body and core

Day C · Full body, lighter

30 minutes each

Heavy. Log every set.



3

MONTHS OF FOCUS

10–12 week push

−1,000 kcal a day

About 1 kg a week

Then maintain

Push again when ready

EVERY DAY — **Water 2–3 litres** · **Move all day** · **Sleep 7 hours+**

START HERE

1. **Work out your numbers** page 2
2. **Plan your three meals** page 3
3. **Book your three sessions** page 4
4. **Track it for twelve weeks** pages 6–7

The only benchmark is the version of you that stopped caring.

My Numbers

Fill this in once. **Everything else follows from it.**

WHERE I AM STARTING

Date	
Weight today · kg	
Weight at my fittest · kg	
The gap · kg	

MY THREE TARGETS

1 Maintenance calories (TDEE)

Search “TDEE calculator”. Enter your age, height, weight and activity level.

Example: 2,614 kcal

kcal

2 Daily calorie target

TDEE minus 1,000. Any day between 700 and 1,000 under is a good day.

Example: 1,614 kcal

kcal

3 Daily protein target

Bodyweight in kilograms × 2. Build every plate around it.

Example: 176 g

g

My Meals

*Three meals. **Protein first**. Five to seven favourites on rotation.*

00:00 – 12:00	Fast · water and black coffee

12:00
500 kcal

Lunch

Chicken, fish or eggs. Rice or potatoes. Vegetables.

MY VERSION

18:00
600 kcal

Dinner

Red meat or salmon. Potatoes or rice. Salad. Avocado or olive oil.

MY VERSION

21:00
500 kcal

Evening

Protein shake, or low-calorie ice cream with protein powder.

MY VERSION

MY GO-TO ROTATION · FIVE TO SEVEN MEALS I ACTUALLY LIKE

1

2

3

4

5

6

7

The 3-Day Split

Three days. Five lifts. **Thirty minutes a session**.

MON	TUE	WED	THU	FRI	SAT	SUN
A	Walk	**B**	Walk	**C**	Walk	Rest

DAY A · UPPER PUSH AND PULL

Bench Press	Overhead Press	Rows

EVERY LIFT — SET 1 **100% × 6** — SET 2 **90% × 7** — SET 3 **80% × 8**

DAY B · LOWER BODY AND CORE

Squat	Deadlift

EVERY LIFT — SET 1 **100% × 6** — SET 2 **90% × 7** — SET 3 **80% × 8**

DAY C · FULL BODY, LIGHTER

Squat	Bench Press	Rows

EVERY LIFT — SET 1 **90% × 8** — SET 2 **85% × 10** — SET 3 **80% × 12**

100% is your working weight: the most you can lift for six hard reps. **Rest** 90 seconds on heavy sets, 60 on lighter ones. **Weeks 1–3** are for finding your working weights. Start conservative.

How to Lift

Five lifts cover the whole body. ***Heavy first****, then drop and add reps.*

THE FIVE LIFTS

1 Squat
LEGS, CORE, BACK
The king of lower body. Builds the largest muscles you have.

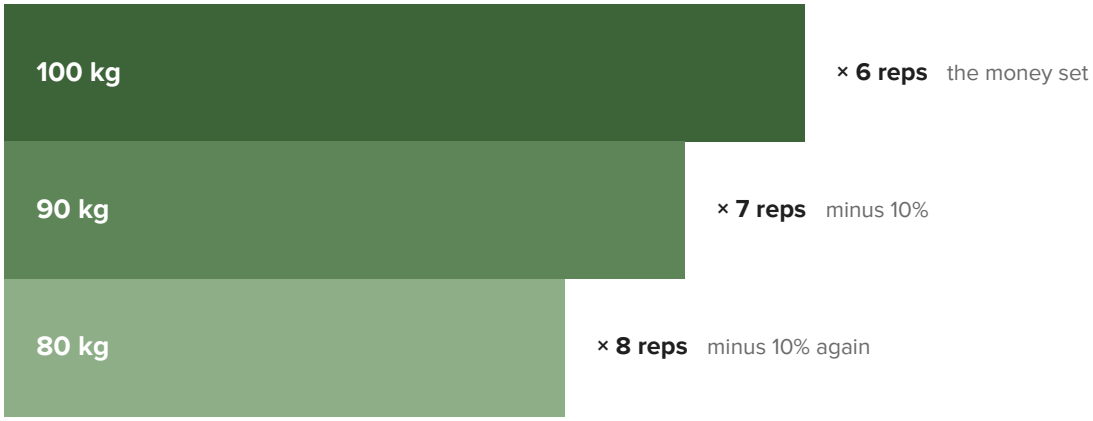
2 Deadlift
BACK, LEGS, GRIP, CORE
The full posterior chain. Nothing builds total strength faster.

3 Bench Press
CHEST, SHOULDERS, TRICEPS
The foundation of upper-body pushing strength.

4 Overhead Press
SHOULDERS, TRICEPS, CORE
Builds the shoulders and stabilisers that desk work destroys.

5 Rows
BACK, BICEPS, REAR SHOULDERS
Counteracts the forward hunch from sitting all day.

THE REVERSE PYRAMID · EXAMPLE: DEADLIFT



Set 1 must feel like you might not get the sixth rep. Round the maths to the nearest plate — the muscle does not know the difference.

Training Log

One week. **Match or beat** *last week's numbers.*

DAY A · UPPER PUSH AND PULL	Date _____		Weight _____ kg
LIFT	SET 1 · KG × REPS	SET 2	SET 3
Bench Press			
Overhead Press			
Rows			

DAY B · LOWER BODY AND CORE	Date _____		Weight _____ kg
LIFT	SET 1 · KG × REPS	SET 2	SET 3
Squat			
Deadlift			

DAY C · FULL BODY, LIGHTER	Date _____		Weight _____ kg
LIFT	SET 1 · KG × REPS	SET 2	SET 3
Squat			
Bench Press			
Rows			

Print this page, or copy the plain-text version at **the333book.com/text** *straight into your notes app.*

12-Week Tracker

Weigh in every morning. **Write the weekly average** *here.*

WEEK	AVG WEIGHT (KG)	SESSIONS	3 PM ENERGY (/10)	NOTE
Start		—		
1		☐ ☐ ☐		
2		☐ ☐ ☐		
3		☐ ☐ ☐		
4		☐ ☐ ☐		
5		☐ ☐ ☐		
6		☐ ☐ ☐		
7		☐ ☐ ☐		
8		☐ ☐ ☐		
9		☐ ☐ ☐		
10		☐ ☐ ☐		
11		☐ ☐ ☐		
12		☐ ☐ ☐		

3 pm energy: rate your focus at three o'clock, one to ten. Compare week 12 with where you started. **Plain-text version:** the333book.com/text

Three Never Drop. Ten Govern the Rest.

When you are tired, confused or travelling, **this is the page to read**.

WATER	MOVE	SLEEP
2–3 litres	**Stand, walk, stairs**	**7 hours**
every day	carry the kids	minimum

During a push, add a fourth: weigh in every morning.

01 1,000 calorie deficit. Accept 700 to 1,000 on any given day.

02 Protein first on every plate.

03 30 minutes, 3 times a week. Heavy.

04 Move more outside the gym than in it.

05 Sleep 7 or more hours.

06 Eat what you enjoy, with information.

07 10–12 week push, then maintain or let go.

08 80 percent consistency beats 100 percent perfection.

09 Compete against yourself. Nobody else.

10 **You are in control.**

The Method Is Yours. Keep It.

Everything in this toolkit is the complete protocol. **Nothing is held back.**

Now I would like to hear from you.

- **Did any of this actually work, once you tried it?**
- **What got in the way — the food, the training, or the time?**

Message me **@johnswanlive** and I will reply. Every answer tells me what to fix, and the next version of this is better because of it.

GET THE WHOLE STORY

How Busy Professionals Get Lean in 12 Weeks

Why the method works, and why it failed for a decade before it did. What to do when the scale stops, when you travel, and when you simply do not feel like it.

Paperback and ebook · around $9

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Free to share. Free to print. Pass it to whoever needs it.



JOHN SWAN

17 years in military and intelligence. Then a decade getting his own health wrong.

@johnswanlive