

experiment

This ~~book~~ is dedicated to all my fat cells that I have mercilessly murdered since 2018!



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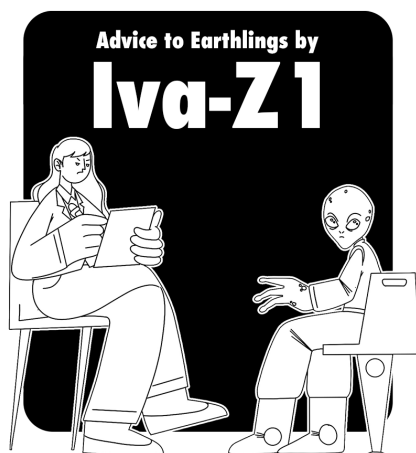
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Preface

Welcome to the 21Thirty Quick Start Guide, your ticket to a life-changing 21-day adventure. Imagine shedding those extra pounds, waking up with boundless energy, and finally sticking to a fitness plan that works for you. Sound too good to be true? Let me tell you, it's not. This Quick Start Guide is designed to give you a sneak peek or a 7-Day Trial of the 21-Day transformative journey we have been using to nudge people into the Better Burner Mindset.

Whether you're looking to lose weight, build strength, or simply adopt healthier habits, this program is here to support you every step of the way. If you want to learn more about the science and stories behind 21Thirty, visit: www.21thirty.today or pick up a copy of "How to Quit Quitting". Ideally, I would advise you to go to the website, fill out the forms, get a copy of the book and read it before setting out on this 21-Day experiment. But, since actions tend to speak louder than words (often!), I suggest you use this Guide to try this out for a week. If you like the way its going, you may proceed else just cut your losses (210 minutes) and move on to the next thing. (No hard feelings!). Now, let's get started!



You may think of this blueprint as a pre-digested version of easing into the right mindset to be able to start-follow-finish any program that you may choose to follow now or in the future.

Introduction: Why You're Here and What to Expect

Hey there! I'm Avinash Gandhi. By education, I have a Masters in Engineering from SJSU. By trade, I'm an inventor and robotics nerd who's spent the last 15+ years building robots and automation systems in California and India. By habit, I was a 161 kg human donut living just a few blocks away from "Strokecity." (Yeah, not the best zip code.)

Sure, my work-life imbalance led to some cool stuff-patents, awards, and fancy tech products-but it also turned me into a walking cautionary tale. So, in 2018, I decided to flip the script. Fast forward to today, I'm 82 kg lighter, healthier, and way happier.

Here's the kicker: I didn't follow the rules. I hate dieting (don't even try to take away my pizza), I refuse to live in the gym, and I have zero interest in using machines designed for bodybuilders. Instead, I did what any rebellious inventor would do-I hacked my way out.

Using math, predictive analytics, and a little DIY ingenuity, I built my own training equipment and developed a unique approach to fitness. The result? A transformation that didn't just work for me-it's helping others become healthier, leaner, and, most importantly, happier. How? By adopting the Better Burner Mindset and making small, consistent changes that added up to big results.

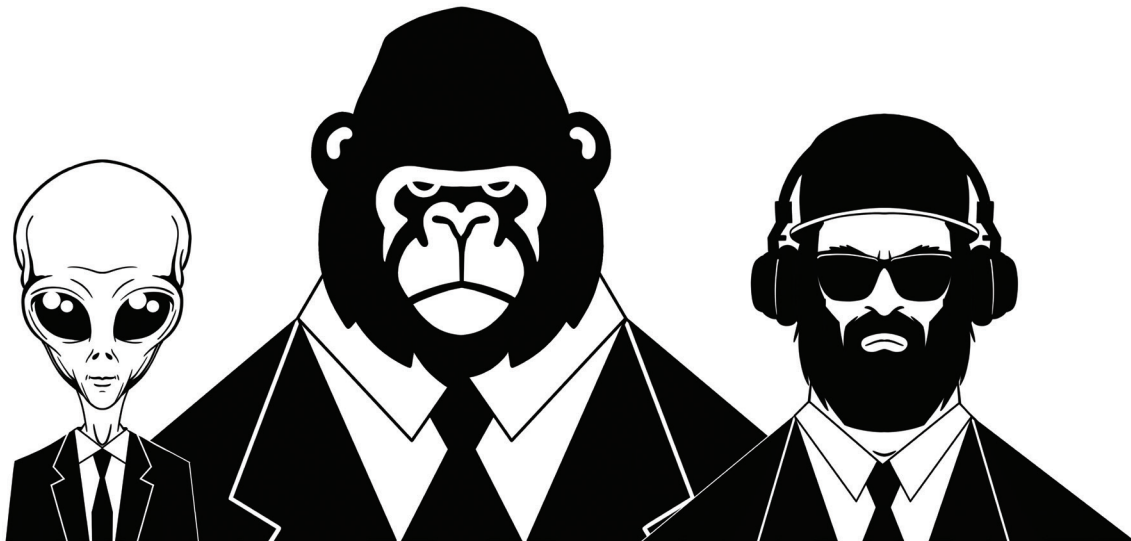
Meet the Characters

IVA-Z1 (The Alien Time Traveler): *An advanced alien from the planet Exxi of the Marinus42 system, IVA-Z1 crash-landed on prehistoric Earth while searching for a mysterious energy source that could revolutionize time travel.*

AV-One (The UFO Mechanic): *Known across the galaxy for his ability to fix complex technology, AV-One's journey to prehistoric Earth was filled with challenges and unexpected alliances.*

C-ZUR (The Mighty Ape Leader): *Leading the ancient apes of Earth, C-ZUR is a formidable leader with unmatched strength and fierce loyalty to his homeland.*

[Read the whole story on "How to Quit Quitting"]



The 21Thirty Program: Your 21-Day Experiment

The 21Thirty program is more than just a fitness plan; it's a blueprint for the ultimate mindset shift. It's about transforming your brain to crave health and fitness, making it as exciting as the final season of Game of Thrones (But not as disappointing). If you are a procrastinator and you want to adopt healthier habits, this guide will support you every step of the way without being too demanding. Here's how it works:

Block 1: Simple Not Easy

These are the non-negotiables—small changes that pack a punch:

1. Walk for 12 minutes every day: Boost your mood and reduce stress.
(Source: [Harvard Health](#))
2. Take the stairs for at least 5 floors a day: Strengthen your legs and heart.
(Source: [Tulane University](#))
3. Drink 475ml of water immediately after waking up: Hydrate and energise.
(Source: [National Science Foundation](#))
4. Set your AC temperature to 19°C every night: Improve sleep quality.
(Source: [Harvard University](#))
5. Have 300ml of black coffee before 2:00 PM: Boost your metabolism.

Block 2: Change is Constant

Each day, you'll pick a specially designed card with six simple tasks. Choose four that interest you and complete them. These tasks can range from fun challenges like eating four fruits in a day to more adventurous ones like taking a friend for a jog. The goal is to keep things interesting and engaging. This helps reset your overused dopamine pathways and cleanup any inhibitions you might have and not realise (Yep! That's a possibility).

Block 3: Half Measures Work

Yes! I have seen all those reels about "Inflammation is the Culprit". There is enough research to back the claims but there haven't been enough studies that can tell us how to get rid of it. So, make four promises to yourself about how you want to handle sugar, trans-fats, alcohol, etc. If you stick to them, great! If not, no sweat. The key is progress over perfection. Not like you would stop doing something that makes you feel awesome.

Why This Works: The Science Behind the Magic

The 21Thirty program isn't just another fitness fad; it's backed by real science. Here's why it works (among other obvious reasons):

Neuroscience and Behavioral Psychology

Small wins trigger your brain's reward system, making fitness more approachable and fun. By focusing on tiny, achievable tasks, you build momentum and reinforce positive behaviours.

(Source: [Lally et al., 2009](#))

Incremental Approach

Making small changes that compound over time reduces resistance to change and increases the likelihood of long-term success. It's like sneaking veggies into mac and cheese—your brain won't even notice!

(Source: [Schultz et al., 2000](#))

Community Support

Join our supportive community to share your progress, get tips, and stay motivated. Visit www.21thirty.today to learn more and join the community.

(Source: [Journal of Behavioral Medicine, 2011](#))

The Must Haves and Good to Haves: Tools for Success

To make the most of your 21Thirty journey, here are some essential tools:

Must Haves

- **Comfortable Workout Shoes:** Provides support and comfort during physical activities, reducing the risk of injury and making workouts more enjoyable.
- **Fitness Tracker or Smartwatch:** Monitors steps, heart rate, and sleep patterns, helping you stay accountable and track your progress.
- **Water Bottle:** Encourages regular water intake, essential for staying hydrated and makes it easy to track.
- **Protein Powder:** Ensures adequate protein intake, especially if skipping meals or needing a quick, nutritious option.
- **Meal Prep Containers:** Makes it easy to plan and portion out healthy meals in advance, saving time and reducing temptation to eat unhealthy foods.
- **This Workbook (obviously!):** Helps track progress, set goals, and reflect on your journey, making it easier to stay motivated and accountable.

Good to Haves

- Supplements: Multivitamin pills, Collagen, Omega 3s, Magnesium and Iron, Vitamin D, Calcium etc. if your blood-work shows any deficiencies.
- Yoga Mat: Provides a comfortable and non-slip surface for stretching and some exercises from the Boring Workout.
- Resistance Bands: Versatile and portable, allowing for strength training exercises anywhere for those days when you feel a sudden rush of motivation.
- Healthy Recipes Book: Inspires you to try new foods and makes nutritious meals more exciting. We will also be sharing a lot of recipes apart from the Boring Salad on the Whatsapp community.
- Mindfulness or Meditation App: Reduces stress and improves mental clarity, supporting overall well-being. One of the major reasons people fail diets is because they fail to handle stress.
- Thick Comforter and socks, Sleep Mask and Earplugs: Keep you warm particularly if you are not used to sleeping at low temperatures. Improve sleep quality by blocking out light and noise, helping you get the rest you need.
- Diet Sodas and Sugar-free Chocolates: Ensure you don't fall prey to those midnight sugar cravings.
- Healthy Snack Alternatives: Provide healthier options to curb cravings and keep you away from those binges where you declare war on every snack in the house. •
- Proper Workout Gear: Ensures comfort and safety during physical activities, enhancing your overall experience. It also boosts your confidence if you are looking sharp when you walk into a gym or a studio.
- A copy of "How to Quit Quitting": Well, duh?!

How to Use This Workbook: Your Daily Companion

This workbook is your daily companion for the next 7/21 days. Here's how to make the most of it (based on popular opinion):

Daily Entries

Each day, fill out the journal page with the date and time. This helps you track your progress and stay motivated.

(Source: [The Power of Habit](#))

Sleep Tracking

Record the number of hours you slept and rate the quality of your sleep on a scale of 1 to 10. Good sleep is crucial for overall health and fitness.

(Source: [National Sleep Foundation](#))

Water Intake

Note the total amount of water you drank. Staying hydrated is key to feeling good and performing well. I can't stress this enough. More than 90% of the time when you feel hungry, you are actually just thirsty.

(Source: [Mayo Clinic](#))

Food Intake

Write down or make sure you click a picture of what you ate for breakfast, lunch, dinner, and snacks. Use a calorie counter app or AI tools like ChatGPT or DeepSeek at the end of the day to estimate your daily caloric intake and compare it to your BMR. Remembering the number of calories in few items that you constantly eat as a part of staple diet is a great way to know when to stop eating. Its just like learning the multiplication tables as a kid, just helps you do your math faster.

Steps

Log the total number of steps you took. Seeing your progress can be super motivating. Turns out, the whole 10000 steps everyday isn't really necessary but its one of the most healthiest things you can do to yourself.

(Source: [American Heart Association](#))

Block 1 and Block 2 Tasks

Check off the tasks you completed from Block 1 and Block 2. Choose four tasks that interest you and complete them. Do them all or repeat your favourite task a few times if you're feeling it! Don't let anyone kill your vibe. It's not like someone else will get healthy if you put in extra effort!

Mindset and Reflection

Reflect on your day. What were your challenges? What were your wins? Be honest with yourself and celebrate your progress. Every little thing from waking up groggy to having to use the washroom too many times, anything and everything worth mentioning has to be reflected on.

The 21:30 Habit

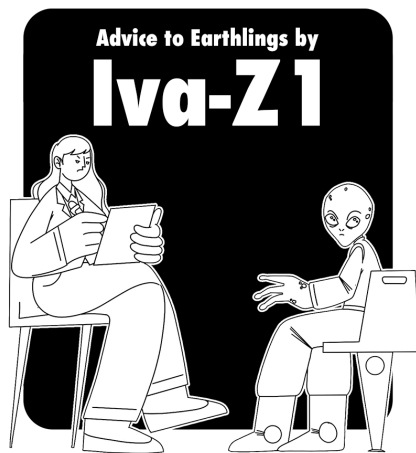
Make it a point to fill out your journal at 21:30 every night. This catchy time sticks in your mind and makes the process more enjoyable. Just imagine thousands of people across the country reflecting on their day exactly at 9:30 PM. Be honest with yourself, but don't take it too seriously. This is your journey, and the more you enjoy it, the more likely you are to stick with it.



ALL YOU NEED IS 21 DAYS AND 30 MINUTES A DAY

21THIRTY

WORKBOOK



*You can quit whenever. You can restart
anytime. Take breaks if you feel like. Nobody is
judging!*

WEEK 01 OF 03

PICK ONE AND TRY TO STICK TO IT! REMEMBER YOU ARE NOT ANSWERABLE TO ANYONE BUT YOU.

1. My stand on ALCOHOL

☐ Everyday ☐ Everyother Day ☐ Weekends Only ☐ None this Week

2. My stand on SUGARS

☐ Everyday ☐ Everyother Day ☐ Weekends Only ☐ None this Week

3. My stand on PACKAGED FOOD

☐ Everyday ☐ Everyother Day ☐ Weekends Only ☐ None this Week

4. My stand on DEEP FRIED FOOD

☐ Everyday ☐ Everyother Day ☐ Weekends Only ☐ None this Week

DAY 01 OF 21

DATE:
TIME:

SLEEP:

STEPS:

SUPPLEMENTS:

WATER:

NOTES

BREAKFAST:

LUNCH:

DINNER:

EVERYTHING ELSE:

APPROX. CALS.

12 min

WALK

5 floors

STAIRS

475ml

WATER

19°C

AIR-CON

300ml

COFFEE



Measure your hip-to-waist ratio



Replace your breakfast with a protein shake



Calculate your Basal Metabolic Rate (BMR)



No fried food until 6:33 PM



Walk 5050 steps today



Do the Boring Workout

THE BORING WORKOUT



**HELLO
WORLDS
X**



**COUCH
POTATOES
X**



**WISHING
WELLS
X**



**SPACESHIP
SCOOCHEs
X**

DAY 02 OF 21

DATE:
TIME:

SLEEP:	NOTES
STEPS:	
SUPPLEMENTS:	
WATER:	

BREAKFAST:	APPROX. CALS.
LUNCH:	
DINNER:	
EVERYTHING ELSE:	

12 min
WALK

5 floors
STAIRS

475ml
WATER

19°C
AIR-CON

300ml
COFFEE



**Get a body composition
analysis**



**Drink 500ml of coconut
water right before lunch**



**Join a friend for a workout
at their gym**



**Treat yourself to an ice
cream after lunch**



**Take a friend for a
20-minute walk**



Do the Boring Workout

THE BORING WORKOUT



**HELLO
WORLDS
X**



**COUCH
POTATOES
X**



**WISHING
WELLS
X**



**SPACESHIP
SCOOCHES
X**

DAY 03 OF 21

DATE:
TIME:

SLEEP:

STEPS:

SUPPLEMENTS:

WATER:

NOTES

BREAKFAST:

LUNCH:

DINNER:

EVERYTHING ELSE:

APPROX. CALS.

12 min

WALK

5 floors

STAIRS

475ml

WATER

19°C

AIR-CON

300ml

COFFEE



Calculate your Body Mass Index (BMI)



Click a picture of everything you eat today



Climb 10 floors by the end of the day



No cooked food until 7:11 PM



Replace your dinner with a protein shake



Do the Boring Workout

THE BORING WORKOUT



**HELLO
WORLDS
X**



**COUCH
POTATOES
X**



**WISHING
WELLS
X**



**SPACESHIP
SCOOCHES
X**

DAY 04 OF 21

DATE:
TIME:

SLEEP:	NOTES
STEPS:	
SUPPLEMENTS:	
WATER:	

BREAKFAST:	APPROX. CALS.
LUNCH:	
DINNER:	
EVERYTHING ELSE:	

12 min
WALK

5 floors
STAIRS

475ml
WATER

19°C
AIR-CON

300ml
COFFEE



Calculate your body fat percentage



Eat four different fruits before 4:44 PM



Convince a friend to try today's workout



Create a 30-minute workout playlist



Challenge a friend to a plank contest



Do the Boring Workout

THE BORING WORKOUT



**HELLO
WORLDS
X**



**COUCH
POTATOES
X**



**WISHING
WELLS
X**



**SPACESHIP
SCOOCHEs
X**

DAY 05 OF 21

DATE:
TIME:

SLEEP:	
STEPS:	
SUPPLEMENTS:	
WATER:	
NOTES	

BREAKFAST:	
LUNCH:	
DINNER:	
EVERYTHING ELSE:	
APPROX. CALS.	

12 min
WALK

5 floors
STAIRS

475ml
WATER

19°C
AIR-CON

300ml
COFFEE

☐ **Stand up continuously**
1:01 PM to 1:19 PM

☐ **Have a protein shake for**
lunch

☐ **Walk | 5:30 AM - 6:00 AM**
OR 11:00 PM - 11:30 PM

☐ **Take a 25-minute power**
nap in the afternoon

☐ **Beat yesterday's step**
count by 2000

☐ **Do the Boring Workout**

THE BORING WORKOUT



HELLO
WORLDS
X



COUCH
POTATOES
X



WISHING
WELLS
X



SPACESHIP
SCOOCHEs
X

DAY 06 OF 21

DATE:
TIME:

SLEEP:	NOTES
STEPS:	
SUPPLEMENTS:	
WATER:	

BREAKFAST:	APPROX. CALS.
LUNCH:	
DINNER:	
EVERYTHING ELSE:	

12 min
WALK

5 floors
STAIRS

475ml
WATER

19°C
AIR-CON

300ml
COFFEE

☐

Get a foot massage today

☐

**Stick to a liquid diet until
9:00 PM**

☐

**Join a friend for a workout
at their gym**

☐

**Avoid all screens from
10:00 PM to 2:00 AM**

☐

**Skip your usual workout
routine**

☐

Do the Boring Workout

THE BORING WORKOUT



**HELLO
WORLDS
X**



**COUCH
POTATOES
X**



**WISHING
WELLS
X**



**SPACESHIP
SCOOCHEs
X**

DAY 07 OF 21

DATE:
TIME:

SLEEP:	NOTES
STEPS:	
SUPPLEMENTS:	
WATER:	

BREAKFAST:	APPROX. CALS.
LUNCH:	
DINNER:	
EVERYTHING ELSE:	

12 min
WALK

5 floors
STAIRS

475ml
WATER

19°C
AIR-CON

300ml
COFFEE



**Test your HbA1c, Vitamin D,
B12 and Magnesium levels**



**Replace your breakfast with
a protein shake**



**Take two friends on a
20-minute walk**



No fried food until 6:33 PM



**Encourage a friend to
replace one meal with BS**



Do the Boring Workout

THE BORING WORKOUT



**HELLO
WORLDS
X**



**COUCH
POTATOES
X**



**WISHING
WELLS
X**



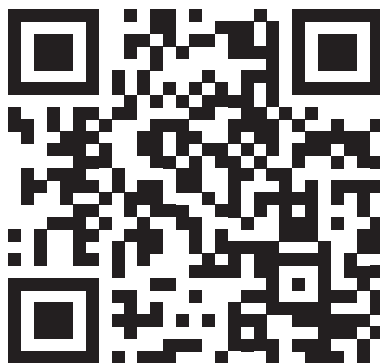
**SPACESHIP
SCOOCHES
X**

Additional Resources: Where to Find More Support

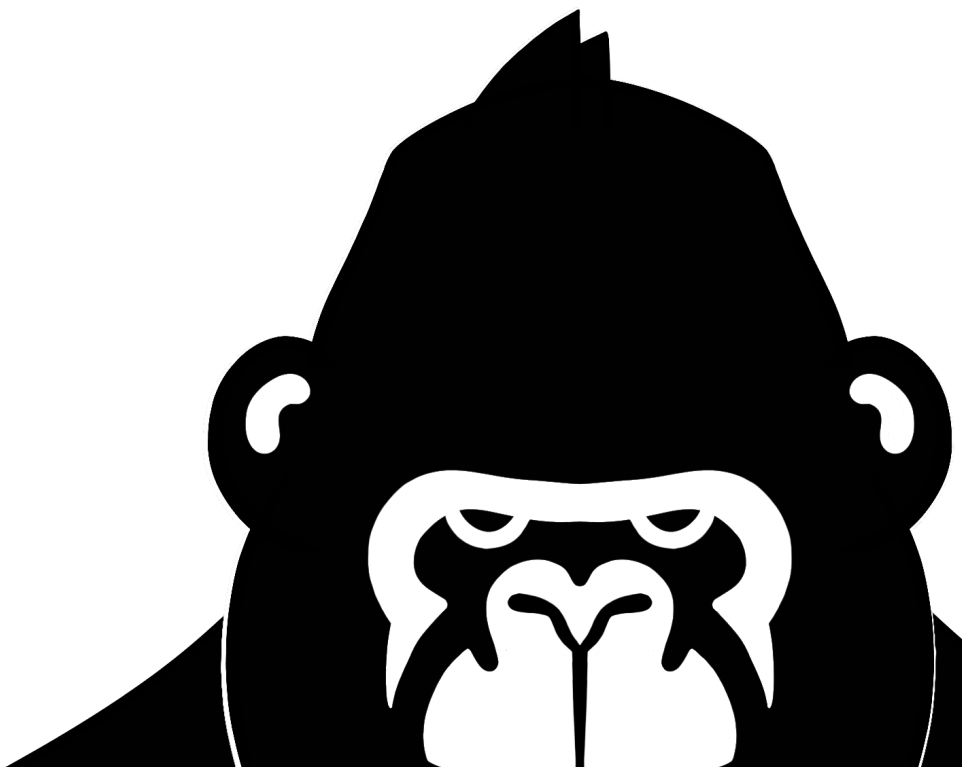
- Join the 21Thirty Community: Scan the QR code on the back cover to join our supportive WhatsApp community. Share your progress, get tips, and stay motivated.
- Visit Our Website: Learn more about the science behind 21Thirty and read "How to Quit Quitting" at www.21thirty.today.
- Stay Connected: Follow us on social media for daily tips, motivation, and community support.
- Read the Book: "How to Quit Quitting" is a fun yet scientific way to ease you into a better burner mindset. It's filled with quirky stories and comical illustrations. Scan the QR to get the hardcopy or the ebook.

Conclusion

The 21Thirty program is more than just a fitness guide; it's a journey to transform your mindset and build sustainable habits. With the right tools and a little bit of effort, you can make lasting changes to your health and fitness. So, grab your workbook, join the community, and let's get started on this exciting journey together! This workbook is designed to be your daily companion for the next 21 days. By tracking your progress, reflecting on your journey, and staying accountable, you'll develop the mindset you need to quit quitting. Good luck, and let's make the next 21 days the start of a healthier, happier you!



Scan this QR to fill out the form and join the
21Thirty Whatsapp Community.



You may now close this and forget you ever read this or pick up your phone, join the community and let tomorrow be Day1. This is in fine print for a reason.

We Listen. We don't Judge.