

THE COMPLETE LOOKSMAXXING PLAN

A brutally honest, no-surgery, budget-aware transformation system for a 19-year-old starting from zero.

Body · Skin · Hair · Face · Style · Grooming · Mind · 12-Month Roadmap

SAFETY FIRST: The phrase "I thought about roping" is a red flag, not a personality trait. If those thoughts come back, call/text a crisis line NOW — US/Canada: 988, UK: 116 123, Germany: 0800 111 0 111. Your face is fixable. A rope is permanent. This plan exists because your situation is TEMPORARY. Act like it.

Compiled from photo analysis (two portrait images) + your written brief. Nothing here requires surgery, wealth, or luck. It requires consistency.

1. THE REALITY CHECK — Read This Twice

Radical honesty is the entry fee for this plan.

Everything you hate in the mirror is a **system output**, not a character verdict. At 19, male, never trained, carrying significant excess fat, your body is an unopened factory. The leverage you have right now is almost unfair:

- **Teenage male hormones are anabolic rocket fuel.** Your natural testosterone + a first year of proper training = the fastest muscle gains you will ever get in your life. You are sitting on a once-in-a-lifetime newbie window.
- **Skin turnover at 19 is fast.** Your acne marks (post-inflammatory hyperpigmentation, visible in both photos) fade dramatically within 6–12 months IF you stop the habits that create them.
- **Your bone structure is not the problem.** From the photos: normal jaw width, decent chin projection, symmetric eyes, straight nose. Your face looks 'round' because of **facial fat and bloat**, which is 100% diet-driven and reversible. Lose the fat → the bone structure that is already there appears.
- **Loose skin fear is mostly a myth at your age and weight path.** Skin elasticity at 19 is elite. If you lose at 0.5–1 kg/week, lift weights the whole time, and give it 12–24 months, the vast majority of guys your age tighten up fine. Stretch marks fade from red to silver and become barely visible. This is the excuse your brain uses to keep you comfortable — delete it.

The actual diagnosis

- **Body:** high body fat (you said it yourself), no training history. This is priority #1 because it changes EVERYTHING — face, jawline, neck, posture, confidence, clothing fit.
- **Skin:** active breakouts + post-acne red/dark marks across cheeks and forehead, slightly oily T-zone, dry/chapped lips. Fixable with a drugstore routine + one prescription-grade retinoid.
- **Hair:** you have GOOD raw material — thick, dense, dark hair. But it is unmanaged: no intentional cut, sleeping on it wet/messy (photo 2 looks like bed-hair chaos), no styling product. A proper cut alone is a 1–2 point upgrade.
- **Grooming:** unibrow-adjacent brows (light, in the photos), neglected lips, zero styling intentionality. Details scream louder than features.
- **Photos/self-presentation:** both images are taken from below at arm's length under harsh indoor light — the worst possible angle. Part of 'looking better' is simply learning to take a photo: eye-level, daylight, clean lens.

2. BODY — The Engine of Everything

Every face improvement you want (jawline, cheekbones, defined chin, less puffy eyes) is downstream of losing fat. Body first. Everything else is decoration on a house with no foundation.

2.1 Nutrition (80% of fat loss)

- **Rule zero: calorie deficit.** You lose fat by eating fewer calories than you burn. Nothing else matters as much. Start at **~2,000–2,200 kcal/day** (adjust after 2 weeks: losing 0.5–1 kg/week = perfect; faster = eat more, slower = eat slightly less).
- **Protein is king: 130–160 g/day.** (Chicken, eggs, Greek yogurt, cottage cheese, canned tuna, frozen fish, lentils, protein powder — cheapest per gram of results you will ever buy.)
- **Delete liquid calories.** Soda, juice, sweet coffee drinks, alcohol. This one change alone is often worth 2–4 kg in the first months.
- **Whole foods, 80/20.** 80% of your plate: lean protein + vegetables + rice/potatoes/oats. 20%: whatever keeps you sane. Restriction breeds binges; structure breeds consistency.
- **Water: 2.5–3 L/day.** Your skin and your fat loss both need it.
- **Don't crash diet.** Extreme deficits cause muscle loss, hair shedding, and loose skin — the three things you're terrified of. Slow is tight, fast is saggy.

Budget note: rice, eggs, oats, frozen veg, canned tuna, store-brand whey are the cheapest 'supplements' on earth. You do not need organic, imported, or branded anything.

2.2 Training (build the frame underneath)

If you lose fat without lifting, you become a smaller version of the same shape. Lift so the skin has muscle to tighten onto. First-year newbie gains are real: with a deficit + protein + training, you can build muscle AND lose fat simultaneously at your level.

- **Week structure: 3 full-body lifting days + daily walking.** That's it.
- **Full-body Day (3x/week, e.g., Mon/Wed/Fri), 45–60 min:** Squat or Leg Press 3x8–12 · Romanian Deadlift 3x8–12 · Bench Press or Push-Ups 3x8–12 · Lat Pulldown or Rows 3x8–12 · Overhead Press 2x8–12 · Plank 3x30–60s.
- **Start with machines or light dumbbells** for the first 4 weeks. Form > ego. Add a little weight every week (progressive overload) — this is the entire secret.
- **Walking: 8,000–10,000 steps/day.** Walking is the most underrated fat-loss drug on the planet: zero recovery cost, burns calories, regulates appetite, improves skin via blood flow.
- **No 'cardio punishment'.** You don't need to run until you hate life. Lift + walk + eat right = the entire equation.
- **Gym anxiety protocol:** go at off-peak hours, wear headphones, follow a written plan (like this one), and remember: nobody is looking at you. Every jacked person in that gym started as a beginner who walked in scared.

2.3 Loose skin & stretch marks — the honest science

- At 19, your collagen production is near lifetime-peak. Skin that is slowly shrunk over 12–18 months, over a growing muscular frame, tightens remarkably well.
- Your best insurance: lose at 0.5–1 kg/week (not faster), lift heavy throughout, eat adequate protein + fats (collagen needs building blocks), stay hydrated, don't smoke, sleep well.

- Stretch marks: they start red/purple, then mature to thin silver lines. Time fades them ~60–80%. Retinoid cream (adapalene — see Skin section) on fresh marks speeds fading. They are battle scars, not defects — virtually everyone who transformed has them.
- If, after 24 months of real effort, some laxity remains, THEN it is a conversation for a dermatologist (non-surgical options exist: radiofrequency, etc.). You are years away from needing to worry about that.

3. SKIN — The Highest ROI Zone

Your base facial structure is fine. Your skin is what reads as 'unclean' in photos. Good skin is 90% habits and 10% products.

3.1 The Daily Routine (drugstore-priced, ~10 min)

- **Morning:** Gentle cleanser (CeraVe/any gentle wash) → Moisturizer with SPF 30+ (non-negotiable — sun makes acne marks permanent).
- **Evening:** Cleanser → **Adapalene 0.1% gel (Differin — ~€15/\$15, OTC in most countries)**, pea-sized amount for the whole face, 2–3x/week at first, build to nightly → Moisturizer on top.
- **Why adapalene:** it's the single most evidence-backed acne treatment that also fades marks and prevents future breakouts. Give it 8–12 weeks (it gets slightly worse before it gets better — push through).
- **Spot treatment:** benzoyl peroxide 2.5–5% on active pimples only (it bleaches fabric, use white pillowcases).
- **Lips:** your lips look dry/chapped in both photos. Balm every morning and night. Cost: €2. Instant upgrade.
- **NEVER pick, pop, or touch your face.** Every mark you see is a scar from a picked pimple. This habit alone determines what your face looks like in 6 months.
- **Pillowcase 2x/week, phone screen daily, hair off forehead when you sleep** (your fringe sits on acne-prone skin all night).

3.2 Escalation path (if 12 weeks of the above isn't enough)

- See a GP/dermatologist. At 19 with active acne, you may be a candidate for stronger prescription topics or (in stubborn cases) isotretinoin — decision belongs to a doctor, not Reddit.
- Professional chemical peels / microneedling fade residual marks faster — but only after acne is controlled, and only if budget allows. Not required for your case.

Expected timeline: breakouts reduce by week 4–8, red marks fade visibly by month 3–6, 'glow' by month 6–9.

Skin is a compound-interest asset.

4. HAIR — You Have Premium Material, Zero Direction

Thick, dense, dark hair with natural volume. Most guys would pay for your hair genetics. You are currently wasting them. A correct haircut is the single cheapest, fastest attractiveness multiplier that exists.

- **Go to a real barber (not a €10 buzz-cut place) and say:** "I want a textured crop / two-block / modern fringe — keep the length on top, tight on the sides, low fade or taper, and I want you to show me how to style it." Bring 2–3 reference photos of Asian male haircuts you like.
- **Why this works for you:** your face is rounder right now. Volume on top + tight sides = vertical lines = face looks longer and more angular INSTANTLY, before any weight loss.
- **Daily styling (5 min):** towel-dry, blow-dry the fringe up/back with your fingers, then a pea-sized amount of matte clay or wax (nothing shiny/greasy). Matte texture reads clean and masculine.
- **Wash 2–3x/week max** with a gentle shampoo; daily washing strips oils and causes the exact frizz/mess visible in your photos. Conditioner every wash.
- **Never sleep with wet hair** (hello, photo 2). If you shower at night, dry it first or you'll wake up with the chaos hairstyle you currently have.
- **Long-term:** keep the sides faded every 3–4 weeks. Maintenance is the difference between 'has a haircut' and 'has style'. Budget: €15–25/month. Non-negotiable.

5. FACE — Reveal, Don't Remodel

No surgery, per the brief. Fine — you don't need it. Your strategy is subtraction (fat, bloat, bad habits) and hygiene of expression (posture, skin, brows).

- **The jawline is under the fat.** Every 5–7 kg lost visibly changes a male face. Your chin and jaw width are normal — they are currently buried. This is the whole plan: unbury them.
- **De-bloat protocols:** cut sodium-heavy processed food, sleep 7–9h (sleep deprivation = puffy face + dark circles), drink water, limit alcohol to near-zero. Mornings after good sleep, look in the mirror — that's your baseline; bloat is the enemy.
- **Tongue posture ('mewing'):** gentle, full tongue on roof of mouth, lips closed, breathe through nose. It's free, may help definition slightly over years, and importantly: nose breathing improves sleep quality and facial development habits. Harmless if gentle — don't clench teeth.
- **Posture:** forward head posture kills jawline definition. Chin tucks (10 reps, 2x/day), strengthen upper back (the rows above do this), keep phone at eye level.
- **Chewing gum:** optional. Mild masseter effect over long periods. Don't overdo it (TMJ pain is real). Not a substitute for fat loss.
- **Eyebrows:** tidy the area between the brows and clean the underside strays only. Do NOT reshape — male brows should look unbothered. €5 tweezers or one €10 barber cleanup every few weeks.
- **Photo literacy:** stop taking photos from below at arm's length. Eye-level camera or slightly above, daylight facing a window, clean lens, neutral relaxed face. This alone changes how you see yourself — and how others see your photos.

6. STYLE — Fit Is Worth More Than Brand

You don't need money for this. You need to stop wearing clothes that are one size too big because 'it's comfortable'. Oversized + high body fat = shapeless silhouette. Right now your clothes must create STRUCTURE.

- **Rule 1: FIT. Clothes should follow the body, not hide it.** Shoulder seams on the shoulder, shirt ends mid-fly, nothing ballooning. As you lose weight, rebuy basics cheaply — it's a celebration, not an expense.
- **Rule 2: dark, solid, neutral palette.** Black, charcoal, navy, white, olive. Zero logos. This reads clean, mature, and slimming immediately.
- **Rule 3: layers create shape.** Plain fitted tee (the black one in your photos is fine — just fitted) + open overshirt/flannel + dark jeans or tapered chinos = instant structure for a bigger body.
- **Upgrade your shoe game once:** one clean pair of white leather sneakers (plain, minimal) covers 90% of situations. Keep them clean (wipe weekly).
- **As the weight drops:** introduce slightly more fitted pieces to show the new frame. The transformation reveal is a reward you engineer.
- **Fragrance (the invisible multiplier):** one cheap, crowd-pleasing scent (e.g., a fresh blue fragrance — any €20–40 option), 2 sprays max, on clothes not skin. Smelling clean is a form of looking better.
- **Glasses (if you wear them):** rectangular or wayfarer-style frames add angles to a rounder face. If you wear round/soft frames, switch when budget allows.

7. MIND — The Operating System

You wrote that you were disgusted by your own photos. Listen carefully: disgust is a diagnostic emotion, not an identity. It is data telling you the current system output doesn't match your standards. That's useful. What it must never become is the story you tell yourself about who you are.

- **Identity shift:** stop saying "I'm a fat guy trying to lose weight." Start saying "I'm a man who trains and takes care of himself." Behave like the second guy daily and the first guy disappears as a side effect.
- **The mirror is a lagging indicator.** For 8–10 weeks you will see nothing. Then suddenly everyone else sees everything. Progress is made in the dark and revealed in the light. Trust the process during the dark part.
- **Track inputs, not feelings.** Checklist app: hit calories? Trained? Walked 8k? Skincare done? Bed on time? Six yeses a day = you cannot fail. Feelings fluctuate; checklists don't.
- **Take ONE progress photo monthly, same light, same pose.** Then close the camera app. Daily mirror analysis is self-harm with extra steps.
- **Socially:** you don't need to announce this. Let people notice at month 4 and ask. The quiet transformation hits harder than the announced one.
- **On the dark thoughts:** if hopelessness returns at any point, that is a medical issue, not a weakness — talk to a doctor, therapist, or crisis line the same day you would for a broken leg. You are 19. In 5 years this period will be a story you tell people while looking unrecognizable.

8. THE 12-MONTH ROADMAP

Don't think about month 12. Think about this week. The roadmap exists so your brain can relax and just execute today's box.

Phase	Body	Skin	Hair & Grooming	Milestone
Month 1 FOUNDATIO N	Set calories, hit protein, walk 8k/day, gym 3x/week (machines, learning form)	Start AM/PM routine + adapalene 2x/week, stop touching face, lip balm	Barber visit (textured crop, low fade), buy matte clay, trim between brows	Systems running on autopilot. First 3–4 kg down. You will FEEL different before you look different.
Month 2–3 MOMENTUM	Progressive overload begins, weight drops 0.5–1 kg/week consistently	Adapalene nightly, marks start fading, purge phase ends	Second barber maintenance (fade every 3–4 wks), style takes 5 min	Clothes start fitting looser. Face is less puffy. First compliments possible.
Month 4–6 VISIBLE CHANGE	Keep deficit, first real muscle shape appears (shoulders, chest, arms)	Skin texture visibly smoother, most active acne controlled	Consider better-fitting basics as sizes drop; keep it dark and simple	People who haven't seen you in months will notice. THIS is the psychological fuel phase.
Month 7–9 RECOMP	May approach goal weight — shift to slight deficit or maintenance, keep lifting heavy	Residual marks fade further; consider dermatologist check-in	Refine haircut with your barber as face slims (maybe slightly shorter on top)	Jawline and cheekbones visible. You now look like a different person's younger, sharper brother.
Month 10–12 CONSOLIDA TE	Lean, trained body at maintenance calories. This is now just your life.	Maintenance routine only (cleanser, moisturizer, SPF).	Style is habit. Wardrobe rebuilt for the new frame.	Take the 'after' photo next to the before. Then set the next goal — because at this point you will have proof that you can build anything.

The Non-Negotiable Daily Checklist

- Hit calorie target ■ 130g+ protein ■ 8,000+ steps ■ Train (if scheduled) ■ Skincare AM+PM ■ Lip balm ■ No face touching ■ 7–9h sleep ■ 2.5L+ water

FINAL WORD: You are not starting from disadvantage — you are starting from zero with maximum leverage: youth, hormones, time, and a written plan. Every guy you admire started where you are. The only real risk is spending the next year having this exact same conversation with yourself. Start today. Day 1 is Monday, no matter what day you read this.