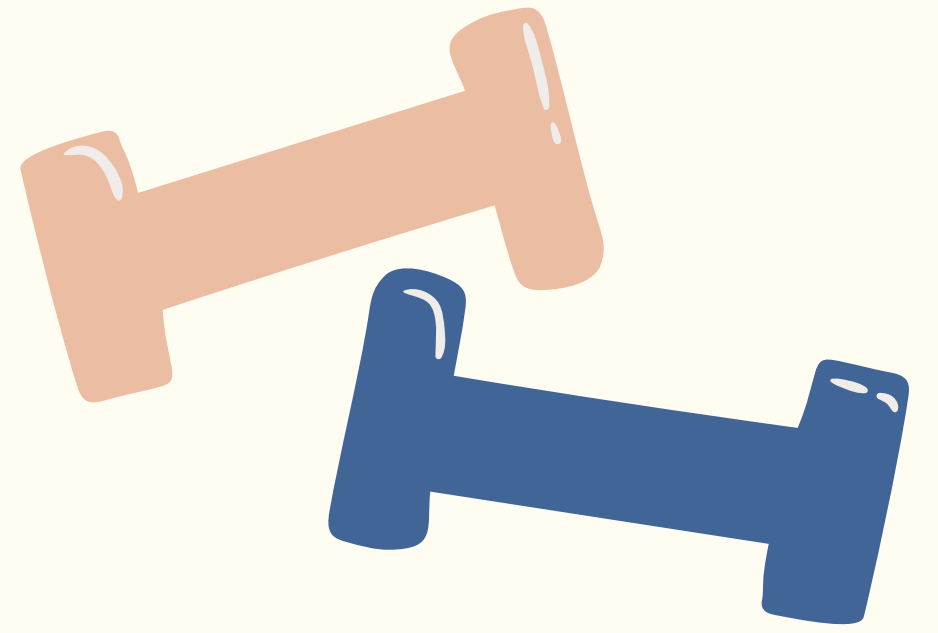


# Fitness Challenge

Lose Weight By Eating



**Week 1**

**"Explore"  
Week**

**Week 2**

**"Just Go"  
Week**

**Week 3**

**Challenge  
Yourself Week  
(3 Hours)**

**Week 4**

**Challenge  
Yourself Week  
(4 Hours)**

**Week 5**

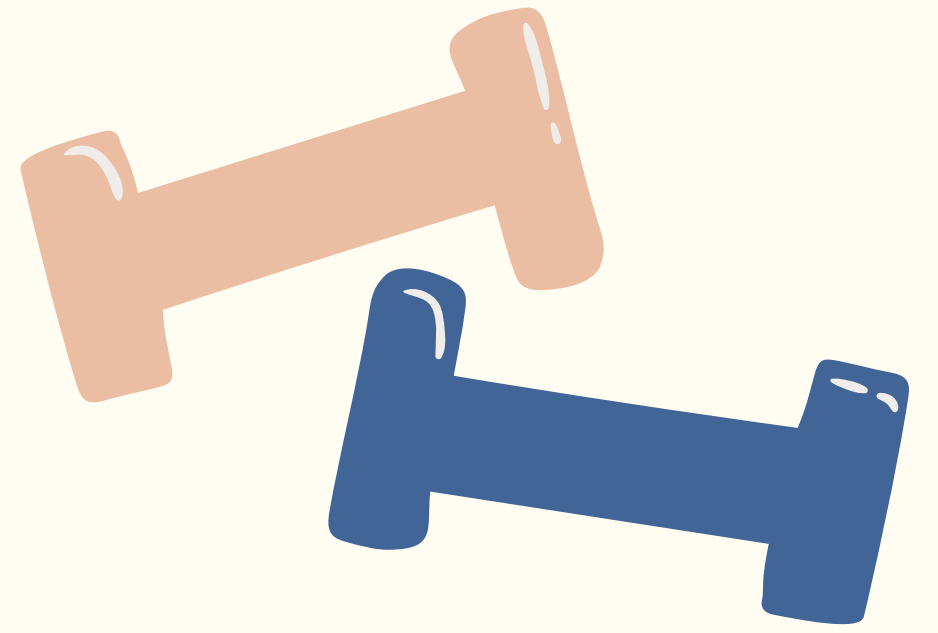
**Solidify The  
New Habit  
Week**

**Week 6**

**Road to  
Success  
Week**

# Fitness Challenge

Lose Weight By Eating



## Week 1

### "Explore" Week

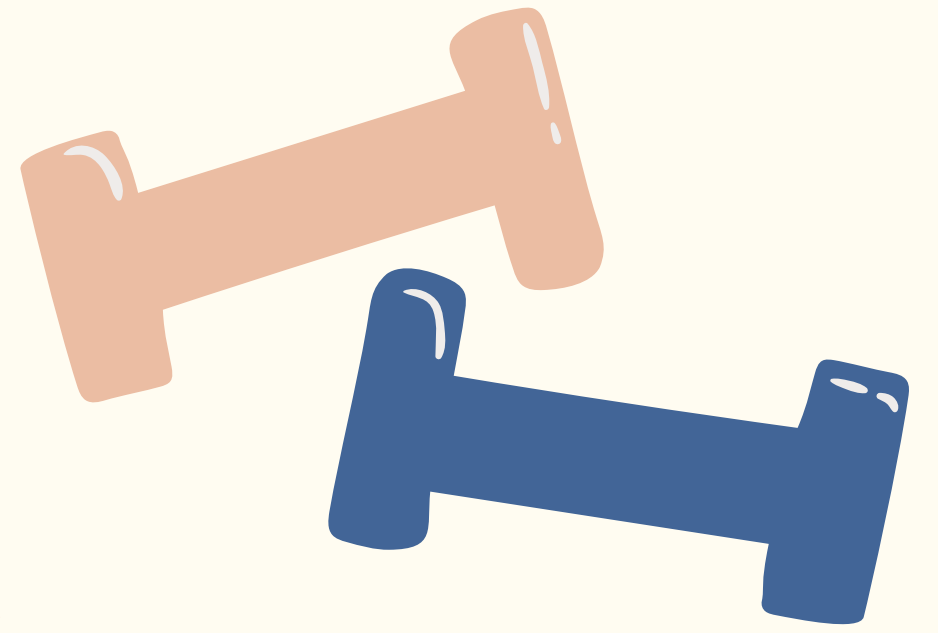
In week 1 your challenge is to try out several different exercises to find something you actually enjoy.

I recommend you try out a new exercise everyday for 5 days.

This can include classes, walking, home videos, yoga, hiking, riding a bike, weight lifting, etc.

# Fitness Challenge

Lose Weight By Eating



## Week 1

### "Explore" Week

#### **Free Activities:**

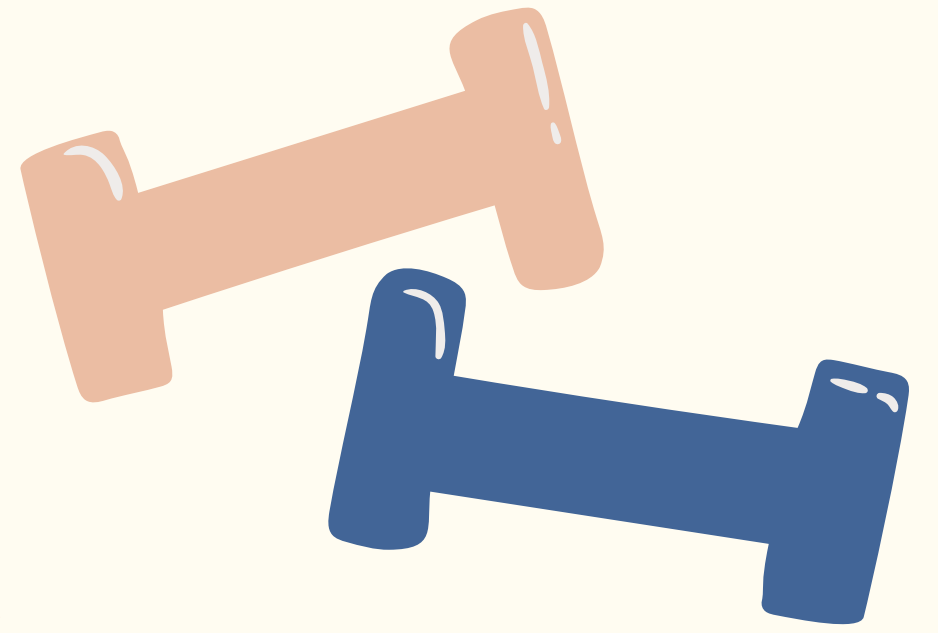
- Walking/Running
- YouTube Yoga
- YouTube Weights Video
- Hiking
- Weight Lifting
- Swimming (if available)

#### **Gym Activities:**

- Treadmill
- Exercise Class
- Yoga Class
- Weight Lifting
- Elliptical Machine
- Stair Climber
- Recumbent Bike
- Swimming

# Fitness Challenge

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## Week 2

### "Just Go" Week

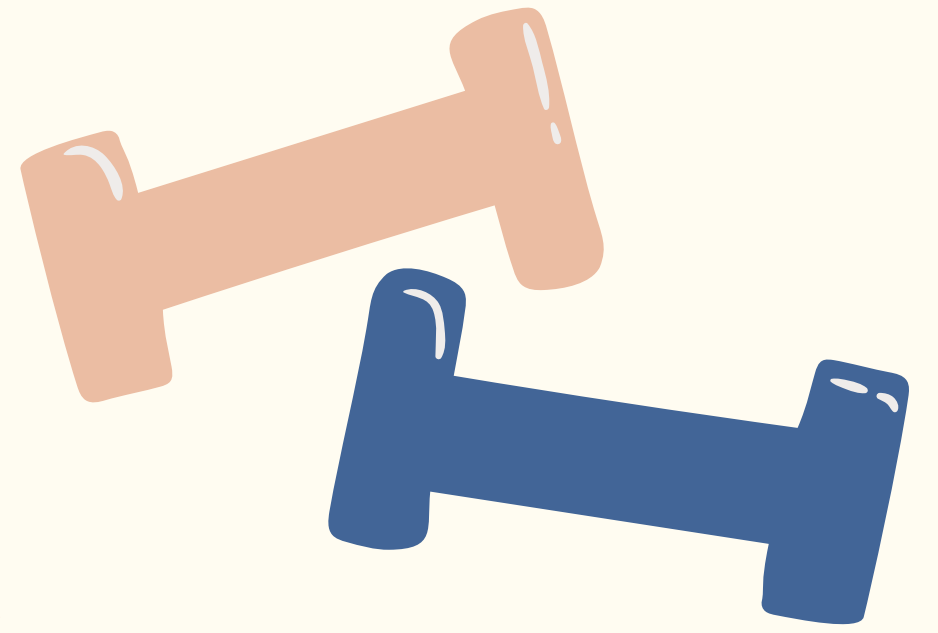
This week your challenge is just to go. Go to the gym, go on the walk, etc.

Your goal is making the action of "going" part of your daily routine.

If you get to the gym and want to do something else (like sit in the sauna) that's ok. It's about working the act of going into your day.

# Fitness Challenge

Lose Weight By Eating



## Week 2

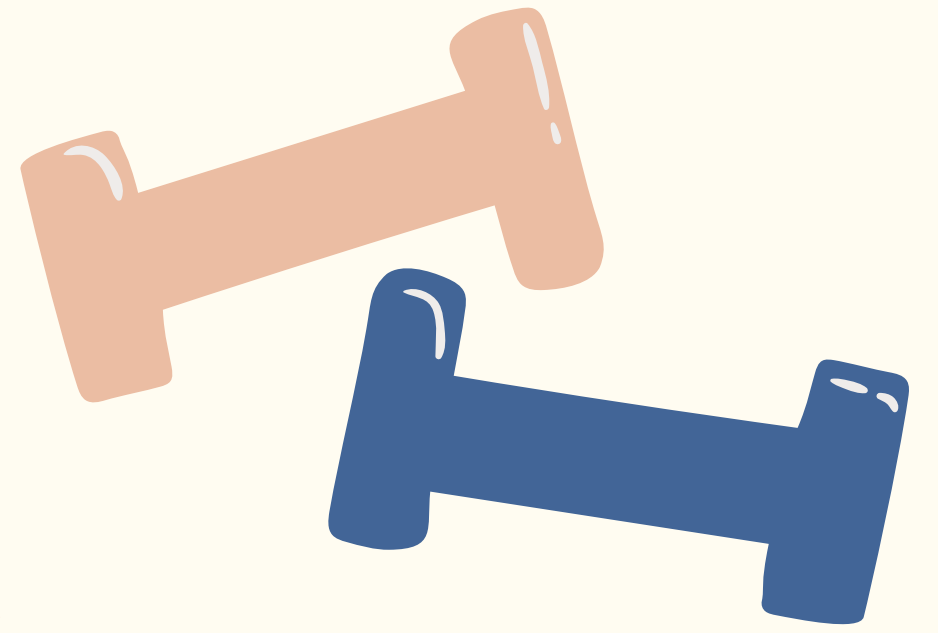
### "Just Go" Week

#### Tips for this Week:

1. Plan to go everyday around the same time (when you wake up, after work, after you drop the kids off at school/camp etc.) and stick to it for the full week.
2. If you still haven't found something you love, use this week to try more exercises.
3. If you show up, do 15 minutes and leave, that's ok. This week is about making the schedule work for you!
4. Add your exercises to the top of your "To Do" list (if you use one)

# Fitness Challenge

Lose Weight By Eating



## Week 3

### Challenge Yourself Week (3 Hours)

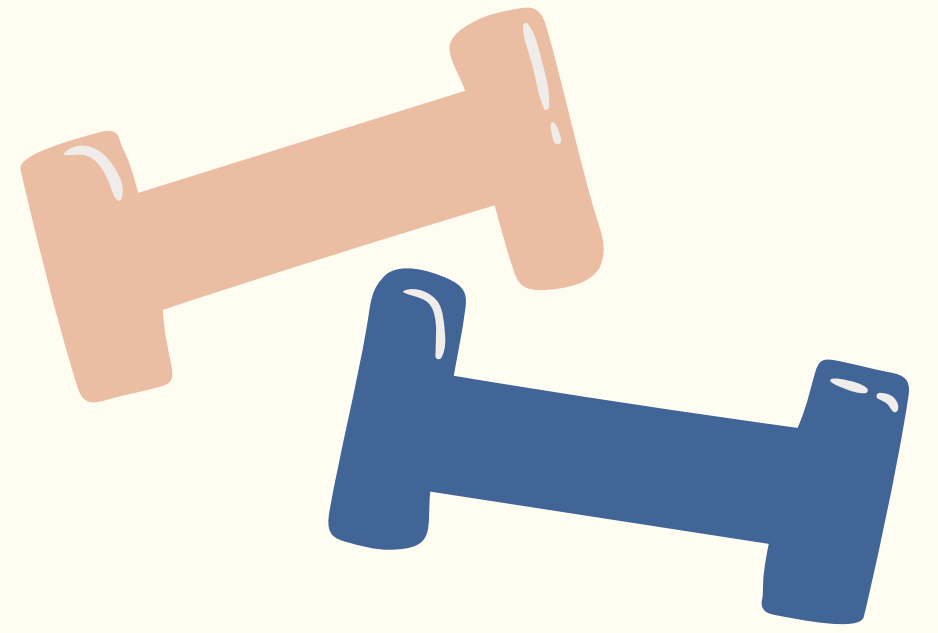
Now that you have found an exercise you like and worked the time into your schedule, it's time to challenge yourself.

Your goal for this week is 3 hours of exercise. Break it up however you like just get it done.

Examples: 30 minutes a day for 6 days  
45 Minutes a day for 4 days

# Fitness Challenge

Lose Weight By Eating



## Week 3

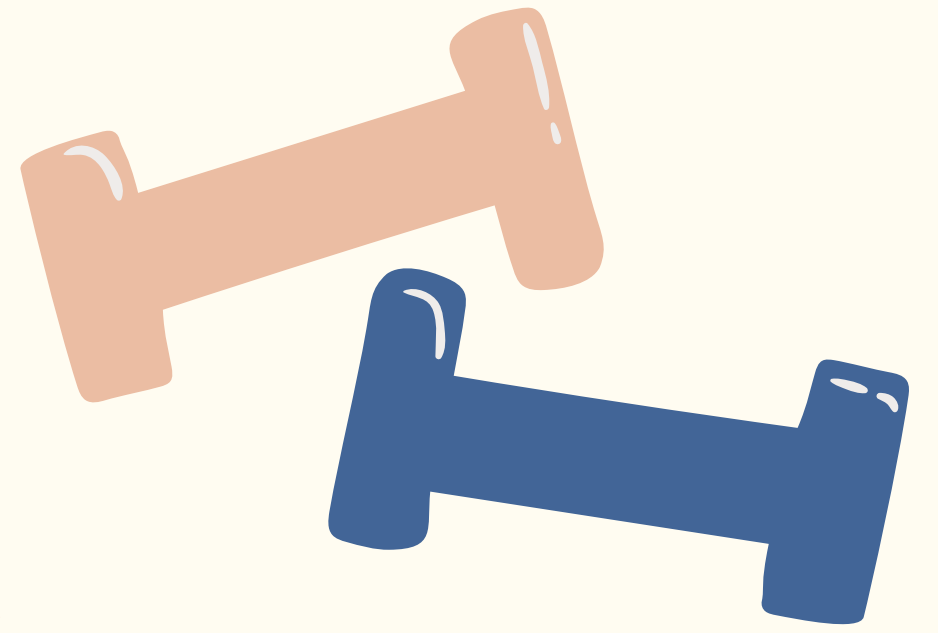
### Challenge Yourself Week (3 Hours)

#### Tips for This Week:

1. You can break down the 3 hours however you like. Try 45 minutes a day for 4 days or 30 minutes a day for 6 days. You get to choose.
2. I recommend planning Sunday as a "rest day". Then if you don't get to 3 hours of exercise this week, you can go for a hike or a bike ride on Sunday to make your goal.
3. If you work out more than 3 hours a week already, then add one hour to your weekly goal.

# Fitness Challenge

Lose Weight By Eating



## Week 4

### Challenge Yourself Week (4 Hours)

Same as last week, but let's add one more hour to the weekly goal this week.

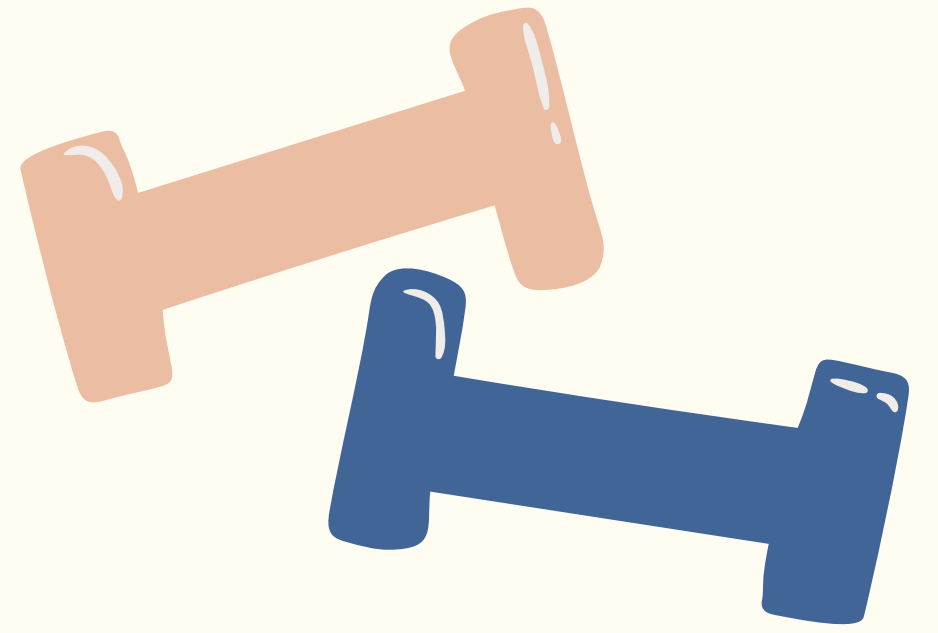
This is a great time to add on weight training if you're not doing it already, or cardio, stretching.

Or just add a one hour hike or bike ride onto the weekend.



# Fitness Challenge

Lose Weight By Eating



## Week 4

### Challenge Yourself Week (4 Hours)

#### Tips For this Week:

1. You are just repeating last week but adding on a bit more time. That can be an extra day of exercise, 10-15 more minutes per day. Or a hike/bike ride on the weekends.
2. Not sure what to add on? Try adding 15 minutes of strength training, stretching or boost cardio by 15 minutes per day. Or see the math below.

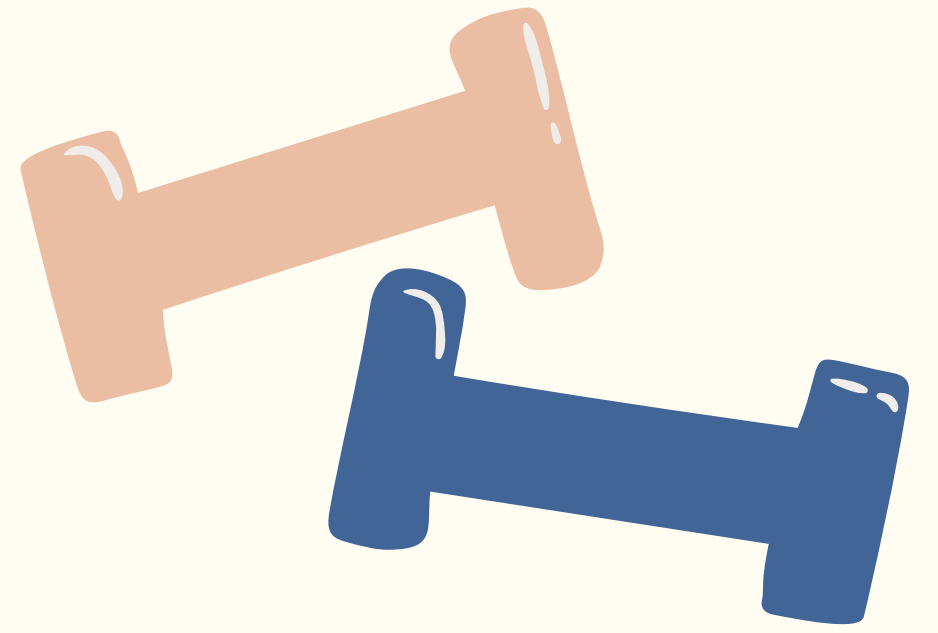
15 minutes X 4 days = 60 Minutes

12 minutes X 5 days = 60 Minutes

10 minutes X 6 days = 60 Minutes

# Fitness Challenge

Lose Weight By Eating



## Week 5

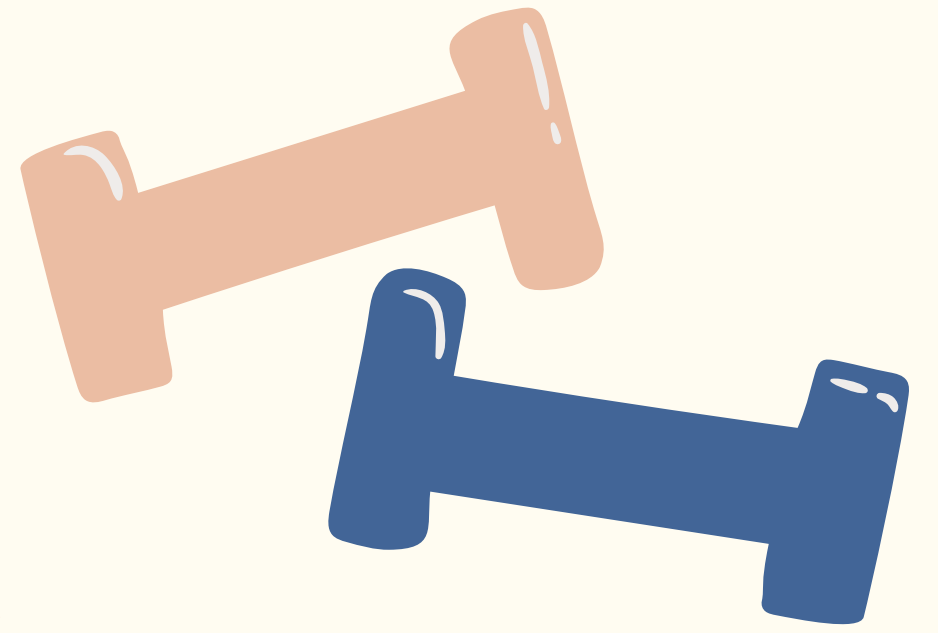
### Solidify The New Habit Week

Now that you are exercising on a regular basis, and have worked it into your schedule. It's time to keep going.

Keep up the schedule you have set for yourself, the more you do it, the easier it is to keep going. And that is half the battle!

# Fitness Challenge

Lose Weight By Eating



## Week 5

### Solidify The New Habit Week

#### Tips For This Week:

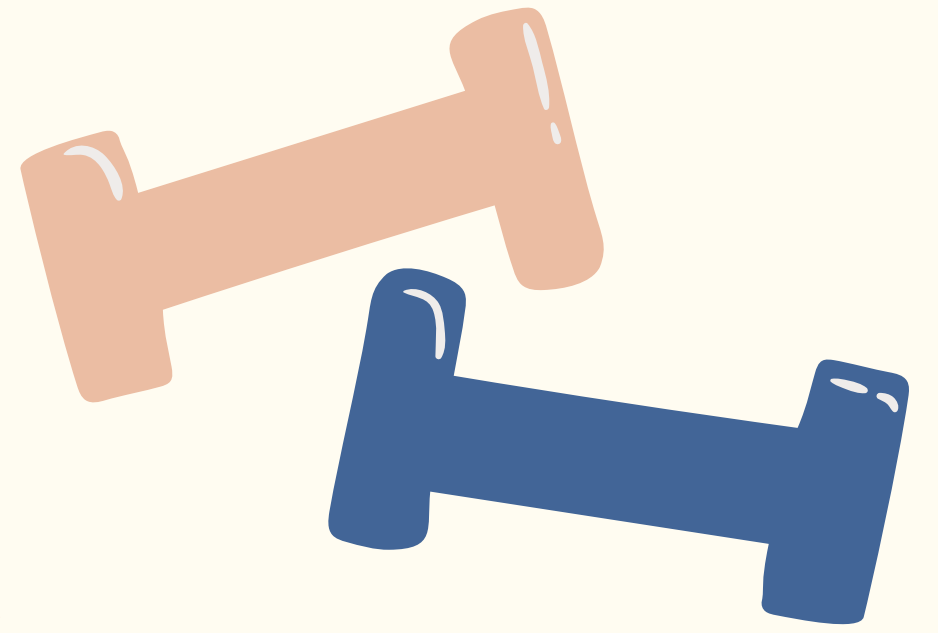
Don't forget the Weight Loss Secret!

Everyone misses a workout or eats something "off plan" the Weight Loss Secret is this:

**DON'T QUIT!** Don't start again on Monday. These "mess ups" are just part of the journey. Just know that the next meal, workout, or day will be an opportunity to keep going. Never punish yourself by skipping a meal, or doing a double workout tomorrow. Just keep going!

# Fitness Challenge

Lose Weight By Eating



## Week 6

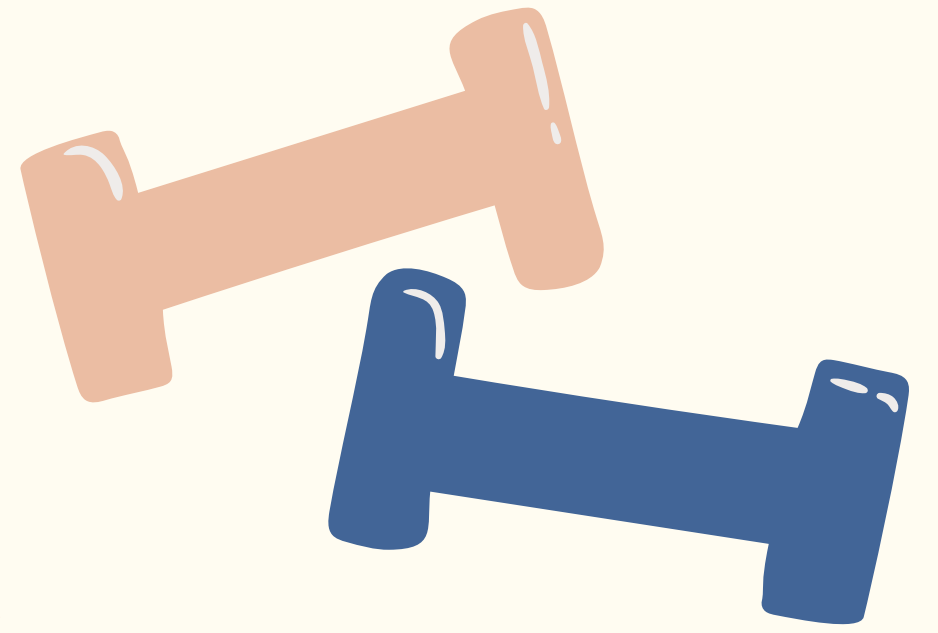
### Road to Success Week

Final week, I bet you find that exercising is so much easier now. You have set a healthy new habit and now you just have to stick with it.

I recommend completing the week as you have been going. If you want to add on more time, start next week and add on 30 minutes per week as you like.

# Fitness Challenge

Lose Weight By Eating



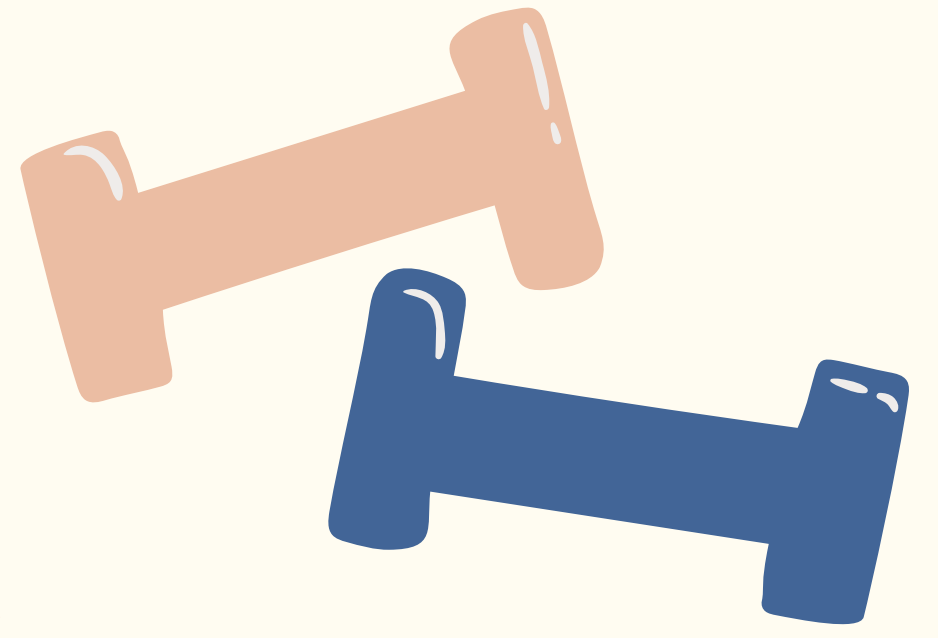
## Week 6

### Road to Success Week

#### Tips to Keep Going:

1. Don't forget the "Weight Loss Secret"!
2. Put some money into your workouts (if you can afford it). Get a gym membership, buy yourself a new workout outfit etc. I purchase one new workout outfit every month I meet my exercise goals. When you "invest" in it, you are more likely to keep going.
3. If you ever get bored with your workout, revisit the options on the first week and mix up your workout to keep it fun and fresh.

# Fitness Challenge



**Lose Weight By Eating**

**Day 1:**

**Day 2:**

**Day 3:**

**Day 4:**

**Day 5:**

**Day 6:**

**Day 7:**

**Track your daily times and activities here**