

30-Day Weight Loss Challenge Tracker

Explanation & Tip Sheet

Morning affirmations:

These are 10 affirmations of your choice you say before getting out of bed in the morning. If you need ideas, visit <https://thefitnessfocus.com/motivation/morning-workout-motivation>

Water:

Your goal is to drink at least eight, 8oz glasses of water every day or half your body weight in ounces - whichever is bigger. Aiming for one gallon is even better. Water helps you feel fuller longer and keeps you hydrated.

Fruits & Veggies

The goal is to eat at least 2 fruits each day and 4 servings of vegetables.

30 minutes of activity

This is the activity of your choice. If you're a true beginner, start with a gentle walk. For the more advanced, do an intense workout or go for a jog or run.

Extra Tips:

Water intake:

If you have trouble drinking plain water, try adding ice cubes, crushed berries, or cucumbers to flavor your water. Seltzer is also okay, but not ideal.

Nutrition:

Diet is always the hardest to adjust to for anyone. That's why we only focus on making sure we eat more fruits and veggies in this challenge. Try eating a vegetable with every meal and snack, doubling up on your favorite veggies at dinner, or including salads.

Meal replacement shakes are also a great way to help with one meal and allow you to sneak an extra fruit or veggie in. Need extra help with nutrition? Email me for help with nutrition or if you'd like help choosing the right supplements to help you meet your specific goals.

Daily activity:

If you really want to make sure you're optimizing your results, track your steps each day. Aim for at least 12,000 steps a day.

Sleep:

Make sure to make sleep a priority. Aim for at least 7hrs of sleep each night to help you lose weight. Getting enough sleep also helps manage daily stress better - and too much stress can lead to weight gain.

Remember to take your measurements on the morning of day 1 and day 30!