6 Week Shred & Strength Challenge No. 25

Step by Step Guide:

Step 1: **Closed Facebook Page**

Join our Closed Facebook Page by adding me personally as a friend ‘Denver Oliveux’ from their I can add you to our page where we will communicate on a regular basis.

Step 2: **Meal Plans and Training Programs**

Download the Meal & Exercise Plans through either the email that was sent to you earlier today or download it through the link on Facebook if you can’t please let me know and I can send you a link personally. We will add more food plans throughout the challenge, every fortnight.

Step 3: **Weekly Weigh In’s**

Throughout the challenge you are expected to weigh in on Monday’s and Fridays the reason why is because throughout the week we usually have a good routine however on the weekend we tend to become too social. Thus, it is very easy to undo 5 days of being good with two days of being bad. Therefore we Weigh In every Monday and Friday and text me on those days your results before 10am. Your weight will not be displayed however your overall weight loss as a percentage will be posted in a leaderboard.

Step 4: **Measurement Video**

Look at the 'Measurement Video' which describes 3 sights where to measure and take your results. You will need someone to help you with this and we do this every fortnight starting on the first Monday of the challenge. These results will go towards your results on the leaderboard.

Step 5: **Daily Points Dairy/Checklist**

Download your 'Daily Points Dairy/Checklist from either the email sent earlier today or download it from the Facebook page. Fill out your diary and send text me your results every Monday.

Step 6: **Health and Wellbeing Seminar**

Book in (via text) for your 'Health and Wellbeing Shopping Tour' which is on next Saturday the 19th of September from 9-10am via Zoom and FB Live.

Step 7: **Fast Food and Cheat Meal Workshop**

Book in for our 'Fast Food & Cheat Meal Workshop' on the 26th of September via Zoom and FB Live from 9-10am. This workshop is designed to help you enjoy your food while out and still be within your calorie goals. Most people think you can't eat fast food and lose or maintain weight and that is untrue instead we will focus on portion sizing your favourite fast foods so you can have them into your weekly meal plan.

Step 8: Fitbit or Pedometer Tracker

I highly recommend that you purchase a Fitbit (preferably) or another type of Pedometer Tracker to see your activity throughout the day. We are all busy but unless you're getting 10,000 steps a day you're not leading a healthy active lifestyle and we only know this once we see the results. Also, we have specific challenges every week dedicated to Monday and Friday Work Weeks and a Weekend Warrior Challenge which we will be doing every week.

Step 9: Download 'Myfitnesspal'

It's a FREE APP that you are expected to use to journal in your food, it has important information that will help you chart your calories and macronutrients. Once you have downloaded the app please add me as a friend, I will put up a video on how to do this on our personalised Facebook page.

Step 10: Criteria and Leaderboard

For this challenge, we will be posting a leaderboard every week and 50% of your results will come from your weight loss weekly as a percentage (no one will see your actual weight). Your fortnightly measurements will go to 50% of your results, again this will be measured as a percentage, this will be taken fortnightly and sent to me on the 1st Monday of the challenge and every fortnight after that. We will still have a leaderboard for your points however this won't affect your overall positioning