

A horizontal, irregular pink brushstroke graphic with a textured, spiky edge, serving as a background for the text.

new challenger

WELCOME PACKET

new challenger

WELCOME LETTER

WELCOME TO OUR CHALLENGE GROUP! EACH MONTH BEGINS WITH A FRESH START... THIS IS THE PERFECT TIME TO THINK ABOUT YOUR GOALS AND DREAMS. IT IS THE PERFECT TIME TO EVALUATE YOUR DAILY ACTIVITIES AND SET A NEW ROUTINE, CHANGE YOUR HABITS, AND CREATE A LIFE THAT YOU *love!!*

I AM SO EXCITED THAT YOU ARE COMMITTING TO WORK ON YOU!

You deserve this!!!

EXERCISE IS ONE OF THE BEST WAYS TO BEAT STRESS AND BOOST YOUR MOOD. PLUS EATING HEALTHY GIVES YOUR BODY THE ENERGY IT NEEDS TO GET THROUGH THOSE DEMANDING DAYS.

I'M THRILLED TO WELCOME YOU TO OUR GROUP, AND I AM VERY EXCITED FOR THIS NEW JOURNEY TOGETHER!



new challenge

GETTING STARTED

LET'S BREAK DOWN YOUR WHY AND YOUR GOALS

LET'S TALK ABOUT GOALS FIRST. I WANT YOU TO FOCUS ON 2 DIFFERENT KINDS OF GOALS. THAT BIG ONE THAT SEEMS HARD TO REACH AND FAR OFF. AND THE ONES THAT GET YOU THERE.

A LONG TERM GOAL IS YOUR END RESULT. IT COULD RANGE ANYWHERE FROM FITTING INTO A CERTAIN PAIR OF PANTS TO BEING ABLE TO RUN A 3K. FOR SOME OF US, IT WILL BE SIMPLY KEEPING UP WITH OUR KIDS.

ONCE YOU ESTABLISH THAT LONG TERM GOAL START THINKING OF WHAT YOU NEED TO DO TO GET THERE. MAKE A GOAL TO DO DAILY ACTIVITIES. MAKE A GOAL TO CHECK OFF WEEKLY ACHIEVEMENTS. FINDING SHORT TERM GOALS AND CONQUERING THEM LETS YOU KNOW YOU ARE ON YOUR WAY TO HITTING THE BIG ONE!

NOW LET'S TALK ABOUT YOUR WHY. YOUR WHY IS WHAT DRIVES YOU TO GET UP EACH DAY AND DO WHAT NEEDS TO BE DONE TO GET YOU TO YOUR GOAL.

WHEN THINKING ABOUT YOUR WHY DON'T SETTLE FOR 'I JUST WANT TO LOSE WEIGHT' AS YOUR MAIN GOAL. LOOK DEEPER. THINK OF YOUR HEALTH, YOUR KIDS, THE FEELINGS BEHIND THE DESIRE TO LOSE WEIGHT. DIGGING IN AND FINDING YOUR DEEPER REASON WILL HELP YOU FIND A BIGGER REASON TO PUSH KEEP GOING ON DAYS WHEN GIVING UP SOUNDS EASIER.

GIRL - YOU ARE SO CAPABLE OF DOING ANYTHING THAT YOU SET OUT TO DO. I BELIEVE THAT ONCE YOU START REALLY UNDERSTANDING THIS YOU WILL FIND YOU CAN DO IT ALL!

NOW I WANT YOU TO GRAB A DRINK, SETTLE INTO A NICE QUIET PLACE, AND REALLY THINK OF BOTH YOUR WHY AND YOUR GOALS. WRITE THEM DOWN. READ THEM OFTEN. AND IF YOU WANT TO SHARE THEM WITH ME, I WOULD LOVE TO HEAR THEM!

you are worth more than you even know



new challenger

GETTING STARTED

my why

my goals

new challenge

GETTING STARTED

front

tape
picture
here

tape
picture
here

side

TAKING PICTURES AND MEASURING YOURSELF AS YOU START THIS JOURNEY ARE SO VERY IMPORTANT. I KNOW IT CAN SEEM SO HARD FOR US WHEN WE STRUGGLE WITH BODY IMAGE IN THE BEGINNING TO WANT TO SNAP A PHOTO. BUT THIS IS A CRUCIAL STEP. IT WILL BE A KEY ELEMENT IN YOUR JOURNEY.

THERE ARE MANY TIMES THAT THE SCALE WILL NOT BE YOUR FRIEND. EVEN THOUGH YOU WILL BE LOSING WEIGHT YOU WILL BE GAINING LEAN MUSCLE. PICTURES AND MEASUREMENTS ARE VITAL IN RECORDING ALL THE CHANGES HAPPENING TO YOUR BODY AND WILL HELP YOU ON DAYS WHEN THE SCALE IS NOT SPEAKING THE TRUTH ABOUT HOW AWESOME YOU REALLY ARE!

TAKE PHOTOS OF YOUR FRONT, YOUR SIDE, AND YOUR BACK. PLEASE FEEL FREE TO SEND THEM TO ME FOR ACCOUNTIBILITY. OR HIDE THEM IN A FOLDER OF A FOLDER. (WINK) JUST BE SURE TO GET THEM AS SOON AS POSSIBLE.

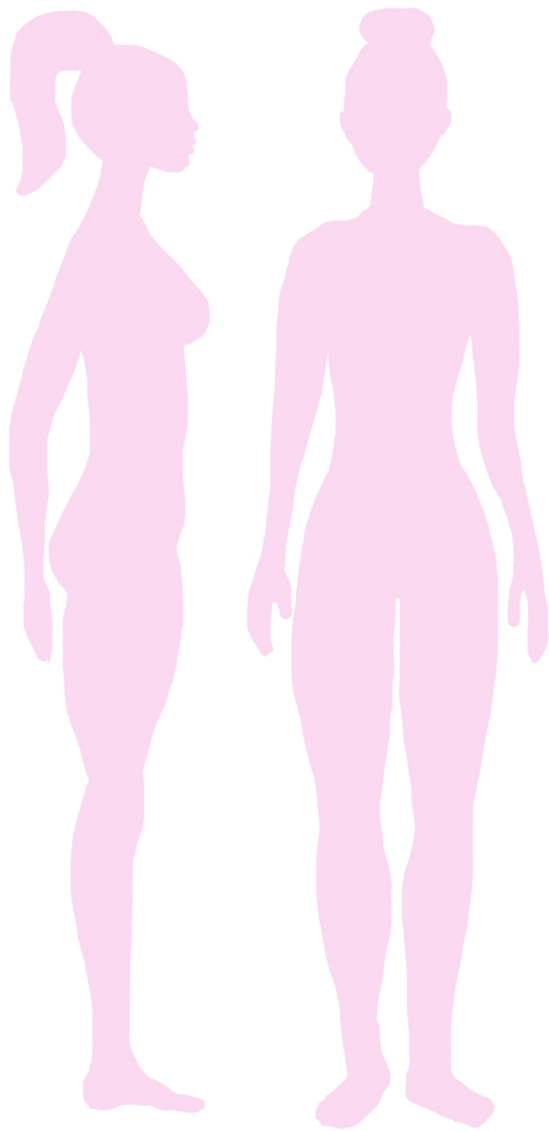
TIP: HOLD CAMERA AT CHEST HEIGHT AND NOT ABOVE YOU IN ORDER TO GET THE BEST ANGLE.

love you enough to do hard

new challenger

MEASUREMENTS

goal tracker



WEEK 1

DATE: _____

L-ARM: _____ R-ARM: _____

L-LEG: _____ R-LEG: _____

CHEST: _____ WAIST: _____

HIPS: _____ WEIGHT: _____

WEEK 2

DATE: _____

L-ARM: _____ R-ARM: _____

L-LEG: _____ R-LEG: _____

CHEST: _____ WAIST: _____

HIPS: _____ WEIGHT: _____

WEEK 3

DATE: _____

L-ARM: _____ R-ARM: _____

L-LEG: _____ R-LEG: _____

CHEST: _____ WAIST: _____

HIPS: _____ WEIGHT: _____

WEEK 4

DATE: _____

L-ARM: _____ R-ARM: _____

L-LEG: _____ R-LEG: _____

CHEST: _____ WAIST: _____

HIPS: _____ WEIGHT: _____

start

START WEIGHT: _____

END WEIGHT: _____

WEIGHT LOST/GAIN: _____

end

START INCHES: _____

END INCHES: _____

INCHES LOST/GAIN: _____

DON'T LET
anything
 STOP YOU
 FROM REACHING
 YOUR *goals*

WEEK 5

DATE: _____
 L-ARM _____ R-ARM: _____
 L-LEG: _____ R-LEG: _____
 CHEST: _____ WAIST: _____
 HIPS: _____ WEIGHT: _____

DATE: _____
 L-ARM _____ R-ARM: _____
 L-LEG: _____ R-LEG: _____
 CHEST: _____ WAIST: _____
 HIPS: _____ WEIGHT: _____

WEEK 9

WEEK 6

DATE: _____
 L-ARM _____ R-ARM: _____
 L-LEG: _____ R-LEG: _____
 CHEST: _____ WAIST: _____
 HIPS: _____ WEIGHT: _____

DATE: _____
 L-ARM _____ R-ARM: _____
 L-LEG: _____ R-LEG: _____
 CHEST: _____ WAIST: _____
 HIPS: _____ WEIGHT: _____

WEEK 10

WEEK 7

DATE: _____
 L-ARM _____ R-ARM: _____
 L-LEG: _____ R-LEG: _____
 CHEST: _____ WAIST: _____
 HIPS: _____ WEIGHT: _____

DATE: _____
 L-ARM _____ R-ARM: _____
 L-LEG: _____ R-LEG: _____
 CHEST: _____ WAIST: _____
 HIPS: _____ WEIGHT: _____

WEEK 11

WEEK 8

DATE: _____
 L-ARM _____ R-ARM: _____
 L-LEG: _____ R-LEG: _____
 CHEST: _____ WAIST: _____
 HIPS: _____ WEIGHT: _____

DATE: _____
 L-ARM _____ R-ARM: _____
 L-LEG: _____ R-LEG: _____
 CHEST: _____ WAIST: _____
 HIPS: _____ WEIGHT: _____

WEEK 12

new challenger

new challenge

WEEK OF:

MEAL PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACK							
SNACK							

new challenge
GROCERY *shopping list*

meat AND fish

vegetables

fruit

grains

spices

canned goods

dairy

household

frozen

deli AND bakery

other

DAILY TRACKER

new challenge

WEEK OF:

NOTES

MONDAY

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

WORKOUT

SHAKEO

CONTAINERS

TUESDAY

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

WORKOUT

SHAKEO

CONTAINERS

WEDNESDAY

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

WORKOUT

SHAKEO

CONTAINERS

<input type="checkbox"/>	VEGETABLES
<input type="checkbox"/>	PROTEINS
<input type="checkbox"/>	FRUITS
<input type="checkbox"/>	CARBS
<input type="checkbox"/>	SEEDS/DRESSINGS
<input type="checkbox"/>	HEALTHY FATS
<input type="checkbox"/>	OIL & BUTTER

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SHAKEO 

SHAKEO

SHAKEO SHAKEO 