



WEIGHT LOSS CHALLENGE

Personal Training Plan

Getting started

This 4-week plan is perfectly balanced yet incredibly simple to follow.

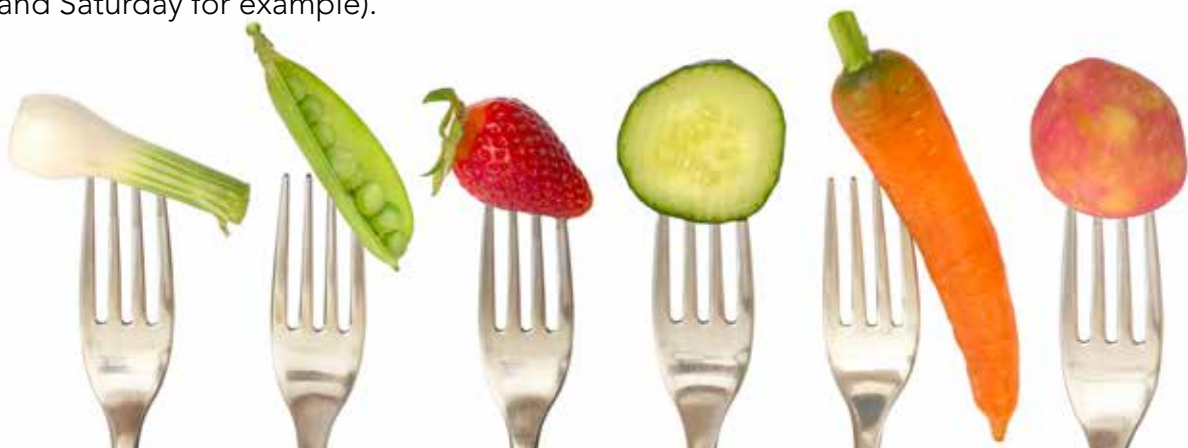
Simply complete these statements each day and monitor your progress using the personal training plan shown on the next page.

- 1 Start each day with a healthy breakfast and eat a further 3 small and portion controlled meals each day, to provide you with all your daily energy needs.
- 2 Implement a "no food after 7.30pm curfew"—so no TV snacking (unless you have a medical condition that advises against this).
- 3 Drink at least 6-8 glasses of water a day to keep hydrated (unless you have a medical condition that advises against this).
- 4 Eat less carbohydrates (smaller portions), such as bread, potatoes, pasta, and rice.
- 5 Eat more fruit, salad and vegetables to replace the bulky carbohydrates (at least 5 portions per day).
- 6 Eat lower fat alternatives and less high sugar foods (chocolate, sweets, and pastries).
- 7 Cut down or cut out alcohol consumption – cutting down means a small glass of wine or half a pint of lager or beer each night; or only drinking on two nights of the week (Friday and Saturday for example).
- 8 Achieve 3.5 hours plus of moderate exercise each week; or 10,000 plus steps (using a pedometer) per day; and in addition try to build activity into your daily routine (walk short distances rather than drive, use stairs rather than the lift, commute in a healthy way and sit less each day). If you are not used to exercising, start with 10-15 minutes of moderate exercise a day in week 1, then at the end of each week add 10-15 minutes more exercise each day so that you build up gradually. Weight gain is caused by taken in more calories than you expend – exercise is critical in helping to redress this balance.

Track your progress and each day give yourself a tick if you managed to do something that contributed to each statement.

Continue to track your success for 4 weeks... you will probably find that at the end of 4 weeks you are doing these things without thinking about it; in other words they have now become habits. You should also notice that your weight and waist is starting to improve!

Each week let your team manager know how much weight you have lost



Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.

Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.

Week 1	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Eat breakfast plus 3 smaller meals							
Implement a 'no food after 7.30pm' curfew							
Drink more water							
Eat smaller portions of carbohydrates							
Eat more fruit & vegetables (5+ a day is ideal)							
Cut down on fats and sugary foods							
Drink less alcohol							
Exercise more (ideal is 3.5 hours per week)							

Week 2	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Eat breakfast plus 3 smaller meals							
Implement a 'no food after 7.30pm' curfew							
Drink more water							
Eat smaller portions of carbohydrates							
Eat more fruit & vegetables (5+ a day is ideal)							
Cut down on fats and sugary foods							
Drink less alcohol							
Exercise more (ideal is 3.5 hours per week)							

Week 3	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Eat breakfast plus 3 smaller meals							
Implement a 'no food after 7.30pm' curfew							
Drink more water							
Eat smaller portions of carbohydrates							
Eat more fruit & vegetables (5+ a day is ideal)							
Cut down on fats and sugary foods							
Drink less alcohol							
Exercise more (ideal is 3.5 hours per week)							

Week 4	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Eat breakfast plus 3 smaller meals							
Implement a 'no food after 7.30pm' curfew							
Drink more water							
Eat smaller portions of carbohydrates							
Eat more fruit & vegetables (5+ a day is ideal)							
Cut down on fats and sugary foods							
Drink less alcohol							
Exercise more (ideal is 3.5 hours per week)							

REVIEW	END WEEK 1	END WEEK 2	END WEEK 3	END WEEK 4
Total weight loss achieved				