



7-DAY FREE! CHALLENGE

YOUR HOW-TO GUIDE

welcome to the 7-day challenge™



Your how-to guide with an overview of how you can achieve fast results on our 7-day challenge!

With Spring approaching comes a whole truckload of motivation to lose weight and feel fab in swimmers, party-dresses and short, strappy numbers... but it can be scary to dare-to-bare when you're carrying those extra kilos. And you can feel hot and exhausted to boot! We so get it – been there, done that.

By doing our 7-day challenge, you can jumpstart a healthier, happier you this Spring.

We can't wait to get you started!

Vic & Gen



what's included in your free 7-day challenge?

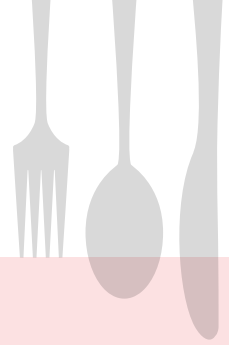
- ✓ This easy-to-follow overview + guide
- ✓ Daily Facebook lives from our fabulous founders & coaches on:

01. MAKING CALORIES COUNT
02. TRY SOME SIMPLE SWAPS
03. DITCH THE EXTRA SUGAR
04. TAKEAWAY IS OK - AND SO IS SOCIALISING
05. REHYDRATE AND GO THE H2O
06. DISCOVER INCIDENTAL EXERCISE
07. PLANNING FOR LONG TERM
- UNDERSTAND UNBREAKABLE

- ✓ Amazing community hype & support
- ✓ 1-on-1 coaching phone call (optional)



DAY 1:



THEME

MAKING CALORIES COUNT

CHECKLIST

- ☒ PLAN YOUR CALORIES
- ☒ VISIT THE FACEBOOK GROUP
- ☒ WEIGH IN! ***WE RECOMMEND ONLY ON DAY 1 & 7**

WEIGHT

GOALS:

how I'm feeling:

what I'm excited about:

FOOD LOG

» Breakfast

» Snack

» Lunch

» Snack

» Dinner

» Water intake



CALORIES

TOTAL

MY SUMMARY TODAY

DAY 2:



THEME

TRY SOME SIMPLE SWAPS

CHECKLIST

- ☒ PLAN YOUR CALORIES
- ☒ VISIT THE FACEBOOK GROUP
- ☒ WEIGH IN! ***WE RECOMMEND ONLY ON DAY 1 & 7**

WEIGHT

GOALS:

how I'm feeling:

what I'm excited about:

FOOD LOG

» Breakfast

» Snack

» Lunch

» Snack

» Dinner

» Water intake

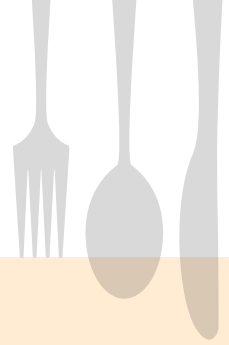


CALORIES

TOTAL

MY SUMMARY TODAY

DAY 3:



THEME

DITCH THE EXTRA SUGAR

CHECKLIST

- ☒ PLAN YOUR CALORIES
- ☒ VISIT THE FACEBOOK GROUP
- ☒ WEIGH IN! ***WE RECOMMEND ONLY ON DAY 1 & 7**

WEIGHT

GOALS:

how I'm feeling:

what I'm excited about:

FOOD LOG

» Breakfast

» Snack

» Lunch

» Snack

» Dinner

» Water intake

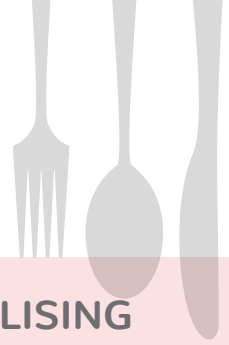


CALORIES

TOTAL

MY SUMMARY TODAY

DAY 4:



THEME

TAKEAWAY IS OKAY - AND SO IS SOCIALISING

CHECKLIST

- ☒ PLAN YOUR CALORIES
- ☒ VISIT THE FACEBOOK GROUP
- ☒ WEIGH IN! ***WE RECOMMEND ONLY ON DAY 1 & 7**

WEIGHT

GOALS:

how I'm feeling:

what I'm excited about:

FOOD LOG

» Breakfast

» Snack

» Lunch

» Snack

» Dinner

» Water intake



CALORIES

TOTAL

MY SUMMARY TODAY

DAY 5:



THEME	REHYDRATE AND GO THE H2O
CHECKLIST	☒ PLAN YOUR CALORIES ☒ VISIT THE FACEBOOK GROUP ☒ WEIGH IN! *WE RECOMMEND ONLY ON DAY 1 & 7
WEIGHT _____	GOALS: _____

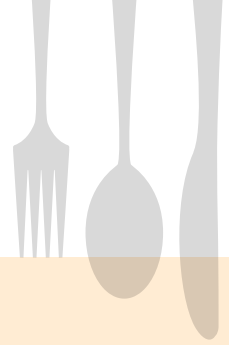
how I'm feeling:

what I'm excited about:

FOOD LOG	CALORIES
» Breakfast	_____
» Snack	_____
» Lunch	_____
» Snack	_____
» Dinner	_____
» Water intake	_____
       	TOTAL

MY SUMMARY TODAY

DAY 6:



THEME

DISCOVER INCIDENTAL EXERCISE

CHECKLIST

- ☒ PLAN YOUR CALORIES
- ☒ VISIT THE FACEBOOK GROUP
- ☒ WEIGH IN! ***WE RECOMMEND ONLY ON DAY 1 & 7**

WEIGHT

GOALS:

how I'm feeling:

what I'm excited about:

FOOD LOG

» Breakfast

» Snack

» Lunch

» Snack

» Dinner

» Water intake

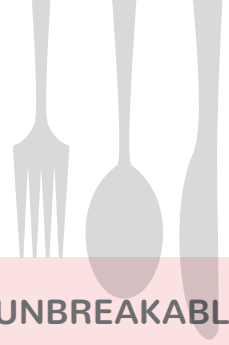


CALORIES

TOTAL

MY SUMMARY TODAY

DAY 7:



THEME

PLANNING FOR LONG TERM - UNDERSTAND UNBREAKABLE

CHECKLIST

- ☒ PLAN YOUR CALORIES
- ☒ VISIT THE FACEBOOK GROUP
- ☒ WEIGH IN! ***WE RECOMMEND ONLY ON DAY 1 & 7**

WEIGHT

GOALS FROM NOW ON:

how I'm feeling about part-time dieting:

what I'm excited about in the future:

FOOD LOG

» Breakfast

» Snack

» Lunch

» Snack

» Dinner

» Water intake



CALORIES

TOTAL

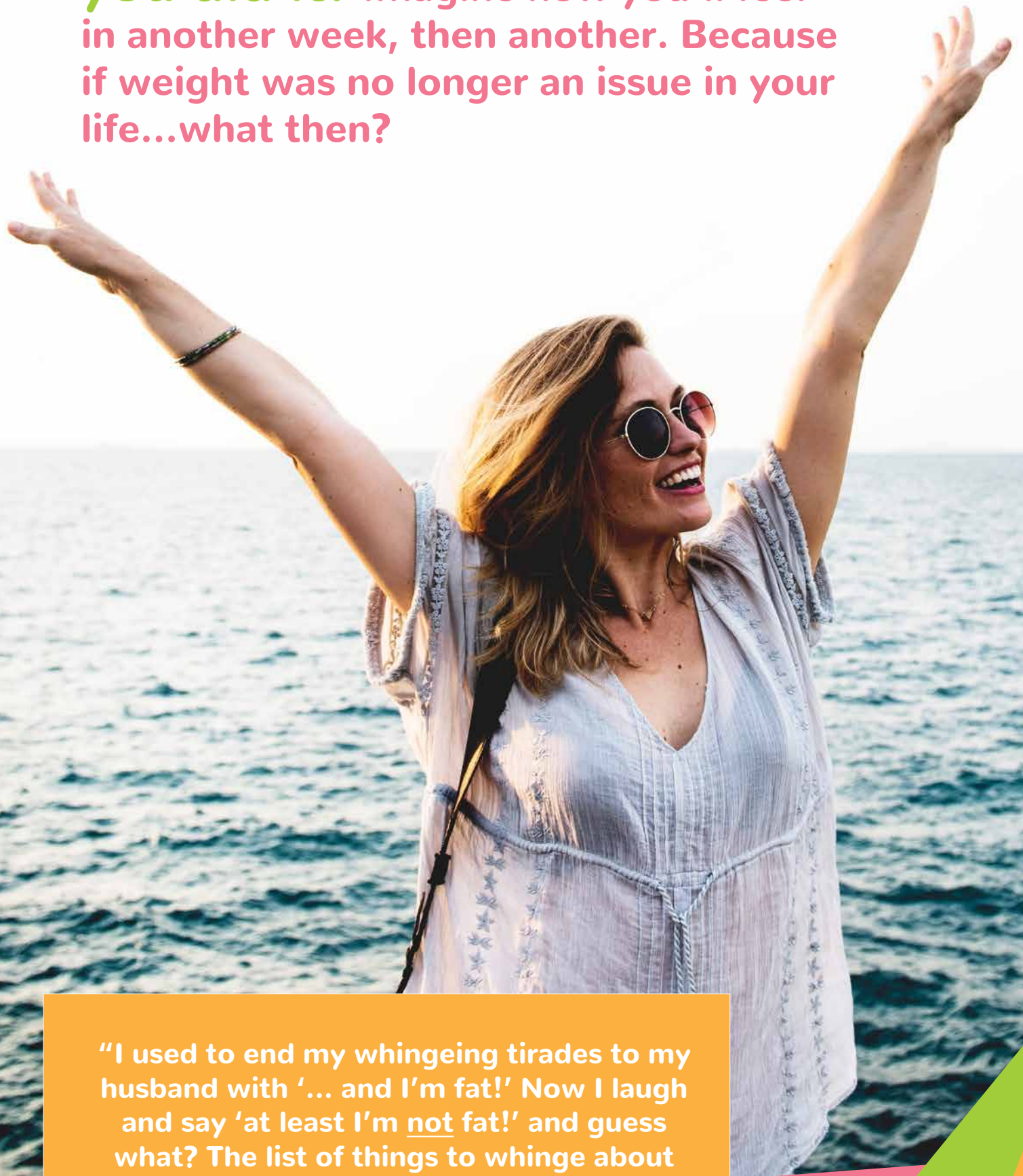
MY SUMMARY TODAY

thanks for joining us!

Nic & Gen



you did it! Imagine how you'll feel in another week, then another. Because if weight was no longer an issue in your life...what then?



"I used to end my whingeing tirades to my husband with '... and I'm fat!' Now I laugh and say 'at least I'm not fat!' and guess what? The list of things to whinge about seems way shorter these days."

25KG GONE. MARYANNE

