

July Consistency Challenge

Objectives: By the end of the 30 days you will be able to:

1. Understand how deeply compliance affects results
2. Become aware of **your** “Top FAT LOSS” foods that satisfy and satiate
3. Be calmer around the discomforts of fat loss
4. Know your food better and need tracking less

Instructions: For the next 4 weeks you will:

1. **FOCUS** on hitting your calorie count and macros **daily**.
2. Document **weekly** your weight, measurements and level of compliance with goals each week.
3. **VOLUNTARY** but recommended...Report on the FB page with a **SUMMARY** of your week. No need to be specific but for example: weight: -1, hips -.5... energy 7, compliance 9 etc.

Notes:

1. A ten does not mean perfect. Giving yourself a 10 would mean that within a few grams and calories you were able to hit your calories or macros 7 days out of the week.
2. For energy what I want you to rate is not “compliance” but if you are weak, if workouts are lagging or if you are skipping them of course. It is normal not to “kill” all your workouts on fat loss mode. It is not normal or okay to hate your workouts or your meals for fat loss.
3. The notes section is to prompt you to reflect on anything that may have put a dent in the plan. Forgetting a meal at home, an unexpected event, a doctor’s visit that went super long, your menstrual cycle etc....
4. Please note, that the 30 day goal is FAT LOSS. I want ALL of you to be WITHIN your range 7 days per week. However, if you have an event or occasion that will take you off, DON’T STRESS. This is REALITY! You will NEVER likely have 30 days where you have total control say so no on your food. My goal is NOT to make you strive for control but to learn to CAPITALIZE on the times you do, so that when the times you don’t arrive, they are literally NO BIG DEAL.

Day 1: July 5th

Weight

Chest

Waist

Hips

July 5-11

	Compliance	Notes
Calories		
Macros		
Energy		
Water ($\frac{1}{2}$ bodyweight)		

END OF WEEK 1: Weight _____ Chest _____ Waist _____ Hips _____

July 12-18

	Compliance	Notes
Calories		
Macros		
Energy		
Water ($\frac{1}{2}$ bodyweight)		

END OF WEEK 2: Weight _____ Chest _____ Waist _____ Hips _____

July 19-25

	Compliance	Notes
Calories		
Macros		
Energy		
Water (1/2 bodyweight)		

END OF WEEK 3: Weight _____ Chest _____ Waist _____ Hips _____

July 26- Aug 1

	Compliance	Notes
Calories		
Macros		
Energy		
Water (1/2 bodyweight)		

END OF WEEK 4: Weight _____ Chest _____ Waist _____ Hips _____