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# YOUR GETTING STARTED *Checklist*

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- Join Our 28-Day Challenge Facebook Group
- Read the ENTIRE Success Manual
- Print & Complete Your Goal Sheet
- Print Your Weekly Meal Plans & Grocery Lists
- Set Aside Time In Your Schedule To Grocery Shop & Meal prep
- Get your "Before" Measurements & Pics
- If you have any questions, ask us! If You Need Extra Help Or Accountability, That's What We're Here For!
- Get Your Food Journal Ready! (either MyFitnessPal.com or paper journal)
- Post Your "Weekly Win" On Our Private Facebook Group EVERY Friday!
- HAVE FUN!**

# GOAL SETTING

## Worksheet

Name \_\_\_\_\_

Date \_\_\_\_\_

### Top 3 Goals: (Specific, Measurable, Achievable)

#### GOAL #1

1. *Why is this so important to me?*

2. *Success Looks like:*

3.3 *Action Steps I'm going to take to achieve this goal:*

#### GOAL #2

1. *Why is this so important to me?*

2. *Success Looks like:*

3.3 *Action Steps I'm going to take to achieve this goal:*

#### GOAL #3

1. *Why is this so important to me?*

2. *Success Looks like:*

3.3 *Action Steps I'm going to take to achieve this goal:*

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# 28-DAY CHALLENGE

## *Measurements*

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***"Success is the sum of small efforts, repeated day in and day out."***

*Robert J. Collier*

NAME \_\_\_\_\_

STARTING DATE \_\_\_\_\_

### TAPE MEASUREMENTS

	<i>Start Date</i>	<i>End Date</i>	<i>Total Change</i>
<i>Chest</i>			
<i>Waist (small)</i>			
<i>Waist (bb)</i>			
<i>Hip</i>			
<i>Thigh</i>			
<i>Bicep</i>			
<i>Weight</i>			

### BODY FAT MEASUREMENT

	<i>Start Date</i>	<i>End Date</i>	<i>Total Change</i>
<i>Body Fat %</i>			

### BODYWEIGHT

	<i>Day #1</i>	<i>Day #7</i>	<i>Day #14</i>	<i>Day #21</i>	<i>Day #28</i>	<i>Total Change</i>
<i>Weight</i>						

*Congratulations!*

\_\_\_\_\_  
TOTAL CM LOST

\_\_\_\_\_  
TOTAL BODY FAT % LOST

\_\_\_\_\_  
TOTAL WEIGHT LOST

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# TIPS FOR CLEAN EATING

## *While Dining Out*

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### **BEFORE THE RESTAURANT**

- Look at the menu before you leave home and choose the items you want (check online)
- Look or ask if a 'gluten free' menu is available.
- Drink 2 of water before you leave home
- Eat something light before you go (apple + almonds).  
This will help you ward off the chip/bread bowl.

### **AT THE RESTAURANT**

- Always order sauce on the side
- Choose a protein with 2 vegetables and a healthy fat (avocado)
- Order your burger with no bun or on a salad
- Change it up – if meat over pasta, ask for the same but over salad instead.
- Make sure not to order anything fried
- Ask for no added salt
- Add extra vegetables
- Ask for a double order of mixed vegetables instead of pasta or rice
- For breakfast, instead of potatoes, ask for sliced tomatoes or a side of fruit

## Tips for Clean Eating While Dining Out

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### ITEMS NOT ON THE MENU

- You can ask for steamed vegetables as a side (add real butter or olive oil)
- You can order a grilled protein (chicken, salmon, etc.) with just salt and pepper
- Ask for a lettuce wrap instead of bread or a bun

### FOOD SWAPS

Spaghetti	→	<b>Spaghetti squash</b>
Chips	→	<b>Baked sweet potato chips or beet chips or kale chips</b>
Fries	→	<b>Baked sweet potato or carrot fries</b>
Rice	→	<b>Cauliflower rice</b>
Mashed potatoes	→	<b>Mashed swede</b>
Pizza Crust	→	<b>Crust made with cauliflower rice</b>
Baking with flour	→	<b>Almond flour or coconut flour</b>
Salt	→	<b>lemon juice (salad dressing, fish, chicken, etc.)</b>
Milk/Dairy	→	<b>Almond milk or coconut milk</b>
Potatoes at breakfast	→	<b>Sliced tomatoes</b>
Sandwich bread	→	<b>Lettuce wrap</b>
Mayonnaise	→	<b>Honey mustard or paleo mayo</b>
Sugar	→	<b>Coconut sugar, honey, or green leaf stevia</b>
Sour cream	→	<b>Greek yogurt, coconut oil, or applesauce</b>
Toast	→	<b>Ezekiel bread</b>
Croutons	→	<b>Sliced almonds (in salad)</b>
Bowl of ice cream	→	<b>Small bowl of frozen cherries or grapes</b>