



Consistently

TRIM CHALLENGE

QUICKSTART LIST

28-DAY CONSISTENTLY TRIM

QUICKSTART CHECKLIST

BEFORE THE CHALLENGE STARTS:

- Join our 28-Day Consistently Trim Challenge Facebook group
- Read the entire 28-Day Consistently Trim Challenge Success Manual
- Get your “before” measurements and pictures taken
- Schedule your walks and workouts
- Read the entire 28-Day Consistently Trim Challenge How-To Guide
- Create 2-3 days of meal plans (Need ideas? Use your Meal Ideas eBook)
- Block off time in your schedule to shop for groceries and prep your food
- I’m committing to grocery shopping: _____ (day & time)
- I’m committing to meal prepping: _____ (day & time)
- I’m committing to checking-in/weighing-in each week

I AM COMMITTING TO MYSELF THAT I WILL:

- I will meal prep every 4 days and follow my meal plan
- I will complete the workouts that I commit to in my schedule
- I will read the daily challenge emails to stay on track
- I will commit to this challenge from start to finish



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GOAL WORKSHEET

28-DAY CONSISTENTLY TRIM

GOAL-SETTING WORKSHEET

It's time to create your personal roadmap to success during this challenge.

Take some time to think about what you hope to get out of your 28 days – and the steps you will take to bring them to life!

"SETTING GOALS IS THE FIRST STEP IN TURNING THE INVISIBLE INTO THE VISIBLE."

TONY ROBBINS

QUICK TIP

It's best to set performance-based benchmarks because you have control over them.



Example:

- *You don't have control over what the scale says on any particular day.*
- *You DO have control over your actions, like creating and following a meal plan, working out 3-4 times a week, and going to bed by 10 p.m.*

Before the challenge starts, set 3 performance-based goals.

28-DAY CONSISTENTLY TRIM

GOAL-SETTING WORKSHEET

NAME: _____ DATE: _____

TOP 3 PERFORMANCE-BASED GOALS FOR THE 28-DAY CHALLENGE

#1 _____

#2 _____

#3 _____

> GOAL #1 _____

WHY IS THIS GOAL IMPORTANT TO ME?

IS THIS SOMETHING I'M WILLING TO TRADE WHAT I WANT NOW... FOR WHAT I WANT MOST? YES / NO

LIST 3 ACTION STEPS I'M GOING TO TAKE TO MAKE SURE I REACH THIS GOAL

#1

#2

#3

> GOAL #2 _____

WHY IS THIS GOAL IMPORTANT TO ME?

IS THIS SOMETHING I'M WILLING TO TRADE WHAT I WANT NOW... FOR WHAT I WANT MOST? YES / NO

LIST 3 ACTION STEPS I'M GOING TO TAKE TO MAKE SURE I REACH THIS GOAL

#1

#2

#3

> GOAL #3 _____

WHY IS THIS GOAL IMPORTANT TO ME?

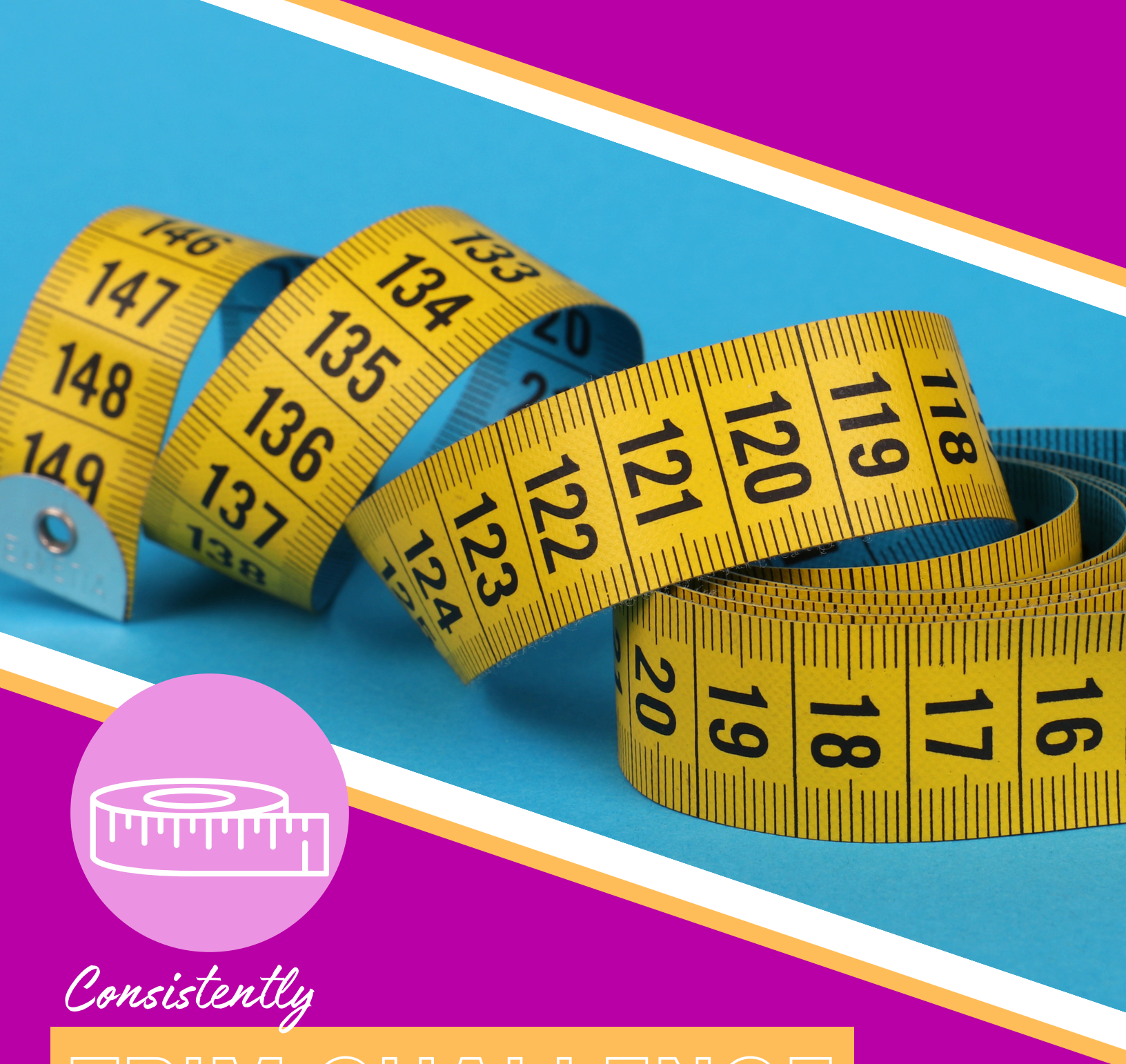
IS THIS SOMETHING I'M WILLING TO TRADE I WANT NOW... FOR WHAT I WANT MOST? YES / NO

LIST 3 ACTION STEPS I'M GOING TO TAKE TO MAKE SURE I REACH THIS GOAL

#1

#2

#3



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MEASUREMENT SHEET

28-DAY CONSISTENTLY TRIM

>>> MEASUREMENT WORKSHEET

"CELEBRATE WHAT YOU'VE ACCOMPLISHED, BUT RAISE THE BAR A LITTLE HIGHER EACH TIME YOU SUCCEEDED."

MIA HAMM

NAME: _____

>>> TAPE MEASUREMENTS <<<

	START DATE	END DATE	TOTAL CHANGE
Chest			
Waist (smallest part)			
Waist (at belly button)			
Hips (widest part)			
Thigh			
Biceps			
Weight			

>>> BODY FAT MEASUREMENTS <<<

	START DATE	END DATE	TOTAL CHANGE
Body Fat %			

>>> WEIGHT <<<

	DAY 1	DAY 7	DAY 14	DAY 21	DAY 28
Weight					

TOTAL INCHES LOST

TOTAL BODY FAT % LOST

TOTAL POUNDS LOST