

BLACK WOMEN LOSING WEIGHT – FEBRUARY 2017 21 DAY BRISK WALKING CHALLENGE



Thank you so much for joining our **February Challenge**. This is a very straight forward, yet powerful, challenge. You'll find this month's checklist below. We have a daily goal for steps (minimum - maximum). We will also complete a daily task focused around weight loss, fitness or nutrition goals. Work at your own pace and do what works for **your** fitness level. This isn't a competition and it's not about perfection. It's about challenging yourself to do the work.

Requirements: You will need a [fitness tracker](#) (Fitbit, Garmin, etc), pedometer or a mobile app that tracks your steps via your phone for this challenge. Pacer, iHealth and SHealth are some of the free mobile apps available. You'll also need a notebook/journal for some of the daily tasks.

Visit our [Facebook page](#) and [Instagram](#) account for support and additional information during the challenge.

Recommended Reading: [The Whole30: The 30-Day Guide to Total Health and Food Freedom](#) - If you would like an eating guide during this challenge, I suggest that you consider this book.

Recommended Viewing: [That Sugar Film](#)

Disclaimer* Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. If you have injuries that could be worsened, are pregnant, have knee issues, or are suffering neck and back pain, you should speak with a professional trainer about what workouts would be best for you. Do not attempt if you have current injuries, past surgeries or other physical issues/health issues that could be affected by exercise. Do not attempt if you are pregnant or could become pregnant. Don't forget to stretch before and after working out to avoid injuries. If you feel pain or severe discomfort, STOP.

Don't forget to check out [this month's DietBet](#)! Lose to Win - \$30 Bet



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This month's focus is super simple: GET Stepping! Walk, jog or run! Check off each task and record how many steps you took each day.

1 If you haven't already taken a [before photo](#), take the time to do that today. Wear clothing that doesn't hide your body, like a tank top and leggings or shorts. Take your [measurements](#) as well.

Step Goal: 2500 to 6000 TOTAL

2 What is your [current game plan](#) for weight loss? How are you deciding what to eat? Do you have clear eating goals? What is your workout plan? If you don't have one, take 30 min to an hour to start your research on weight loss, nutrition and working out.

Step Goal: 3000 to 6500 TOTAL

3 Make a homemade meal replacement smoothie with fruit, leafy greens and protein powder.

Step Goal: 3250 to 7000 TOTAL

4 Head to the grocery store and buy fruits and veggies you can eat as snacks this week in between meals. We're talking celery, carrots, berries, grapes, etc. Prep them and put them in baggies you can take on the go.

Step Goal: 3500 to 7500 TOTAL

5 Fighting Sugar Addiction? Take the time to look up 4 articles on this topic. Record what you learn in your journal. Here is [my favorite book](#) on the topic.

Step Goal: 3750 to 8000 TOTAL

6 Find 4 new workouts on Youtube that you would like to add to your fitness arsenal. Consider high intensity interval training workouts and strength training routines.

Step Goal: 4000 to 8500 TOTAL

7 Work 100 squats into your day.

Step Goal: 4000 to 9000 TOTAL

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8 Why is it important to consider how much carbohydrate, fat and protein you are eating each day (on average)? What are Macros/Macronutrients? Research this topic today.

Step Goal: 4250 to 9500 TOTAL

9 Create a list of new 7 healthy dinner recipes that are between 350-600 calories. These should be meals that you would actually eat. Expand your options.

Step Goal: 4500 to 10,000 TOTAL

10 Have a huge salad for dinner tonight. Add protein to make it a meal.

Step Goal: 4750 to 10,000 TOTAL

11 How many calories should you consume per day for weight loss? What is a [calorie deficit](#)? What is your Calorie Maintenance Level? Do your research and answer these questions in your journal.

Step Goal: 5000 to 10,500 TOTAL

12 Do 30 pushups today. (Sets of 10/10/10 or 15/15) Modify and do them on your knees if you need to. If you can't do 30, do as many as you can. One is better than none.

Step Goal: 5250 to 11,000 TOTAL

13 Meatless Monday! Go Vegetarian for one whole day. (Fish, eggs and dairy optional)

Step Goal: 5500 to 11,500 TOTAL

14 Create a list of 7 new healthy snack ideas that you could eat on a regular basis are between 70 to 200 calories.

Step Goal: 6000 to 12,000 TOTAL

15 No Processed Sugar Today! Don't drink or eat any processed sugars today, including artificial sweeteners.

Step Goal: 6500 to 12,000 TOTAL

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16 Are you stressed? What is stressing you out? Make a list of ways you can stress less and live more.

Step Goal: 7000 to 12,500 TOTAL

17 Make sure that you eat at least 3 servings of vegetables today. Serving: 1 cup of raw leafy vegetables, 1/2 cup of other vegetables

Step Goal: 7500 to 13,000 TOTAL

18 Meal Prep! Give meal prepping a try this weekend. On Saturday, plan out your meals for Monday, Tuesday and Wednesday. Shop for food and prep some of the meals in advance on Sunday. Here is a [list of meal plans](#) to get you started.

Step Goal: 8000 to 13,500 TOTAL

19 Take some time to research the benefits of [weight training](#) for women. Write down what you learn in your journal. It's all about the curves.

Step Goal: 8500 to 14,000 TOTAL

20 Create a list of new 7 healthy dinner recipes that are between 400-600 calories. These should be meals that you would actually eat. Expand your options.

Step Goal: 9000 to 14,500 TOTAL

21 Transformation Tuesday – Take new progress photos and take your measurements again.

Step Goal: 10000 to 15,000 TOTAL