

## BLACK WOMEN LOSING WEIGHT – FEBRUARY 2019 21 DAY STEP GOAL CHALLENGE



Thank you so much for joining our **February Challenge - February 4th - 24th**. This is a very straight forward, yet powerful, challenge. There is a daily goal for steps (minimum - maximum). We are also challenging you to complete a daily task. You'll find the checklist below. We want you to work at your own pace and do what works for **your** fitness level. If the minimum step goal for the day is too high for you, chose a goal that fits your level of fitness and commit to it. **This isn't a competition and it's not about perfection.** It's about challenging yourself to do the work.

- You also will need a [fitness tracker, pedometer](#) or a mobile app that tracks your steps. If you have a [Fitbit](#), join our [FitBit Group](#).
- You'll need a notebook or journal to complete some of the daily tasks.
- **Daily Check-in:** Share your totals on [Facebook](#) or [Instagram](#) each evening - Look for the Check-in post. Join our [Facebook group](#) for support.
- Check out our [Step Goal Squad Shirts](#).

**Recommended Viewing:** [Hungry for Change](#) and [Forks Over Knives](#) (Documentaries available on Netflix and Hulu.)

### Clean Eating

for Wellness and Weight Loss

A Quick Guide to Eating Clean

By Ebony Ajma Jackson



**Need a guide to help you change your eating habits?** Looking for clear, straightforward information to help you navigate clean eating? Check out our ebook, [Clean Eating for Wellness and Weight Loss](#). It includes recipes and quick meal planning ideas. Get your copy today for just \$7.99. [Buy the PDF](#) | [Buy the Kindle Version](#)

**This book covers:** Benefits of Eating Clean What Foods are Clean? - How to Eat Clean. - Importance of Hydration. - Eating Clean on the Go and at Work. - Frequently Asked Questions - Exercising While Eating Clean and MUCH MORE!

**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.



## FEBRUARY 2019 – 21 DAY STEP GOAL CHALLENGE

This month's focus is super simple: **GET Stepping!** Walk, jog or run! Record your daily step totals. Share your totals on [Facebook](#) or [Instagram](#) each evening - Look for the Check-in post.

1 Fighting with Emotional Eating/Stress Eating? 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: 3000 to 6000**

**Advanced: 9,000**

STEP TOTAL

2 What is your [game plan](#) for weight loss? How are you deciding what to eat? Do you have a calorie goal? 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. Write down your plan.

**Step Goal: 3000 to 6500**

**Advanced: 10,000**

STEP TOTAL

3 Record your current weight in your notebook/journal. Take new progress photos. Take your measurements; waist, bust, bicep/arm, each thigh and hips/butt. Record this info in your journal.

**Step Goal: 3250 to 7000**

**Advanced: 10,000**

STEP TOTAL

4 What is your BIG WHY? What are the main reasons why you want to change? Record your answers in your journal and on an index card that you can travel with. Read the index card before meals and when you need inspiration.

**Step Goal: 3500 to 7500**

**Advanced: 10,500**

STEP TOTAL

5 Commit to drinking at least 64oz of water each day for the rest of the month.

**Step Goal: 3750 to 8000**

**Advanced: 10,500**

STEP TOTAL

6 What is your BMR? - Basal metabolic rate. Read about how BMR effects weight loss and record your BMR in your journal/notebook.

**Step Goal: 4000 to 8000**

**Advanced: 11,000**

STEP TOTAL

7 What is your current workout plan? How are you evaluating whether it is working or not? Do some research online on effective workouts for your level of fitness.

**Step Goal: 4000 to 8500**

**Advanced: 11,000**

STEP 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? Do some research.

**Step Goal: 4250 to 9000**

**Advanced: 11,500**

STEP TOTAL

9 Do some research online on how you can become more active in your community. Check out running/walking clubs, dance classes, classes at the WYCA or local community center, etc.

**Step Goal: 4500 to 9000**

**Advanced: 11,500**

STEP TOTAL

10 Spend a full 5 minutes in front of a mirror today. Look at your face, your body, your smile, etc. Then write down how you really feel about yourself. Do you love what you see? If there are negative feelings, what is their source and how can you move toward self love and appreciation?

**Step Goal: 4750 to 9500**

**Advanced: 12,000**

STEP 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 10,000**

**Advanced: 12,000**

STEP TOTAL

12 Keep track of everything you eat today in your journal/notebook. Go online and figure out how many calories you consumed today.

**Step Goal: 5000 to 10,000**

**Advanced: 12,500**

STEP TOTAL

13 Create a list of fruits and veggies that you love. Set a goal of eating at least 2 servings of fruits and 3 servings veggies each day for the rest of this challenge.

**Step Goal: 5250 to 10,500**

**Advanced: 12,500**

STEP TOTAL

14 Create a list of 7 new healthy snack ideas that you could eat on a regular basis. (75 to 250 calories per serving).

**Step Goal: 5500 to 11,000**

**Advanced: 13,000**

STEP TOTAL

15 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: 6000 to 11,000**

**Advanced: 13,000**

STEP TOTAL



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**16** Give meal prepping a try this weekend. Plan out your meals for Monday, Tuesday and Wednesday. Here is a [list of meal plans](#) to get you started.

**Step Goal: 6500 to 11,500    Advanced: 13,500**    STEP TOTAL

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

**Step Goal: 7000 to 12,000    Advanced: 13,500**    STEP TOTAL

**18** Interval Workout: Try a Tabata or High Intensity Interval Training (HIIT) workout today.

**Step Goal: 7500 to 12,000    Advanced: 14,000**    STEP TOTAL

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

**Step Goal: 8000 to 12,500    Advanced: 14,000**    STEP TOTAL

**20** Wellness Wednesday: Do some research on how being overweight or obese can affect your health. Don't wait on the doctor's warning.

**Step Goal: 8500 to 13,000    Advanced: 14,500**    STEP TOTAL

**21** Take new progress photos and take your measurements again. Celebrate the progress you made this month! Congrats on completing the challenge.

**Step Goal: 9000 to 13,500    Advanced: 15,000**    STEP TOTAL