

## BLACK WOMEN LOSING WEIGHT

# AUGUST 2019 31 DAY FITNESS CHALLENGE

It's time for our **August 2019 Challenge!** We are so excited to challenge you to focus on exercise this month for a full 31 days. The key to this month's challenge: Keeping track of your work. Not only are we giving you a printable tracking calendar, but we are also giving you a daily Fitness Wrap-up worksheet.

### Our Goals:

- Workout for at least 25 days during the month of August
- Complete daily fitness/nutrition focused tasks
- Eat as Clean as possible - Cut out the junk food and eat more whole, natural foods.

### How to Join Us

Joining us is very simple. **Sign up for this month's downloads (below) and Check-IN everyday** on our [Facebook page](#) or [Instagram](#). We will post a special Check-IN post each evening where you can tell us about your workout/rest day.

**Daily Tasks:** Each day you will complete the **"Task of the Day"** listed on the checklist and you'll include the **Exercise of the Day** in your workout routine. (If it is a rest day, you can skip the exercise.)

**You'll also need a 1 inch binder and your favorite pin or pencil for this challenge** - In your binder, you'll keep your 31 day tracking calendar, fitness worksheets, progress photos, measurements and blank sheets of paper for notes and lists. On workout days, dedicate at least 10 minutes a day to completing your worksheet. *Take the time to record and celebrate your hard work.*

We suggest that you choose a binder with a clear pocket in the front. Print out **your favorite motivational quote or an inspiring image** and put it on the cover for motivation.

**Workout for at least 25 days out of 31.** - Your choice of exercise. Zumba, walking, running, exercise classes, boot camp, HIIT, CrossFit, yoga... YOU name it. We suggest at least 20 minutes of exercise per day on your workout days if you are a beginner (low impact, beginner level exercises). If you are intermediate to advanced, you'll likely be doing 30 minutes to an hour or more of exercise each day. Work at your own pace.

**Eat as CLEAN as possible.**- You can't exercise away a bad diet. Cut back on junk food, soda, fast food, sugary foods, etc. in August, and eat more whole foods. You'll have a better chance of seeing results on the scale and you may have more energy during your workouts. Food is fuel, so give your body the nutrients and vitamins it needs, not empty calories. If you'd like to learn more about Clean Eating, read our [helpful E-Book, "Clean Eating for Wellness and Weight Loss"](#).

**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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**Goal: Workout out for at least 25 out of 31 days this month. Not familiar with one of the Exercises of the Day? [Check out these videos.](#)**

1 Weight Loss and Wellness Goals - What are your top 3 goals for August? Consider whether they are [S.M.A.R.T](#) goals? Write them down and put the list in your binder.

**Workout Day or Rest Day:** **Exercise of the Day: Squats**

2 What is your [current 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.

**Workout Day or Rest Day:** **Exercise of the Day: Jumping Jacks**

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

**Workout Day or Rest Day:** **Exercise of the Day: Plank**

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

**Workout Day or Rest Day:** **Exercise of the Day: Donkey Kicks**

5 Fighting with Emotional Eating/Stress Eating? Take the time to look up 4 articles on this topic. Record what you learn in your binder. Here is [my favorite book](#) on the topic.

**Workout Day or Rest Day:** **Exercise of the Day: Lunges**

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

**Workout Day or Rest Day:** **Exercise of the Day: Push ups**

7 Stop drinking your calories for one full day. Today, drink only water, tea or coffee with no sweeteners. (Exception: Homemade smoothies and protein drinks that are already part of your routine.)

**Workout Day or Rest Day:** **Exercise of the Day: Calf Raises**

8 Why is it important to consider how much carbohydrate, fat and protein you are eating each day (on average)? Do some research.

**Workout Day or Rest Day:** **Exercise of the Day: Plié Squats**

9 What is your Calorie Maintenance Level? Take some time to read about this topic. Record your level in your binder.

**Workout Day or Rest Day:** **Exercise of the Day: Standing Elbow/Knee Crunch**

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<b>10</b> Spend a full 5 minutes in front of a mirror today. Then, write down how you really feel about yourself. Do you love what you see? What has shaped your self image?	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Pulsing Lunges</b>
<b>11</b> How many calories should you consume per day for weight loss? What is a <a href="#">calorie deficit</a> ? Do your research and answer these questions in your binder.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Push ups</b>
<b>12</b> Meal Prep - How long should you store food for meal prep? How about leftovers? Take some time to research Use-By dates and food storage rules.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Calf Raises</b>
<b>13</b> Fiber does a body good. Do some research on how much fiber you should eat each day.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Donkey Kicks</b>
<b>14</b> Create a list of 7 new healthy snack ideas that you could eat on a regular basis are between 70 to 200 calories.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Plank</b>
<b>15</b> Are “good” and “bad” carbs really a thing? How can you incorporate healthy carbs into your meals? Answer these questions in your binder.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Mountain Climbers</b>
<b>16</b> Are you stressed? What is stressing you out? Make a list of ways you can stress less and live more.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Jumping Jacks</b>
<b>17</b> Workout Selfie: Take a photo after your workout and post it online.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Plank Taps</b>
<b>18</b> Add 10-15 minutes of more challenging exercise to your workout today. That could include <a href="#">HIIT</a> , lifting heavier weights, walking on an incline on the treadmill, etc.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Lunges</b>

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**19** Take some time to research the benefits of weight training for women. Write down what you learn in your binder. It's all about the curves.

**Workout Day or Rest Day:**  **Exercise of the Day: Standing Elbow/Knee Crunch**

**20** 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.

**Workout Day or Rest Day:**  **Exercise of the Day: Squats with Alt. Kickback**

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

**Workout Day or Rest Day:**  **Exercise of the Day: Jumping Jacks**

**22** Find 3 new workout routines on Youtube that you would like to add to your exercise arsenal.

**Workout Day or Rest Day:**  **Exercise of the Day: Deadlift with Dumbbells**

**23** Do some research on how you can become more active in your community. Check out running/walking clubs (like GirlTrek or Black Girls Run), dance classes, classes at the WYCA, etc.

**Workout Day or Rest Day:**  **Exercise of the Day: Push ups**

**24** 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

**Workout Day or Rest Day:**  **Exercise of the Day: Donkey Kicks**

**25** Do some research on sodium intake and high sodium foods/drinks. High blood pressure is rampant in our community and sodium/salt is a major factor.

**Workout Day or Rest Day:**  **Exercise of the Day: Plié Squats**

**26** Is Organic food really better for you? Do some research on the pros and cons.

**Workout Day or Rest Day:**  **Exercise of the Day: Plank or Plank Tap**

**27** You've been working hard this month! Reward yourself with new workout clothes, a meal at your favorite healthy restaurant, a good book, a pedicure, etc.

**Workout Day or Rest Day:**  **Exercise of the Day: Squats**

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<b>28</b> Spend 20 minutes this morning thinking about the things you are grateful and thankful for. Create a new Gratitude List in your binder.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Calf Raises</b>
<b>29</b> Make a list of 3 actions that you need to commit to, but have been putting off. This could also be a list of actions that could take you take you to the next level.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Jumping Jacks</b>
<b>30</b> Take new progress photos and take your measurements again. Compare these photos and measurements to the ones you took at the start of the month.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Split Squats</b>
<b>31</b> Take the time to reflect on all of your hard work and the effort you made this month. Pat yourself on the back. Challenge yourself to do better in the areas you are struggling with. Write down any insights in your binder.	<input type="checkbox"/>
<b>Workout Day or Rest Day:</b>	<b>Exercise of the Day: Mountain Climbers</b>

Date:     /     /

## TODAY'S FITNESS WRAP UP

Cardio Workout: What did cardio exercises did you do today?

Rate your intensity: 1 2 3 4 5

TIME \_\_\_\_\_

I included the Exercise of the Day in my workout. YES NO

Weights/Resistance Training: (Record your sets, weight, number of reps, etc)

Rate your intensity: 1 2 3 4 5

TIME \_\_\_\_\_