

BLACK WOMEN LOSING WEIGHT'S AUGUST 2020 EXERCISE CHALLENGE

It's time for our **August 2020 Exercise Challenge!** We are so excited to challenge you to focus on exercise this month for 31 days. The key to this month's challenge: Keeping track of your work. We are giving you a printable tracking calendar with daily tasks, and a Fitness Wrap-up worksheet. Use this worksheet to keep a detailed record of your workouts.

Our Goals:

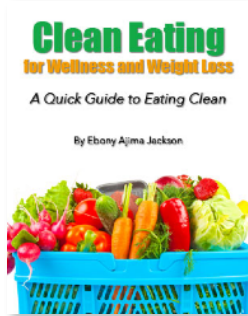
- **Work out for at least 25 days during August. Rest days are important too.**
- **Complete the daily task or answer the daily question.**
- **Join our evening check-ins for accountability.**
- **Eat as Clean as possible - Cut back on junk food, fast food, and highly processed foods. Eat more whole, natural foods.**

Want to join the challenge?

Joining this challenge is very simple. **Check-in daily** 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 (6:30 pm). This challenge is all about Accountability and Consistency. Let's cheer each other on!

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.

You may want to have a 3-ring binder and a notebook or journal for this challenge - In your binder, you can keep your 31-day tracking calendar and fitness worksheets. You'll also need paper or a notebook to record your answers to the questions in the calendar. On workout days, dedicate a few minutes a day to completing your worksheet. *Take the time to document and celebrate your hard work.* We also 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.



Eat as CLEAN as possible - You can't exercise away a bad diet. Cut back on junk food, soda, fast food, and sugary foods 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.

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 _____

#BWLWAUG

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

Rate your intensity: 1 2 3 4 5

TIME _____

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Thank you so much for joining Black Women Losing Weight's August Challenge.
IG: @blackwomenlosingweight | www.blackweightlosssuccess.com

1 What is your fitness motivation? What inspires you to work out when you don't feel like it? Record your answer in your notebook.

Workout Day or Rest Day:

2 Find three free healthy meal plans online that you can use this month. Here are [a few plans](#) to get you started.

Workout Day or Rest Day:

3 Take new progress photos. Take your measurements and record this info in your notebook. The scale doesn't tell the whole story.

Workout Day or Rest Day:

4 Create a list in your notebook of fitness quotes and affirmations that inspire you.

Workout Day or Rest Day:

5 Stretching is very important. Take an extra 5-10 minutes to stretch today. Look up a stretching routines on YouTube for examples.

Workout Day or Rest Day:

6 Add 20 push-ups to your workout.

Workout Day or Rest Day:

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:

8 Track your calories all day with an app (like My Fitness Pal or Loseit). At the end of the day, reflect on whether tracking was helpful, stressful, etc.

Workout Day or Rest Day:

9 Add at least two sets of 15 glute bridges to your workout.

Workout Day or Rest Day:

10 Create a workout playlist in YouTube comprised of workouts that will challenge you.

Workout Day or Rest Day:

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11 Are you drinking enough water. Track your water intake today and commit to saying hydrated for the rest of the challenge.

Workout Day or Rest Day:

12 Do at least five burpees or modified burpees today.

Workout Day or Rest Day:

13 What can you do to make sure self-care is part of your lifestyle? Write down at least 5 ideas for self-care.

Workout Day or Rest Day:

14 Are "good" and "bad" carbs really a thing? How can you incorporate healthy carbs into your meals? Answer these questions in your notebook.

Workout Day or Rest Day:

15 Plank for at least 20 seconds as part of your workout.

Workout Day or Rest Day:

16 If you have not started strength training, do some research on the benefits of adding it to your routine. Note the pros and any cons in your notebook.

Workout Day or Rest Day:

17 Mix it up! Add 10-20 minutes of more challenging exercises to your workout today. That could include [HIIT](#), lifting heavier weights, trying a more advanced routine, etc.

Workout Day or Rest Day:

18 Add at least two sets of lunges to your workout. (Your choice of how many reps you do per set. Do what works for you.)

Workout Day or Rest Day:

19 Make sure that you eat at least three servings of vegetables today. (Serving: 1 cup of raw leafy vegetables, 1/2 cup of other vegetables)

Workout Day or Rest Day:

20 Make a meal replacement smoothie and drink it for breakfast, lunch or dinner.

Workout Day or Rest Day:

21 Workout Selfie: Take a photo after your workout. Post it online or keep it in your phone for motivation.

Workout Day or Rest Day:

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

Workout Day or Rest Day:

23 Compound movements can be very effective because they work multiple muscle groups at the same time. Make a list of compound movements you can add to your routine.

Workout Day or Rest Day:

24 Add two sets of jumping jacks or high knees to your workout. (Your choice of reps you do per set.)

Workout Day or Rest Day:

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 factor.

Workout Day or Rest Day:

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

Workout Day or Rest Day:

27 Do at least two sets of lunges during your workout. (Your choice of how many reps you do per set.)

Workout Day or Rest Day:

28 Add at least two sets of 20 squats to your workout.

Workout Day or Rest Day:

29 Have you been procrastinating? Make a list of three healthy, positive actions that you need to commit to, but have been putting off.

Workout Day or Rest Day:

30 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.

Workout Day or Rest Day:

31 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 notebook.

Workout Day or Rest Day: