

BLACK WOMEN LOSING WEIGHT – SEPTEMBER 2020 21 DAY STEPS AND SQUATS CHALLENGE



Thank you so much for joining our **September Challenge - September 1 - September 21**.

Each day, you'll have a step goal and a squat goal. Record the number of steps and squats you've done each day to keep track of your progress.

- Walking, jogging, running... it's up to you to decide how to get your steps in.
- **Take a REST day whenever YOU need to.** This is not a competition. Work at your own pace.
- You'll need a [fitness tracker](#), [pedometer](#), or a mobile app that tracks your steps.
- **How to Squat:** I've posted videos on [the September challenge page](#) to show you how to do a squat properly and how to modify the move to make it easier.
- **Bad Weather:** If weather or time is a challenge, consider using walking videos on Youtube, like [Keaira LaShae's 5 Mile Walk](#), or [Leslie Samson's walking workout DVDs](#).
- **Check-in every night** on [Facebook](#) or [Instagram](#) for accountability! The check-in post will be posted at approximately 6:30 pm each day on both platforms.
- If you CAN'T do squats, don't. Omit that part of the challenge and focus the step goal instead (or a form of exercise that is appropriate for you).

Clean Eating

for Wellness and Weight Loss

A Quick Guide to Eating Clean

By Ebony Ajima Jackson



Want some guidance on how to eat during this challenge? Tired of complicated diet plans? Check out our ebook, [Clean Eating for Wellness and Weight Loss](#). It's all about eating healthy at least 80% of the time and leaving room for the foods you love. This guide also includes recipes and quick meal planning ideas. Get your copy today for **just \$7.99**. [More info...](#)

Exercise 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.



BWLW'S 21 DAY STEPS AND SQUATS CHALLENGE – SEPTEMBER 2020

Don't forget to share your step and squat totals on [Facebook](#) or [Instagram](#) every evening. You'll find the full challenge details on our website: www.blackweightlosssuccess.com

1 SQUAT GOAL: 20 Squats
STEP GOAL: 3000 to 6000 - Advanced: 9000

STEP TOTAL	SQUAT TOTAL
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2 SQUAT GOAL: 25 Squats
STEP GOAL: 3250 to 6500 - Advanced: 9500

STEP TOTAL	STEP TOTAL
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3 SQUAT GOAL: 30 Squats
STEP GOAL: 3250 to 7000 - Advanced: 10,000

STEP TOTAL	STEP TOTAL
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4 SQUAT GOAL: REST
STEP GOAL: 3500 to 7500 - Advanced: 10,000

STEP TOTAL	STEP TOTAL
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5 SQUAT GOAL: 40 Squats - 2 sets of 20
STEP GOAL: 3750 to 8000 - Advanced: 10,500

STEP TOTAL	STEP TOTAL
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6 SQUAT GOAL: 48 Squats - 2 sets of 24
STEP GOAL: 4000 to 8000 - Advanced: 10,500

STEP TOTAL	STEP TOTAL
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7 SQUAT GOAL: 50 Squats - 2 sets of 25
STEP GOAL: 4250 to 8500 - Advanced: 11,000

STEP TOTAL	STEP TOTAL
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8 SQUAT GOAL: REST STEP GOAL: 4500 to 8500 - Advanced: 11,500	
STEP TOTAL	STEP TOTAL
9 SQUAT GOAL: 50 Squats - 2 sets of 25 STEP GOAL: 4500 to 9000 - Advanced: 11,500	
STEP TOTAL	STEP TOTAL
10 SQUAT GOAL: 60 Squats - 3 sets of 20 STEP GOAL: 4750 to 9000 - Advanced: 12,000	
STEP TOTAL	STEP TOTAL
11 SQUAT GOAL: 60 Squats - 2 sets of 30 STEP GOAL: 5000 to 9500 - Advanced: 12,000	
STEP TOTAL	STEP TOTAL
12 SQUAT GOAL: 70 Squats - 2 sets of 35 STEP GOAL: 5000 to 10,000 - Advanced: 12,500	
STEP TOTAL	STEP TOTAL
13 SQUAT GOAL: REST STEP GOAL: 5250 to 10,500 - Advanced: 13,000	
STEP TOTAL	STEP TOTAL
14 SQUAT GOAL: 80 Squats - 2 sets of 40 STEP GOAL: 5550 to 11,000 - Advanced: 13,500	
STEP TOTAL	STEP TOTAL
15 SQUAT GOAL: 80 Squats - 2 sets of 40 STEP GOAL: 5550 to 11,500 - Advanced: 14,000	
STEP TOTAL	STEP TOTAL



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16 SQUAT GOAL: 90 Squats - 3 sets of 30
STEP GOAL: 5750 to 11,500 - Advanced: 14,000

STEP TOTAL	STEP TOTAL
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17 SQUAT GOAL: REST
STEP GOAL: 6000 to 11,500 - Advanced: 14,500

STEP TOTAL	STEP TOTAL
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18 SQUAT GOAL: 90 Squats - 3 sets of 30
STEP GOAL: 6500 to 12,000 - Advanced: 15,000

STEP TOTAL	STEP TOTAL
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19 SQUAT GOAL: 100 Squats - 4 sets of 25 (2 sets in the am and 2 sets in the pm)
STEP GOAL: 7000 to 12,500 - Advanced: 15,500

STEP TOTAL	STEP TOTAL
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20 SQUAT GOAL: REST
STEP GOAL: 7500 to 13,000 - Advanced: 16,000

STEP TOTAL	STEP TOTAL
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It's **DAY 21!** Celebrate the progress you made this month!
Congrats on completing the challenge!!
SQUAT GOAL: 100 Squats - 4 sets of 25 (2 sets in the am and 2 sets in the pm)
STEP GOAL: 8000 to 14,000 - Advanced: 16,500

STEP TOTAL	STEP TOTAL
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