

BLACK WOMEN LOSING WEIGHT - MAY 2021 21 DAY STEP GOAL CHALLENGE



Thank you so much for joining our **21 Day Step Goal Challenge - May 1 - May 21**. This is a very straightforward challenge. Each day, you'll have a step goal range to reach (minimum-maximum). Track your steps, record your totals, and check in with the group for accountability. You'll need a [fitness tracker](#), [pedometer](#), or a mobile app that tracks your steps.

BE Accountable - Check-in daily. Share totals and answer the question of the day. You'll see the post appear at 6:30 pm EST on our social media channels.

- www.facebook.com/blackwomenlosingweight
- Instagram: [@blackwomenlosingweight](https://www.instagram.com/blackwomenlosingweight)
- [Check out our Facebook Group for support.](#)
- Post about your daily progress on social media with the challenge hashtag: **#BWLW21**

Work at your own pace and do what works for YOU. If the minimum step goal for the day is too high for you, choose a goal that fits your fitness level and commit to it. **This isn't a competition, and it's not about perfection.** It's about challenging yourself to do the work.

Clean Eating for Wellness and Weight Loss

A Quick Guide to Eating Clean

By Ebony Ajima Jackson



Need a guide to help you change your eating habits during this challenge? Looking for clear, straightforward information? 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 worsen, 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 STEP GOAL CHALLENGE - MAY 2021

Walk, jog, or run! Record your daily step totals below. Share your step totals on [Facebook](#) or [Instagram](#) every evening at 6:30 pm EST. You'll find the full challenge details on our website: www.blackweightlosssuccess.com

Day 1: Step Goal: 3000 to 6000	Advanced: 9,000	STEP TOTAL
Day 2: Step Goal: 3250 to 6500	Advanced: 10,000	STEP TOTAL
Day 3: Step Goal: 3250 to 7000	Advanced: 10,000	STEP TOTAL
Day 4: Step Goal: 3500 to 7500	Advanced: 10,500	STEP TOTAL
Day 5: Step Goal: 3750 to 8000	Advanced: 10,500	STEP TOTAL
Day 6: Step Goal: 4000 to 8000	Advanced: 11,000	STEP TOTAL
Day 7: Step Goal: 4250 to 8500	Advanced: 11,000	STEP TOTAL
Day 8: Step Goal: 4500 to 9000	Advanced: 11,500	STEP TOTAL
Day 9: Step Goal: 4500 to 9000	Advanced: 11,500	STEP TOTAL
Day 10: Step Goal: 4750 to 9500	Advanced: 12,000	STEP TOTAL
Day 11: Step Goal: 5000 to 10,000	Advanced: 12,000	STEP TOTAL
Day 12: Step Goal: 5000 to 10,500	Advanced: 12,500	STEP TOTAL
Day 13: Step Goal: 5250 to 11,000	Advanced: 12,500	STEP TOTAL
Day 14: Step Goal: 5500 to 11,500	Advanced: 13,000	STEP TOTAL
Day 15: Step Goal: 6000 to 12,000	Advanced: 13,000	STEP TOTAL
Day 16: Step Goal: 6500 to 12,500	Advanced: 13,500	STEP TOTAL
Day 17: Step Goal: 7000 to 13,000	Advanced: 13,500	STEP TOTAL
Day 18: Step Goal: 7500 to 13,500	Advanced: 14,000	STEP TOTAL
Day 19: Step Goal: 8000 to 14,000	Advanced: 14,000	STEP TOTAL
Day 20: Step Goal: 8500 to 14,500	Advanced: 14,500	STEP TOTAL
Day 21: Step Goal: 9000 to 15,000	Advanced: 15,000	STEP TOTAL