

4 Week Get Active Eat Healthy and Lose Weight Challenge.

Have you been thinking about getting active? Losing weight? Or both?

My challenge to you is simple, record all your food intake and exercise for 28 days and see how much weight you can lose.

Step 1 Stand on the weighing scales

Step 2 Set yourself a realistic healthy weight loss target (2lbs a week approx.)

Step 3 Print off or save the tracking sheets in this file

Step 4 Record everything you eat and drink for 28 days, be as healthy as you can.

Step 5 Record all the exercise you do in 28 days, be as active as you can.

Step 6 Weigh yourself once a week, the same day and time each week when possible and do a final weigh in on day 28.

4 Week food tracking sheets.

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Breakfast								
Mid-Morning Snack								
Lunch								
Mid-Afternoon Snack								
Dinner								
Drinks								

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Breakfast								
Mid-Morning Snack								
Lunch								
Mid-Afternoon Snack								
Dinner								
Drinks								

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Breakfast								
Mid-Morning Snack								
Lunch								
Mid-Afternoon Snack								
Dinner								
Drinks								

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Breakfast								
Mid-Morning Snack								
Lunch								
Mid-Afternoon Snack								
Dinner								
Drinks								

Macronutrients

Your Daily food intake should consist of

Carbs 60%

Protein 25%

Fats 15%

The following table provided examples of each macronutrient.

Carbohydrates	Protein	Fats
Rice	Turkey	Avocado
Pasta	Chicken	Walnuts
Bananas	Tuna	Brazil Nuts
Berries	Salmon	Hazelnuts
Wholegrain Cereals	Pork	Almonds
Beans	Beef	Cashews Nuts
Lentils	Tofu	Oil
Nuts	Eggs	Muscles
Oats	Kidney Beans	Oysters
Granola	Yogurt	Fish in Oil
Dried Fruits	Milk	Sunflower Seeds
Root Vegetables	Cauliflower	Chia Seeds
Jam	Broccoli	Mixed Nuts

Exercise Tracking sheets

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Cardiovascular Exercises								
Fixed Weights Routine								
Free Weights Routine								
Stretches								
Fitness Classes								
Other								

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Cardiovascular Exercises								
Fixed Weights Routine								
Free Weights Routine								
Stretches								
Fitness Classes								
Other								

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Cardiovascular Exercises								
Fixed Weights Routine								
Free Weights Routine								
Stretches								
Fitness Classes								
Other								

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
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Fixed Weights Routine								
Free Weights Routine								
Stretches								
Fitness Classes								
Other								