

SIX WEEK

# BURN & TONE CHALLENGE

Get ready to Burn Fat and  
Tone Up with Own Your  
Goals Davina



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# Welcome

Hey OYG Warriors!

Welcome to the OYG Burn and Tone Challenge.

So the weather has turned, the nights are drawing in and so finding your motivation to workout can be hard... Well, this challenge is just what you need to help find your mojo, and keep it!

This challenge incorporates a winning mix of high-intensity, mood boosting, endorphin releasing workouts with mind calming, flexibility focused, inner strength workouts, which means that the results are suited for any goal. The workouts are all 15 minutes long which means they are great for any busy lifestyle and will help to build up both your fitness and motivation.

This guide is also full of tips and advice to help you set your goals, create a routine, and achieve balance in life. Be sure to also check out and download the OYG Burn and Tone Nutrition Guide which will help you to get balance with your food too, meaning you can still enjoy a tasty treat or 2, but still provide your body with the nutrients it needs.



# The Importance of Goal Setting

The first thing we need to do before we start this challenge, is look at goal setting. **Setting goals is the key to success!** It helps with motivation and keeps us on track. So take some time today to think about what you want to achieve over the next 6 weeks.

It might be to get into your favourite pair of jeans, improve your fitness so you can keep up with the kids on a bike ride or sticking to an exercise plan for 6 weeks. Whatever your goal, writing it down in this guide will help you smash it!

When you're recording your goals, use strong, positive language that builds you up, rather than negative words that make you feel bad.

For example, say to yourself “My goal is to be active and make healthy food choices, so that I can stay motivated and energised throughout the whole of October”. This is far better than saying “I always make bad food choices so I’m going to try not to for the next six weeks”.

Focusing on the positive and setting goals is proven to help keep us more focused. So record them here today and keep looking back at them to remind yourself what you’re working towards.

For added power, **stick your goals to a wall or surface** where you can see them, such as on the fridge door or next to your bathroom mirror.

*My goal is to be active  
and make healthy food  
choices*



# What is a Smart Goal?

You may have heard of **SMART goal setting before**, perhaps at work. SMART stands for Specific, Measurable, Achievable, Relevant and Timed. It's a model that works well for goal setting at work and in your career, but it's also perfect for setting out your health and fitness goals.

## Specific

Make your goal specific rather than too general. A specific example is "I want to drop a dress size in six weeks", which is better than the more general, "I want to lose weight".

## Measurable

Having a specific goal such as dropping a dress size by a certain date is measurable, so this will allow you to track your progress towards your goal more easily and make adjustments along the way if you need to.

## Achievable

Goals also need to be realistic, otherwise you're setting yourself up for failure and a lack of motivation. Dropping a dress size in six weeks is achievable and healthy. If your goal is to drop a dress size in one week, this is impossible so you're less likely to even start on your weight loss journey.

## Relevant

Think about how your goal will make you feel when you achieve it. Your goal has to be relevant so that it motivates you, so try to link it into something in your life. For example, "I want to drop a dress size in six weeks for my best friends' wedding".

## Timed

Without a timescale, such as the six weeks we've been using here, you may be less inclined to work your hardest and your motivation will be lost. Always remember to make your timescales realistic, too!

# Recording your Smart Goals...

<i>Specific</i>	
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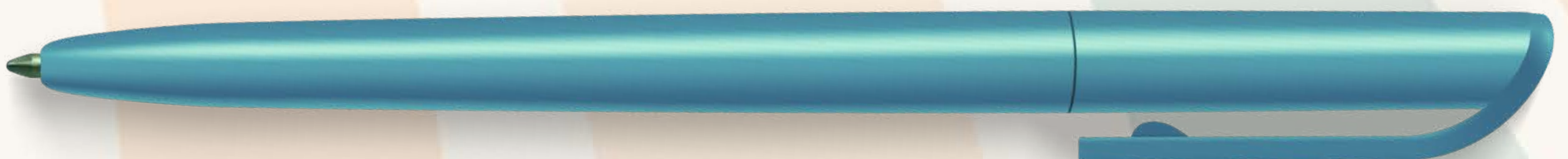
<i>Measurable</i>	
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<i>Achievable</i>	
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<i>Relevant</i>	
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<i>Timed</i>	
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Now that you understand what SMART means and the importance of goal setting, let's get your goal down on paper! Just set 1 goal that you want and can stick to over the next 6 weeks.



# Tips for your Goal

We know that sometimes setting goals for yourself can feel a little overwhelming, just knowing where to start can sometimes stop us from even setting 1 goal. So with this in mind, we've put together some tips and advice for the 2 most common goals other OYG Warriors have shared with us.

If your main focus is to drop a dress size, tighten and tone up and feel great in whatever you wear, these tips will help you get the most from the next 6 weeks.

**Calorie deficit** - You need to be eating less than you burn. The guidance we suggest is that you drop your daily calorie intake by 10%, so if your body needs 2000 kcals a day, you would drop your daily allowance to 1800 kcals. How do I know how many calories my body needs? Simple, we've done this for you already. Use the OYG Calorie calculator to work out your daily allowance, but if you choose weight loss as your goal it will automatically drop your calories by 10%.

We know that when the weather gets colder it can be easy to overeat and consume too many calories and then the common mistake is to then beat yourself up and restrict too much. This will then result in feeling hungry and the risk of bingeing and eating foods high in calories. Use this challenge to reset and find a healthy balance... slow and steady wins the race.

**Hydration is key** - We have all been told that staying hydrated is important, but why? Along with many health benefits, drinking 2 litres of water a day can help to keep hunger at bay as water is a natural appetite suppressant. Water is also needed in the process of burning fat, so if dropping fat is your main focus, water is needed.





**Fill up on protein** - Protein can help to keep you feeling fuller for longer and also protein is used to repair and rebuild muscle, which is needed to improve your muscle tone. Aim for 0.8grams of protein per 1kg of bodyweight a day. So if you weigh 60kg, you should be aiming to eat 48grams of protein a day.

**Fill up on veg** - Veggies tend to be weight-loss friendly. Why? Most are low in calories and all offer filling fiber, which helps to tide you over and decrease those urges to snack. Plus, "the water content of vegetables increases the volume of the food, which again keeps you feeling fuller for longer.

**Pick up the weights** - If a toned physique is what you are after then you need to build lean muscle tissue. To do this you need to place your muscles under tension. For the workouts that include exercises with weights or give the option to use weights, aim for a weight that won't compromise your technique but will push you. Working out with weights and building muscle will also help you to burn fat. Muscle is a tissue that needs feeding and great news, it likes eating calories! So the more muscle tone you have, the more calories you burn at rest.

**Move more** - With dark and cold mornings and evenings it can be hard to find the time and motivation to fit exercise into your life and stay active. Leading up to Christmas there are often social events, work gatherings and kids shows, that can mean that your daily routine can often go out of the window, with exercise joining it. Having an active lifestyle will increase your daily calorie burn which in turn will support your weight loss goal and of course being more active will improve your fitness, so try and think of some simple ways of just being more active in your day. This could be taking the stairs instead of the lift, wrapping up warm and walking the kids to school or even taking up a new hobby, such as dancing.

# Improve your Fitness

Has your fitness level dropped over the last few months and you now feel it is time to get it back? Do you want to make lifestyle changes that will improve your health, allow you to run up the stairs without gasping for breath or even take your fitness to the next level and complete an event? Well these tips are essential to help you refocus and get you to where you want to be.

**Be active** - Look to include activity in your day. This is a simple but effective way to improve your health and fitness. Take the stairs not the lift, park at the back of the car park, cycle to work, the list is endless.

**Fuel your body well** - It's important to include healthy fats, proteins and carbohydrates and ensure a good intake of vitamins and minerals in your diet. A healthy body is essential when exercising as it will provide you with the correct energy and will also aid recovery and prevent illness.

**Have fun** - The term, 'No pain, No gain' is definitely not the case when it comes to improving your health and fitness. The best exercise is the one we enjoy, as it prevents exercise from being a chore and also we are more likely to stick to it if it is something we look forward to.

**Fail to plan, plan to fail** - Putting exercise into your diary, calendar or phone is a great way to ensure you stick to your exercise plan. It is also important to ensure you plan in your rest days to allow your body time to repair and recover, (this is key to improve your health and fitness long term). We recommend at least 1 rest day each week.

**Healthy mind** - A healthy mind is a huge part of creating a healthy body and improving your fitness. Lack of sleep, not enough rest and too much stress are all factors that could affect your overall health and fitness, so be sure not to neglect these areas. Why not try an OYG yoga or pilates workout to help reduce stress and promote relaxation?



# New to Fitness

Have you just started your fitness journey or even just new to OYG Davina and although you are clear on what you want to achieve and your goals, you are unsure if this challenge is the right one for you? Are you asking yourself questions like, What shall I wear? Do I need any equipment? Am I fit enough to complete the workouts? Are the workouts too hard? Well, here are our top tips to ensure you get the most out of the challenge.

- Wear clothing that is **comfortable and easy to move in**. You don't need the most expensive and top of the range fitness gear to workout in.
- Ensure you have **supportive footwear**. Again, this doesn't mean you need to rush to the shops to buy the most expensive trainers you can find, as long as your footwear is suitable and supportive you are good to go. Some of the workouts in the challenge can even be done barefoot.
- The trainers give **adaptations and alternatives** in all the workouts so be sure to take these options to begin with, as your fitness improves you can then progress and you will soon be smashing every workout like a pro.
- This challenge includes four sessions a week. However, if you feel four is a bit much to begin with, then **three sessions a week** still meets the government guidance to improve your fitness. Pick your three favourite workouts and stick with those, then gradually build up your fitness until you feel ready for more.
- Like you can drop your sessions from 4 to 3, you could also just repeat workouts. If there is a session that you feel is a little too much at this point, you can just skip that and repeat a workout that you do feel comfortable with - **your body, your journey, your workout!**
- You don't need any equipment for this challenge, just your body. But do make sure you have a towel and water bottle to hand. **A mat is used in some of the workouts but don't worry if you don't own one**. A towel or blanket will work just as well. Here are some other amazing workouts, programmes and challenges that we suggest if you are new to fitness and OYG Davina.

[Impact Free Cardio Blast with Jacqueline](#) - This is a 35 minute, impact free, cardiovascular workout. The exercises and moves included will increase your heart rate, improve mobility and burn calories, all without impact.

[Primal Flow Essentials with Adrien](#) - This 30 minute workout is a great introduction to Adrien and his Primal Flow workouts. Primal Flow is a movement based strength and conditioning workout that uses your body weight as the resistance. This workout is also great for improving mobility and movement.

[OYG Beginner Programme](#) - This programme is extremely popular with newbies to the OYG platform or even if you are getting back to fitness after the summer. The programme is 10 weeks and includes 3 sessions a week. The sessions are a mix of cardio and resistance style workouts and are great for gradually building your fitness and skill level.

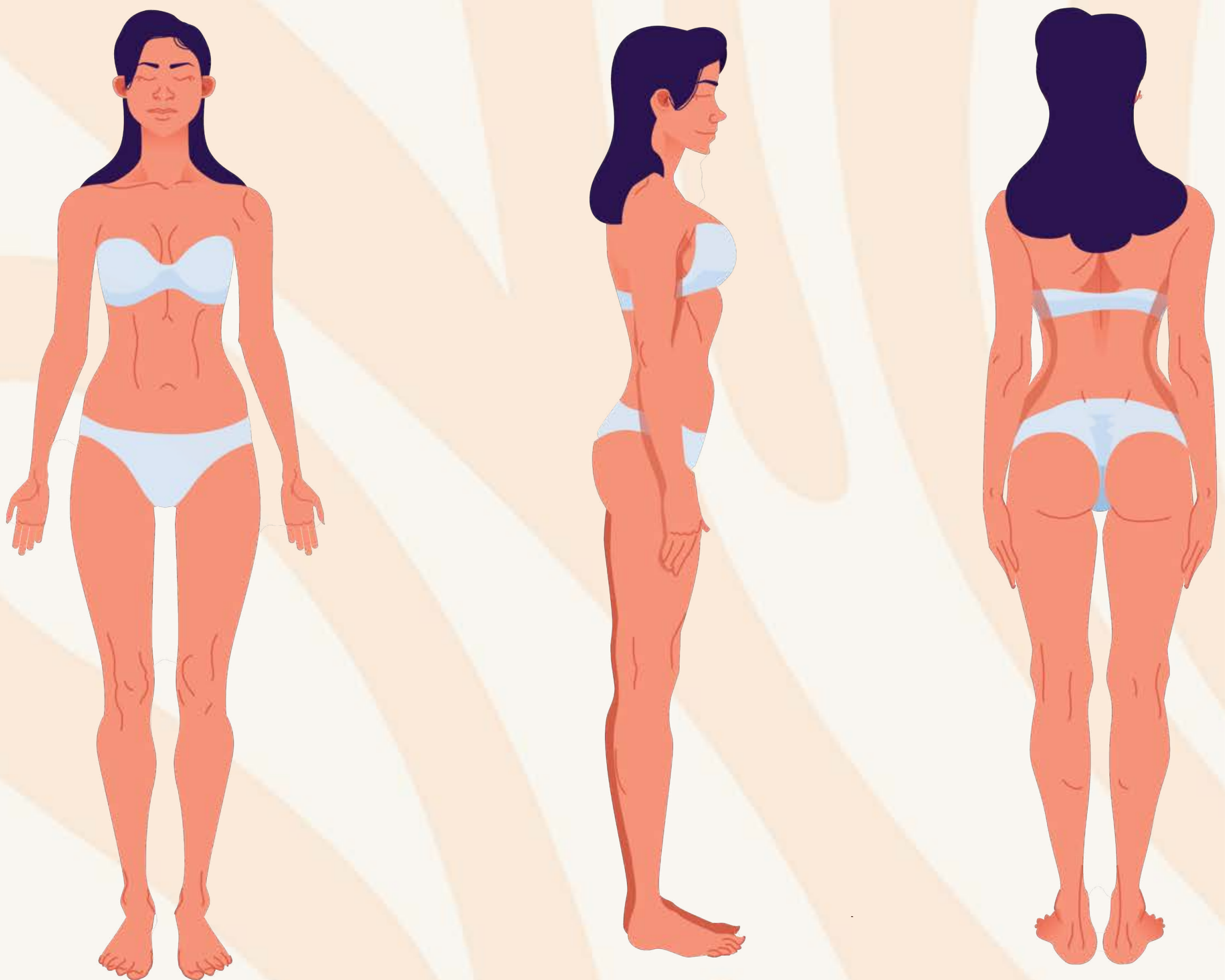
[OYG Get started Programme](#) - This programme is great if you have never exercised before or maybe returning to fitness after a long break or an injury. The workouts include exercises, moves and instructions to really help you with technique and form.



# How to Take Photos

As well as setting SMART goals, a great way to monitor and see your success is by taking photos. As they say, “a photo speaks a thousand words” and this can be so true when you are progressing and hopefully making changes, but struggling to see them on a day to day basis. A photo will show you your results and achievements and also how far you have come.

We always recommend that you take photos of yourself (or get someone to help you) from the front, side and behind. If there's no one around to help, use a full length mirror instead. We also suggest wearing tight fitting leggings and a vest or your swimsuit for your photos so that loose clothing doesn't obscure your view – you'll want to see any changes clearly!



# How to Take Measurements

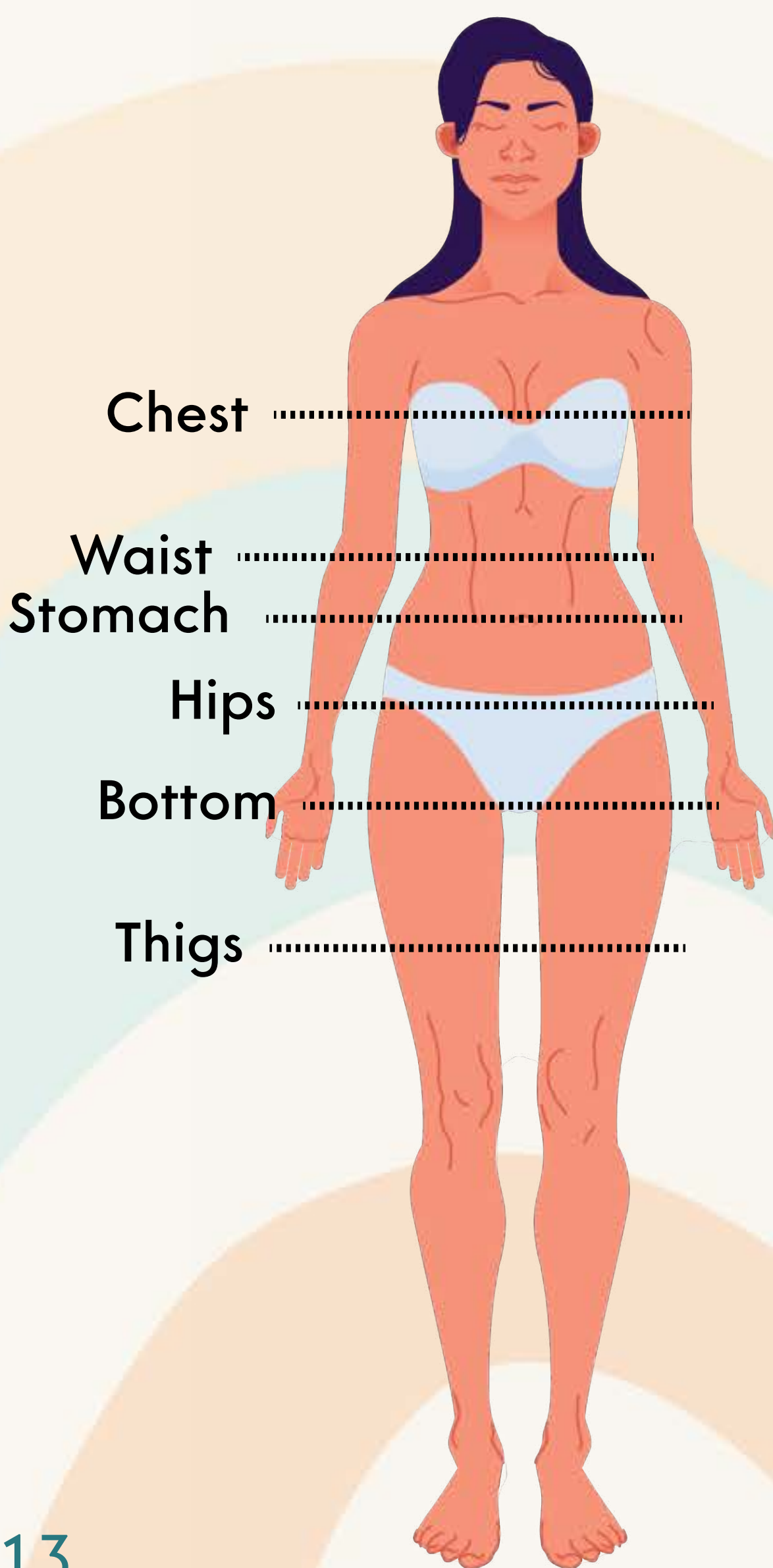
With many fitness plans you may be told to step onto the 'naughty step', aka, the scales! Here at OYG we advise you take measurements instead. Our weight can change and fluctuate on a daily basis, and there are many factors that affect it, such as a female's monthly cycle, hydration and many more.

Taking measurements can help you see where you are dropping or gaining inches, this in turn can help with motivation and adherence. For more information about this topic, why not check out our blog, ['Why it is Time to Ditch the Scales'](#). Whenever you take your measurements, make sure you're always measuring from the same point on your body, this will make it easier to track your progress properly. Here's our tips on taking measurements so that you know you're getting them right.

- If you're taking your own measurements, [do so in front of a mirror](#) to ensure the tape sits straight and tight rather than too high, too low or too loose. Also, try not to look down at the tape and instead look straight ahead into the mirror to read your measurements. [Looking down can alter the measurement](#) meaning that you won't have an accurate reading.
- Make sure you take regular measurements and revisit your goals every 4-6 weeks to ensure they're still right for you. If they change, don't forget to take new measurements so you can see the results from all your hard work. [The OYG Community loves seeing results](#), so don't forget to share your progress with us.

# Recording your Measurements

Take measurements at the key points shown below around your body. Make sure when you take your measurements you are doing so at the same point as the first measurements. If you are taking measurements yourself do them in front of a mirror to ensure the tape is straight and tight rather than too high or low and loose. Also try not to look down at the tape but look in the mirror to read the number as looking down can change the tape placement and affect the figures shown.



**Chest** – Measure around your mid chest (across your nipple line)

**Waist** – Measure around the narrowest part of your torso

**Stomach** – Measure around your belly button

**Hips** – Measure around your hipbones

**Bottom** – Measure around the largest part of your bottom

**Thigh** – Measure 8 inches up from your knee crease and at this point measure around the thigh

Date: .....

Current Weight : .....

Chest: .....

Waist: .....

Stomach: .....

Hips: .....

Bottom: .....

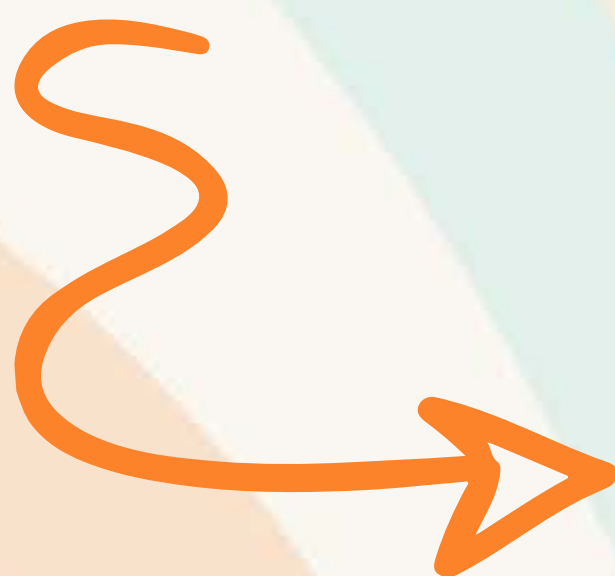
Thigh: .....

# How the 6 Week Burn and Tone Challenge Works

This challenge is 6 weeks long and includes 4 x 15 minute sessions a week, so it's great if you are busy with work, family, kids and the home. You don't need any equipment for these workouts other than your body. However, a chair or something to hold onto for balance may be helpful. At the end of each week you will also complete 2 x mini challenges. These challenges are great to track your fitness progress.

The workouts progress in 3 stages, weeks 1 and 2, then weeks 3 and 4 and finally 5 and 6. This progression every 2 weeks will allow for your body to make the adjustments needed to meet your goals, and will also allow you time to perfect your technique. This will mean you can really go for it on the 2nd week of each stage! Good form and technique also reduces the risk of injury.

Repetition of the workouts not only helps you work on your form, but also builds up the volume. This will help to burn more calories, build lean muscle, and improve your fitness and flexibility.





# Before you Start

- Add in your rest days to whichever days of the week suit you best.
- If you feel any pain or twinges at any time, you must stop exercising.
- If you feel like you need to repeat some of the workouts to perfect your technique, it's your plan, so that's perfectly fine. Simply move onto the next workout whenever you're ready.
- Rest when you need to when you're working out, then pick things back up again when you've caught your breath.

Here is your checklist to make sure you have everything you need to start this challenge. Don't forget to let us know how you're doing – we love seeing your photos and posts on social media and in the community. If you post on social media remember to tag @ownyourgoalsdavina so that we can follow and even share your progress.

- Read this guide
- Write down your goals
- Take and record your measurements
- Take your before photos
- Download the OYG Burn and Tone Nutrition Guide
- Set your daily calorie allowance using the OYG calorie calculator
- Check out the tasty recipes on the OYG nutrition page to help you stick to your daily calorie intake
- Drink at least 2 litres of water a day
- Complete the 4 workouts each week
- Use the tracker below to keep you accountable and see your progress
- Use the tracker below to record your results from the weekly 60 second challenges
- At the end of the 6 weeks, revisit your goals, retake your measurements and photos, record everything below and **celebrate your success** (no matter how big or small)!

# Your Tracker...

Staying accountable can often be one of the main contributing factors to sticking to a plan. Use the tracker below and take great satisfaction in ticking off each workout. You can also use it to record how challenging you found the workout. Seeing your progress can be very rewarding, so each week be sure to look back over what you have completed and how you found the workouts. It will give you the motivation to continue.

## Week 1

Day	Workout	Completed	Did you enjoy this workout?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	15 Minute Burn 1 - Daniel	<input type="checkbox"/>	Yes/No	
2	15 Minute Balance 1 - Sarah	<input type="checkbox"/>	Yes/No	
3	REST			
4	15 Minute Burn 1 - Daniel	<input type="checkbox"/>	Yes/No	
5	15 Minute Balance 1 - Sarah		Yes/No	
6	REST			

	Burn Challenge	<input type="checkbox"/>	Results :
	Balance Challenge	<input type="checkbox"/>	Results :



## Week 2

Day	Workout	Completed	Did you enjoy this workout?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	15 Minute Burn 1 - Daniel	<input type="checkbox"/>	Yes/No	
2	15 Minute Balance 1 - Sarah	<input type="checkbox"/>	Yes/No	
3	REST			
4	15 Minute Burn 1 - Daniel	<input type="checkbox"/>	Yes/No	
5	15 Minute Balance 1 - Sarah		Yes/No	
6	REST			

	Burn Challenge	<input type="checkbox"/>	Results :
	Balance Challenge	<input type="checkbox"/>	Results :

## Week 3

Day	Workout	Completed	Did you enjoy this workout?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	15 Minute Burn 2 - Daniel	<input type="checkbox"/>	Yes/No	
2	15 Minute Balance 2 - Sarah	<input type="checkbox"/>	Yes/No	
3	REST			
4	15 Minute Burn 2 - Daniel	<input type="checkbox"/>	Yes/No	
5	15 Minute Balance 2 - Sarah		Yes/No	
6	REST			

	Burn Challenge	<input type="checkbox"/>	Results :
	Balance Challenge	<input type="checkbox"/>	Results :

## Week 4

Day	Workout	Completed	Did you enjoy this workout?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	15 Minute Burn 2 - Daniel	<input type="checkbox"/>	Yes/No	
2	15 Minute Balance 2 - Sarah	<input type="checkbox"/>	Yes/No	
3	REST			
4	15 Minute Burn 2 - Daniel	<input type="checkbox"/>	Yes/No	
5	15 Minute Balance 2 - Sarah		Yes/No	
6	REST			

	Burn Challenge	<input type="checkbox"/>	Results :
	Balance Challenge	<input type="checkbox"/>	Results :

## Week 5

Day	Workout	Completed	Did you enjoy this workout?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	15 Minute Burn 3 - Daniel	<input type="checkbox"/>	Yes/No	
2	Balance & Stability - Sarah	<input type="checkbox"/>	Yes/No	
3	REST			
4	15 Minute Burn 3 - Daniel	<input type="checkbox"/>	Yes/No	
5	Balance & Stability - Sarah		Yes/No	
6	REST			

	Burn Challenge	<input type="checkbox"/>	Results :
	Balance Challenge	<input type="checkbox"/>	Results :

## Week 6

Day	Workout	Completed	Did you enjoy this workout?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	15 Minute Burn 3 - Daniel	<input type="checkbox"/>	Yes/No	
2	Balance & Stability - Sarah	<input type="checkbox"/>	Yes/No	
3	REST			
4	15 Minute Burn 3 - Daniel	<input type="checkbox"/>	Yes/No	
5	Balance & Stability - Sarah		Yes/No	
6	REST			

	Burn Challenge	<input type="checkbox"/>	Results :
	Balance Challenge	<input type="checkbox"/>	Results :



# How to Get Back to or Start Fitness

Ok, so you have set your goals, recorded your measurements and understand how the challenge works... Now it's time to start right! Starting a new fitness challenge or even getting back to it after a break can sometimes be hard and feel a little daunting. The 7 tips below will help you to reset or get started and more importantly, help you keep that focus.

**Set realistic goals-** It may take some time to get the results you want. It's vital to break your ultimate goal down into stages and set lots of smaller goals to keep you motivated along the way.

**Consistency is key-** Results come through regular and consistent activity. Stick to your programme and avoid frequent stops and starts. Trust the process!

**Slowly slowly, wins the race** - It's important to gradually build up your fitness. Do not increase the amount of exercise you do too soon. Increase what you're doing by no more than 10% per week. Going out too hard and too quick, too soon will leave you feeling tired and exhausted or even worse, could cause injury that puts you out of action.



**No pain, no gain** - When you return or first start exercising, you may experience feelings of discomfort such as shortness of breath, sweating and aching muscles after exercising. Don't worry, this is completely normal and everyone feels like this after a break or when they're first starting out. However, if you feel more than just slight discomfort or the sore muscles don't ease after a couple of days, you may need to take the intensity down slightly. To achieve results we don't need to put ourselves through extreme pain.

**Training buddy** - Training with a friend not only keeps you motivated during the sessions themselves but will also make you less likely to miss a planned session as you're unlikely to want to let down your friend. This doesn't need to be in person, you could simply get a friend to follow the challenge with you at the same time, this way you can always chat with someone about how you are feeling, the ups and downs and a training buddy is also great for keeping you accountable.

**The time is right** - We are all different, some of us rise early and some of us go to bed late. Exercise at the time you feel you have the most energy and when you know you will commit to it.

**Dig deep** - Don't give up. All beginners or those returning back to fitness after a break, have set backs on the way to achieving their goals. Accept them and use them to re-motivate yourself. Try reminding yourself of your 'Why', this is your goal and the reason why you started to begin with. A great tip is to write this down and place it somewhere you will read every day, you could even attach some pictures for inspiration too.

It's also important to dig a little deeper for your 'why'. So if weight loss is your goal, you need to ask yourself, 'why'? Is it so you can fit into a particular outfit? Or do you have a special event coming up that you'd like to feel more confident for? Whatever your goal, think about the reason behind it and that then becomes your 'why'.



# How to Create a Routine

Building fitness and good nutrition into your daily routine is one of the best ways to help you stick to a fitness plan and achieve your goal. Creating a routine will then help to make fitness, a healthy lifestyle and good nutrition a habit, not a chore. Here are our top tips to help fit exercise and good nutrition into your routine:

**Set a time** - Decide whether you're more likely to stick with it in the morning, lunchtime or evening, and stick with that time. If you don't set a time, you're more likely to put it off until you have more time or energy. Send yourself an email or text reminder, so you'll never forget, then when you get the reminder, do it right away.

**Make it pleasurable** - If you associate a habit with pain, you'll shy away from it, but if it's fun, you'll always look forward to it. If you love a boogie then why not give a dance style workout a try. This dance [workout with Faye](#) will get your heart pumping, get you sweaty, and put a smile on your face.







**Lay out your gear** - The fewer obstacles and less friction there is in forming your new habit, the more likely you are to be successful. If you have to not only wake up early, but also get a bunch of gear together while half awake, you might be tempted to just go back to bed. But if you lay out your workout clothes, shoes, and equipment the night before, you'll be ready to go.

**Mix it up** - Changing up your routine and adding variety into your workouts will not only prevent boredom, but it can also help with results. Mixing it up will keep your body guessing, and in-turn this will result in your body having to adapt to the exercise. Have you ever tried a Barre workout? It will work areas of the body you never thought you had, give this [Barre workout with Sarah](#) a try.

**Build activity into your daily routine** - Finding time to exercise can be a challenge. To make it easier, schedule time to exercise as you would any other appointment. Make exercising a daily habit, and overtime lacing up your trainers and working out for 30 minutes will be as normal and regular as brushing your teeth.

**Put it on paper** - A written plan may encourage you to stay on track. Simply print this guide and use the tracker to plan your workouts for this challenge.

# How to Achieve Balance

Maintaining a balanced life is becoming increasingly more important for your personal health and well-being in a busy, fast paced world. Sustaining a balanced diet, alongside personal fitness, can help improve and stabilise overall health and wellbeing.

Having balance in life is so important for many reasons:

- Reducing stress
- Improving general health and well being
- Improving mental health and well-being
- Helping to boost your energy
- Improving your mood

So we all know balance is good for us, but how do we get it? Here are our tips for achieving balance with your mental wellbeing, health and fitness and food.

**Mind** - It's important to keep a clear mind, so be sure to plan in advance, allowing time for your tasks and making room for activities you enjoy. Being organised can help reduce stress and improve your life balance. [Check out this blog](#) on a daily self-care routine to help improve your mental health.



**Health & fitness** - In order to achieve a balanced lifestyle, you must make sure you're healthy. Your body needs plenty of rest, exercise and healthy food. It's important to take some time out from a busy day to enjoy activities and unwind by reading or [meditating](#).

**Nutrition** - Your body needs healthy foods and nutrients to create new cells, clean toxins and function properly. Ensuring you get your 5 a day, adequate protein, plenty of water, etc can all help improve your diet and life balance. On the flip side of this, you also need to allow yourself the freedom to eat all foods, but just in moderation. Avoid putting food and drink into groups, such as good and bad and avoid using terminology such as, "treat meal" and "naughty foods". All food provides us with some element of nutrition, just some foods will provide us with more and better nutrition.



# How to Improve your Confidence

Enjoying downtime is important for mental wellbeing and catching up with friends and family, but if you have exercised less and your nutrition has been a little on the naughty side, you may now feel less confident about you and your body. This challenge will help you to find your refocus to exercise and eat well, which will help with your confidence, plus we have some other tips and tricks. Check out our 5 top tips to improve your confidence below.

## Look at what you've already achieved

It's easy to lose confidence if you believe you haven't achieved anything. Make a list of all the things you're proud of in your life. Keep the list close by and add to it whenever you do something you're proud of. When you're low in confidence, pull out the list and use it to remind yourself of all the awesome stuff you've done.

## Positive self-talk

You're never going to feel confident if you have negative commentary running through your mind telling you that you're no good. Think about your self-talk and how that might be affecting your self-confidence. Saying positive comments about yourself in front of a mirror is a great way to build confidence. Treat yourself like you would your best friend and cheer yourself on.

## Build positive relationships

If you find certain people tend to bring you down, try to spend less time with them, or tell them how you feel about their words or actions. Try to build relationships and surround yourself with people who are positive and who appreciate you.

## Learn to be assertive

Being assertive is about respecting other people's opinions and needs, and expecting the same from them. One trick is to look at other people who act assertively and copy what they do. It's not about pretending you're someone you're not. It's picking up hints and tips from people you admire and letting the real you come out.

## Give yourself a challenge

We all feel nervous or afraid to do things at times. But people with healthy self-esteem do not let these feelings stop them trying new things or taking on challenges. Set yourself a goal, such as completing this challenge or simply exercising for a set number of times a week. Achieving your goals will help to increase your self-esteem. Check out this [blog](#) on how to improve your self-confidence for more tips and tricks.

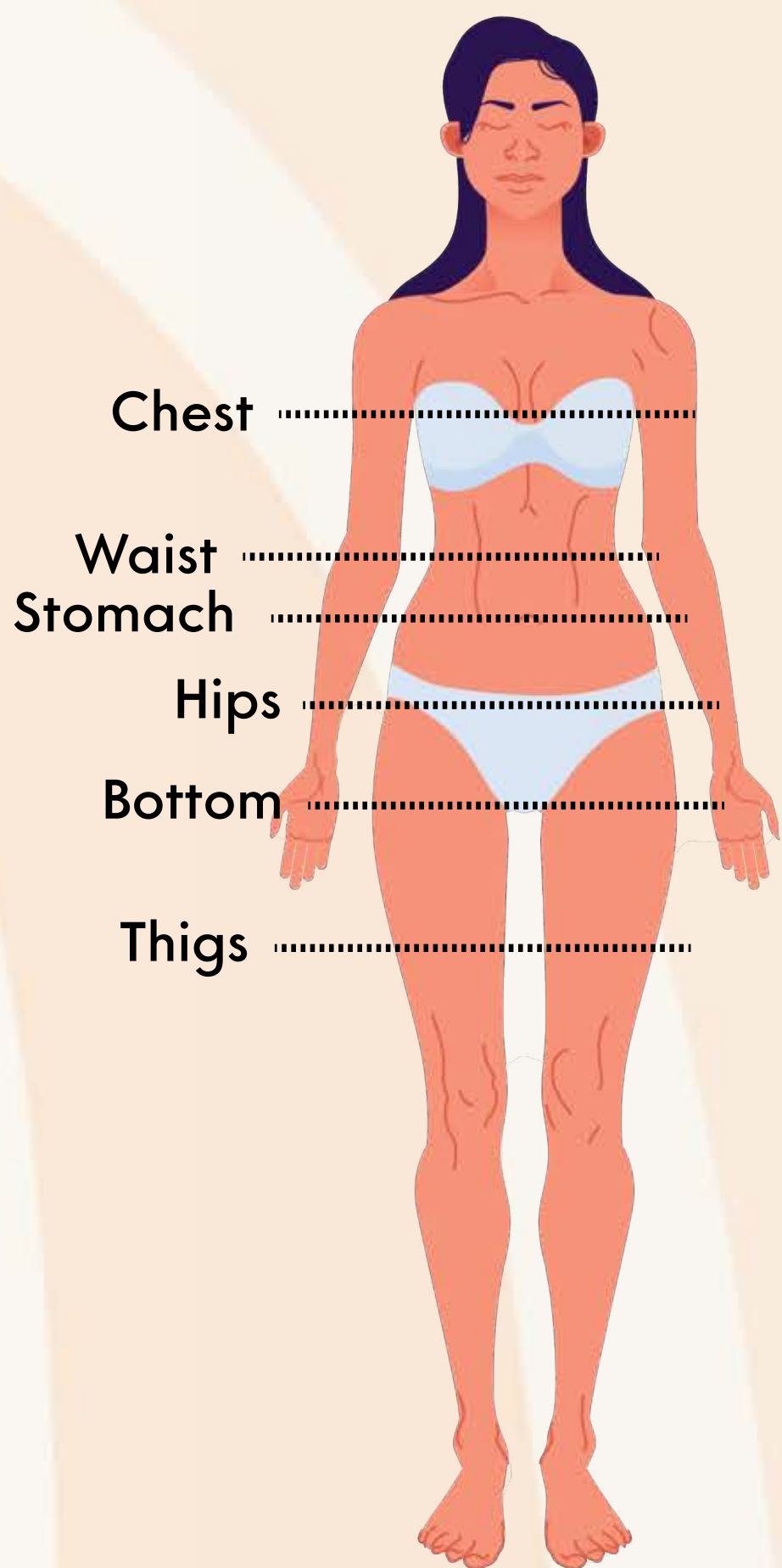


# Results!

Well done!

You have reached the end of the 6 week Burn and Tone Challenge, how are you feeling? We hope you have enjoyed the challenge and have achieved balance in both your fitness and lifestyle.

Use the measurements guide at the beginning of this guide to retake your measurements and photos and record your results below. Remember we are all individuals and achieve results at different stages.



**Chest** – Measure around your mid chest (across your nipple line)

**Waist** – Measure around the narrowest part of your torso

**Stomach** – Measure around your belly button

**Hips** – Measure around your hipbones

**Bottom** – Measure around the largest part of your bottom

**Thigh** – Measure 8 inches up from your knee crease and at this point measure around the thigh

Date: .....

Current Weight : .....

Chest: .....

Waist: .....

Stomach: .....

Hips: .....

Bottom: .....

Thigh: .....

SIX WEEK

# BURN & TONE CHALLENGE



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