

Davina's
**SIX WEEK
SHAPE UP**



Fitness Guide

Contents Page

1. Introduction
2. The Importance Of Goal Setting
3. What Is A SMART Goal
4. Recording Your SMART Goals
5. How To Take Photos
6. Recording Your Measurements
7. Tips For Your Goal
14. How The Challenge Works
16. Before You Start
17. Your Tracker
23. Top Tips - How To Be More Active
24. Top Tips - How To Get The Most Out Of Your Workout
27. Results

Introduction

Hey, welcome to Davina's 6 Week Shape Up Challenge! The decision to start this challenge is by far the best decision you will make this year.

Davina's 6 Week Shape Up Challenge is everything you need to smash your goals, make positive changes to your nutrition and lifestyle and of course, have fun! Join 7 of the amazing OYG Trainers, (yes 7!) as they take you through a range of different styles of exercise, 3 times a week. The variety of exercise styles in this challenge means it really does have something for everyone and also allows you to try a range of the different styles of fitness that we have available on the platform.

The weekly nutrition and lifestyle guidance videos are the real game changer to ensure that you see great results and more importantly, keep those results and the positive lifestyle changes you have made.

If that's not enough, the challenge also includes a nutrition guide and food plan. The food plan has 30+ recipes and uses just 30, store cupboard essential ingredients, making it family-friendly, affordable and of course tasty! Make sure you download the Davina's 6-Week Shape Up Nutrition Guide and Food Plan.

Are you buzzing to get started? We can't wait to hear how you are getting on and see your results, so make sure you share your progress with the other OYG Warriors in the OYG Facebook Community and also be sure to tag us on Instagram with @ownyourgoalsdavina

Go get it!

The Importance Of Goal Setting

The first thing we need to do before we even start this challenge is to 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 stick 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 January". 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.



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...

Specific

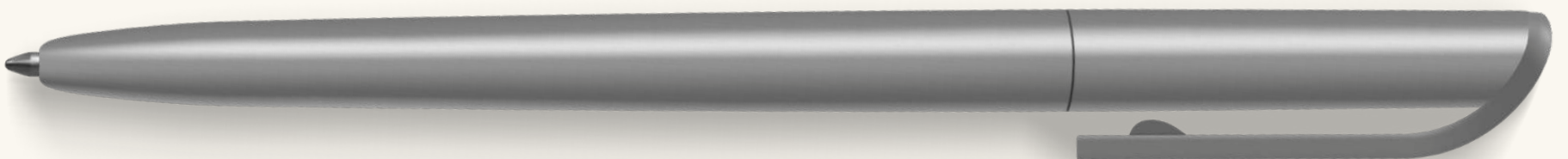
Measurable

Achievable

Relevant

Timed

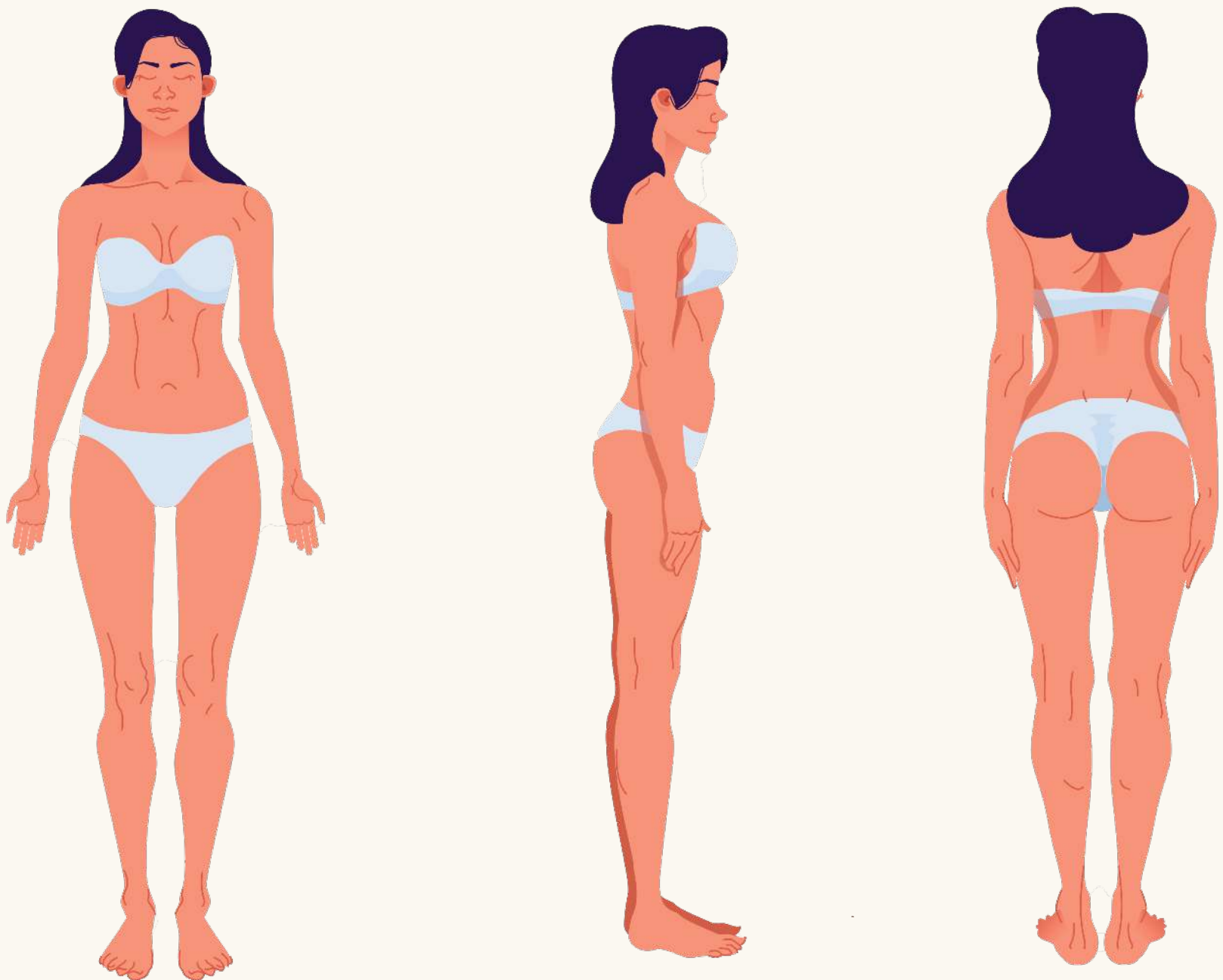
Now that you understand what SMART means and the importance of goal setting, let's get your goal down on paper! Just set 1 goal that you want and can stick to over the next 6 weeks.



How To Take Photos

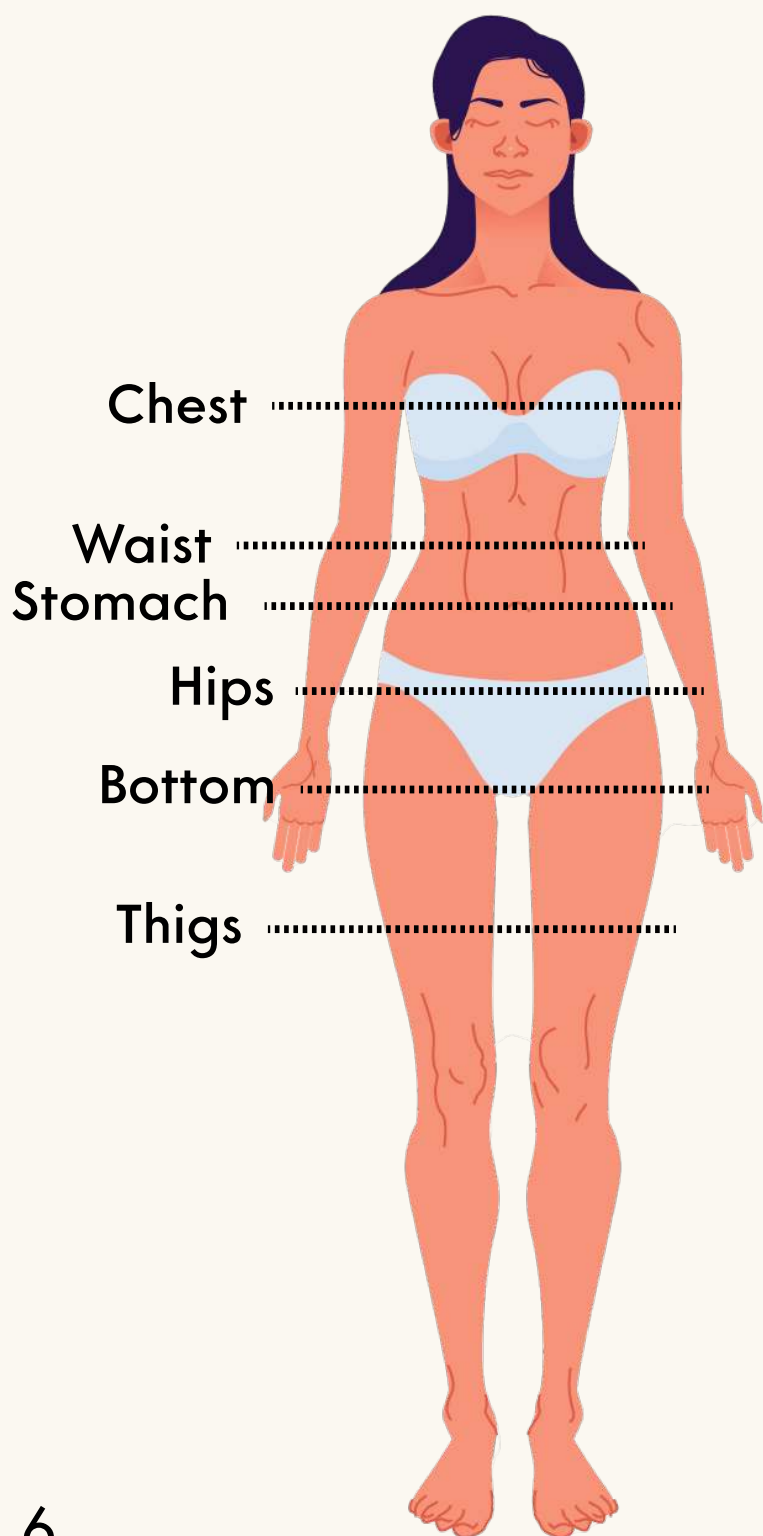
As well as setting SMART goals, a great way to monitor and see your success is by taking photos. As they say, “a photo speaks a thousand words” and this can be so true when you are progressing and hopefully making changes, but struggling to see them on a day to day basis. A photo will show you your results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



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:

Tips For Your Goal

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.

- Move more - by being active you will increase your daily calorie burn which in turn will support your weight loss goal. Maybe take up a new hobby like a dance class or get the bike out of the shed or just simply, walk more.
- Exercise routine - as like the above tip, if you move more, you burn more calories, which will help to lose weight. You don't need to exercise every day and you don't need to exercise for hours on end. Just 20-30 minutes, 3 times a week will see you burning those calories. All exercise will burn calories but if you want to get the most from your session, in regards to a calorie burn, then H.I.I.T is the one to go for. This being said, the best type of exercise, is the one you enjoy, so if you prefer yoga, stick with that.
- 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 the great news is it likes eating calories! So the more muscle tone you have, the more calories you burn at rest.

- 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 have done this for you already. Use the OYG Calorie calculator to not only 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 over the festive period you may have overindulged and eaten too many calories and now think the best solution is to drop your food intake really low. This will then result in feeling hungry and increase 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 body weight 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 fibre, 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.

Improve Your Fitness

Do you want to make lifestyle changes that will improve your health, 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 is true, 'we are what we eat!' It is 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 improving your health and fitness long term). We recommend at least 1 rest day a 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 a yoga or pilates workout to help reduce stress and promote relaxation.

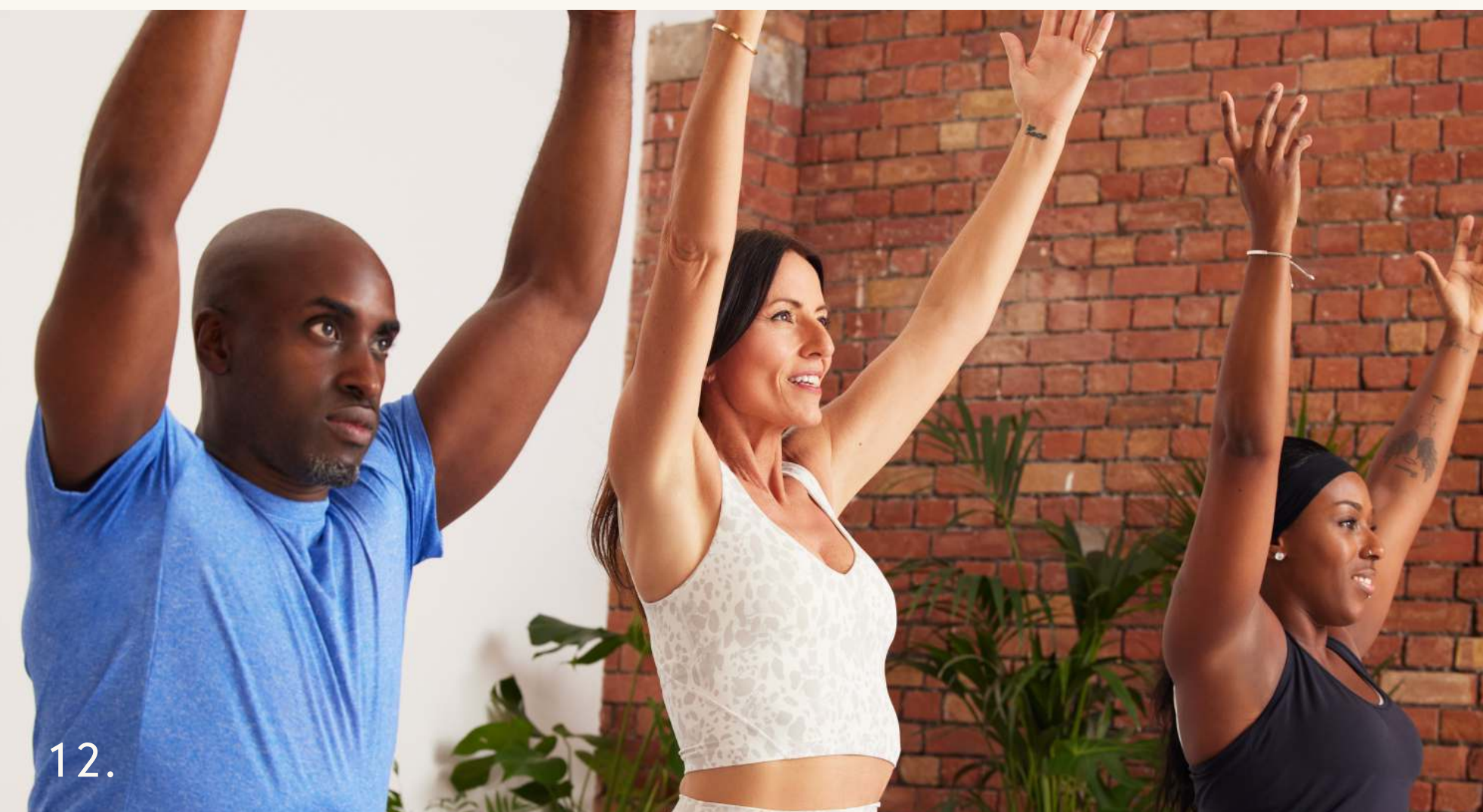


New To Fitness?

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.

1. 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 work out in.
2. 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.

1. 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.
2. This challenge includes 3 sessions a week, (with an optional 4th session). If you feel 4 is a bit much to begin with then 3 sessions a week is still meeting the government guidance to improve your fitness. Just pick your 3 favourites and stick with those to begin with and gradually build up your fitness until you feel ready for more.
3. 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!
4. Make sure you have a towel and water bottle to hand. A mat, dumbbells and a chair are used in some of the workouts, but please don't worry if you don't have these, as the trainers will give you alternatives.



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 Davina's 6 Week Shape Up Works

Fitness - This challenge is 6 weeks long and includes 3 x sessions a week with an optional 4th yoga session, so great if you are busy with work, family, kids and the home. The workouts for the first 3 weeks are all just bodyweight only, then from week 4 some of the workouts include dumbbells, but don't worry if you don't have any, 2 filled water bottles are a great substitute. You will also need a mat and a chair, if you don't own a mat, a towel or blanket will also work just as well.

Across the 6 weeks, there is a variety of workout styles and you are guided and motivated by a different amazing OYG trainer each week. The trainers include plenty of adaptations and progressions to suit all fitness and skill levels and the workouts gradually progress across the 6 weeks to ensure you progress and smash your goals.

Nutrition - As well as the guidance and food plan found in the OYG Davina's 6 Week Shape Up Nutrition Guide, the challenge also includes weekly videos from our in-house nutritionist, Louise. Louise will provide you with guidance and tips on the following topics:

- Week 1 - What is a Calorie deficit
- Week 2 - Do macros matter
- Week 3 - Eating regularly
- Week 4 - Coming off track
- Week 5 - Fad diets - the facts & myths
- Week 6 - Diet foods - facts & food labels

Mindset - Fitness and nutrition are key factors in achieving health and fitness goals, but with the wrong mindset, the changes you make to your lifestyle will be short term and you can easily find yourself right back at square 1 just a few weeks after finishing the challenge or... not complete the challenge at all. This is why we have included not only some great advice and guidance in both this and the nutrition guides that will help with your mindset, we have also included weekly videos on the following topics:

Week 1 - Find your 'why'

Week 2 - Unwanted beliefs - how to recognise them and change them

Week 3 - Noise from others - how to recognise negative comments from others

Week 4 - How to keep your motivation

Week 5 - Be kind to yourself

Week 6 - Celebrate your success, no matter how big or small.



Before You Start

1. Add in your rest days to whichever days of the week suit you best
2. If you feel any pain or twinges at any time, you must stop exercising
3. If you feel like you need to repeat some of the exercise days to perfect your technique, it's your plan, so it's perfectly fine - simply move onto the workout when you're ready
4. Rest when you need to when you're working out, then pick things back up again when you've caught your breath
5. Equipment - for this challenge you will need a mat, chair and a selection of dumbbells. Please do not worry if you don't have these, a towel or blanket can be used as a mat and filled water bottles make for a great substitute for the dumbbells.

Here is your checklist to make sure you have everything you need to start this challenge.

- Read this guide
- Write down your goals
- Take and record your measurements
- Take your before photos
- Download the OYG 6 Week Shape Up Nutrition Guide
- Set your daily calorie allowance using the OYG calorie calculator
- Follow the food plan provided or use the blank meal planner to plan your meals using the 30+ recipes found in the nutrition guide. (all recipes can also be found on recipe page)
- Drink at least 2 litres of water a day
- Complete the 3 workouts each week (plus the optional 4th yoga session)
- Use the tracker below to keep you accountable and see your progress
- 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 to someone or something 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, nutrition and mindset video. You can also use it to record how challenging you found the workout. Seeing your progress can be so 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

Focus - Build the foundations

Trainer - Jacqueline (optional extra yoga session with Roisin)

Day	Workout/Nutrition/Mindset	Completed	Did you enjoy this workout/found the guidance video useful?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	Nutrition - What is a calorie deficit?	<input type="checkbox"/>	Yes/No	N/A
1	Mindset - Find your 'why'	<input type="checkbox"/>	Yes/No	N/A
1	Low Impact Cardio Blast	<input type="checkbox"/>	Yes/No	/10
2	REST	<input type="checkbox"/>		
3	Bodyweight Conditioning	<input type="checkbox"/>	Yes/No	/10
4	REST	<input type="checkbox"/>		
5	Low Impact Cardio Blast 2	<input type="checkbox"/>	Yes/No	/10
6	REST	<input type="checkbox"/>		
7	Yoga Flow	<input type="checkbox"/>	Yes/No	/10

Week 2

Focus - Come out the comfort zone

Trainer - Richard (optional extra yoga session with Roisin)

Day	Workout/Nutrition/Mindset	Completed	Did you enjoy this workout/found the guidance video useful?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	Nutrition - Do macros matter?	<input type="checkbox"/>	Yes/No	N/A
1	Mindset - Unwanted beliefs	<input type="checkbox"/>	Yes/No	N/A
1	H.I.I.T	<input type="checkbox"/>	Yes/No	/10
2	REST	<input type="checkbox"/>		
3	Bodyweight Conditioning	<input type="checkbox"/>	Yes/No	/10
4	REST	<input type="checkbox"/>		
5	H.I.I.T 2	<input type="checkbox"/>	Yes/No	/10
6	REST	<input type="checkbox"/>		
7	Yoga Strong	<input type="checkbox"/>	Yes/No	/10





Week 3

Focus - Improve your skill

Trainer - Faye (optional extra yoga session with Roisin)

Day	Workout/Nutrition/Mindset	Completed	Did you enjoy this workout/found the guidance video useful?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	Nutrition - Eating Regularly	<input type="checkbox"/>	Yes/No	N/A
1	Mindset - Noise from others	<input type="checkbox"/>	Yes/No	N/A
1	F.I.T Jam	<input type="checkbox"/>	Yes/No	/10
2	REST	<input type="checkbox"/>		
3	F.I.T BodyWeight	<input type="checkbox"/>	Yes/No	/10
4	REST	<input type="checkbox"/>		
5	F.I.T Jam 2	<input type="checkbox"/>	Yes/No	/10
6	REST	<input type="checkbox"/>		
7	Yoga Flow	<input type="checkbox"/>	Yes/No	/10

Week 4

Focus - Build lean muscle tissue

Trainer - Fitz (optional extra yoga session with Roisin)

Day	Workout/Nutrition/Mindset	Completed	Did you enjoy this workout/found the guidance video useful?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	Nutrition - Coming off track	<input type="checkbox"/>	Yes/No	N/A
1	Mindset - Keeping track of your motivation	<input type="checkbox"/>	Yes/No	N/A
1	B.A.S.E	<input type="checkbox"/>	Yes/No	/10
2	REST	<input type="checkbox"/>		
3	Aerobics	<input type="checkbox"/>	Yes/No	/10
4	REST	<input type="checkbox"/>		
5	B.A.S.E 2	<input type="checkbox"/>	Yes/No	/10
6	REST	<input type="checkbox"/>		
7	Yoga Strong	<input type="checkbox"/>	Yes/No	/10





Week 5

Focus - Improve mobility, movement and tone

Trainer - Sarah (optional extra yoga session with Roisin)

Day	Workout/Nutrition/Mindset	Completed	Did you enjoy this workout/found the guidance video useful?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	Nutrition - Diets and what it can mean for us	<input type="checkbox"/>	Yes/No	N/A
1	Mindset -Be kind to yourself	<input type="checkbox"/>	Yes/No	N/A
1	BlendFit	<input type="checkbox"/>	Yes/No	/10
2	REST	<input type="checkbox"/>		
3	BlendMove	<input type="checkbox"/>	Yes/No	/10
4	REST	<input type="checkbox"/>		
5	BlendFit 2	<input type="checkbox"/>	Yes/No	/10
6	REST	<input type="checkbox"/>		
7	Yoga Flow	<input type="checkbox"/>	Yes/No	/10

Week 6

Focus - Hit it hard and finish strong

Trainer - Daniel (optional extra yoga session with Roisin)

Day	Workout/Nutrition/Mindset	Completed	Did you enjoy this workout/found the guidance video useful?	On a scale of 1-10, how challenging did you find the workout? *1-low, 10-high
1	Nutrition - Diet foods	<input type="checkbox"/>	Yes/No	N/A
1	Mindset -Celebrate your success	<input type="checkbox"/>	Yes/No	N/A
1	X Fight	<input type="checkbox"/>	Yes/No	/10
2	REST	<input type="checkbox"/>		
3	Strength & Conditioning	<input type="checkbox"/>	Yes/No	/10
4	REST	<input type="checkbox"/>		
5	X Fight 2	<input type="checkbox"/>	Yes/No	/10
6	REST	<input type="checkbox"/>		
7	Yoga Strong	<input type="checkbox"/>	Yes/No	/10



Top Tips - How To Be More Active

Working out 3-4 or even 5-6 times a week is obviously great for improving your fitness, losing weight, toning up, improving your strength and more but if you really want to not only smash your goals but also improve your health and wellbeing, then being more active in your daily life is very important. Just being more active throughout your day can burn more calories, reduce your risk of heart disease, reduce your resting heart rate, lower blood pressure... The list goes on, but with us all leading very busy lives, how can you achieve this? Well here are our top tips.

1. **Create a habit** - Look to move every 30 minutes during the day. Try stretching during TV ad breaks or pacing around the kitchen while the kettle's boiling.
2. **Lunchtime** - Lunchtime is a good opportunity to fit in some activity. Go for a walk or even fit in a quick 10-minute workout like this one with [Daniel](#)
3. **Stand up** - Try standing when you can instead of sitting – even short periods will add up and improve your strength and burn a few extra calories.
4. **Take up a hobby** - Active hobbies like gardening or DIY can be great for your mind as well as your body.
5. **Track your progress** - Hitting your daily target will feel great! Using tracking apps can help, but even just a checklist on a piece of paper will do. A great target to hit is 10,000 steps a day, this will burn calories and ensure you move during the day.
6. **Healthy competition** - If your friends and family want to be more active too, try engaging everyone's competitive side with activity challenges like seeing who can do the most steps in a day.
7. **Show us those muscles** - Strength-building activities, like carrying heavy grocery bags help to keep muscles, joints and bones strong.
8. **Reward yourself** - Set yourself activity goals and rewards. You could go for a long walk and then treat yourself to an episode of your favourite TV show!
9. **Find something you enjoy** - If you enjoy what you do, you are more likely to do it again. Whether it's running, yoga or simply dancing around your living room, it all counts!

Top Tips - How To Get The Most Out Of Your Workouts

If you are new to exercise or even just trying to find your motivation again after the festive period, it can be hard to get yourself moving and then when you do, you are worrying about if you are doing enough. Too much and you are exhausted and can't walk down the stairs and too little can leave you feeling disheartened. Here are some tips to ensure you get the most out of every session.

Workout Prep

1. **Music** - It's no secret that music can have an impact on your mood, so with this in mind, why not pick your favourite tunes and create a playlist that you know will get your toe tapping and be sure to motivate you.
2. **Fuel** - Ensure that you are fuelled correctly for your workout. Carbs are needed for energy but don't worry if you like to train early and don't quite fancy a big brekkie first thing - a simple banana will provide you with enough energy for a 45 minute workout. It's also advised to wait 1-2 hours after eating before exercising but 30 minutes will be fine if you have just had a small snack.
3. **Buddy up** - Training with a friend or family member can really help you to get the most out of your workout. Not only does training with someone keep you accountable and less likely to cancel, it can also push you to do more during the workout, let's be honest, we are all a little competitive at times!

During

1. **Hydrate** - This tip actually refers to not just during the workout. It takes a couple of hours for your body to absorb the water, so you can't just drink right before exercise or during. Make it a habit to drink water regularly throughout the day. Straying well hydrated will help keep your body working as best as it can and ensure you get the best from your workouts.
2. **Compound movements** - When carrying out weighted and bodyweight exercises, there are 2 main types - isolation and compound. Isolation refers to exercises that move just one joint and focus, 'isolate' 1 muscle, such as a bicep curl. Whereas compound exercises move more than 1 joint and use 2 or more muscles, such as a squat. To get the best from your workouts, focus more on compound movements as you will be working more muscles, burning more calories and building more lean tissue.
3. **Out of your comfort zone** - Change comes from challenging your body, which means you need to try and push yourself out of your comfort zone. Pick weights that result in the last few reps of the workout being challenging and when completing cardio try and push yourself slightly harder at times. Coming out of your comfort zone doesn't mean that you need to do this for the whole workout, interval training is a great way to push yourself but for short periods of time and then have rest periods that allow you to recover. Over time you will find you can recover quicker as your fitness improves.
4. **Mix it up** - Don't stick to the same workout routine for too long, or your body will adjust to the stress level and you won't be getting an effective workout. There are so many workouts you can choose from on OYG, so this will never be an issue.



Post Workout

1. **Stretch** - To ensure you get the most out of all your workouts, it is important to complete an effective stretch at the end of every workout. Stretching will help to reduce soreness and reduce the risk of injury. Try this 10 minute stretch with Sarah and Davina.
2. **Protein** - Many people don't pay enough attention to getting the protein their muscles need to rebuild. If you don't, you are going to get very little out of your workout, as both cardio and strength workouts require protein for building muscles. This Berry Protein Smoothie is tasty, full of protein and will go down well after a sweaty workout.

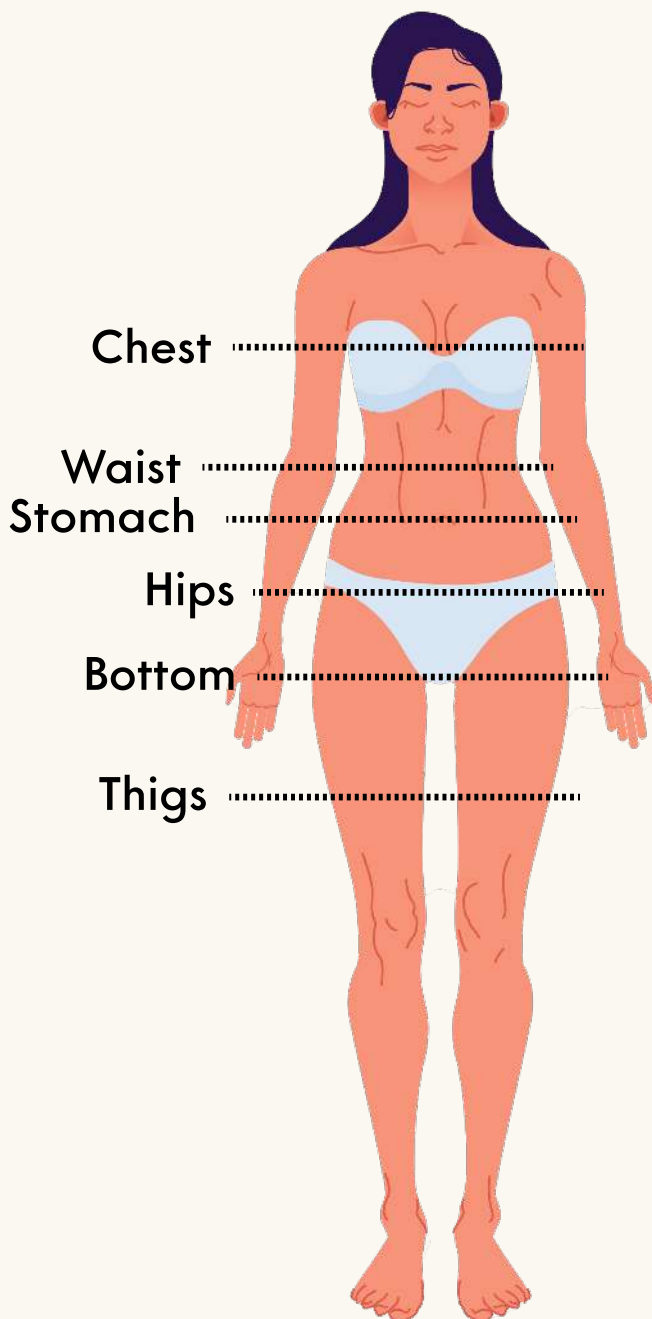


Results!

Well done!

You have reached the end of the 6 week 'Reset, Refocus, Rebalance 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:

Davina's
**SIX WEEK
SHAPE UP**



Fitness Guide

©2022 Universal Studios. All rights reserved.

1 Central St. Giles, St. Giles High Street, London WC2H 8NU