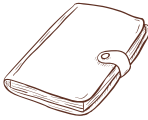




**Start:** Sunday, 01 Sept, 2024  
**Complete:** Sunday, 27 Oct, 2024

## CHALLENGE INCLUDES:

- Daily Tasks & Accountability 
  - Habit tracker
  - Food diary
  - Sleep Tracker
  - Active calories (to ensure properly fueled)
  - Alcohol tracker
  - Reflection & Action Points for a successful next day
- Calories & Macro Calculations 
  - Personalised daily targets calculated so you know exactly what you are aiming for. As your body changes, I recalculate your calories to ensure we continue making progress
  - Software that syncs MFP with my coaching app
  - Hundreds of recipes with MFP barcodes to provide quick, nutritious & easy food diary recording (each recipe is already logged in MFP so they just scan the barcode & it logs every ingredient in one go)
- Workouts – A combination of exercise that you enjoy & elevates your body & mind. Some people choose one of these options, others like to mix it up!
  - Strength training (at whatever level you are): Progressive, inc coaching points on form & demo videos, reps & sets – everything you need to make the most of your time in the gym/home
  - Cardio – if it suits you, your lifestyle & your goals
  - Mobility & flexibility follow along videos
  - Prerecorded zoom workouts (of me lol) 

Start: Sunday, 01 Sept, 2024  
Complete: Sunday, 27 Oct, 2024

## CHALLENGE INCLUDES:

- Metrics



- Easy to log & view metrics tracking physical & performance progress. EG metrics to track bodyweight, measurements such as waist or tummy etc, how fast you cover 5k or distance covered in 30mins, total volume on squats or how many units of alcohol you drink day to day. We can literally track everything that matters to you and it shows up on a graph to give you a boost!

- Software that wearable trackers syncs data such as resting HR, sleep & steps – just another way I save you time, monitor important data & keep your compliance high!



- Weekly Analysis & Check In



- Zoom/facetime/call appointment each week where I give you a run down of your activity, steps, food, workouts, see how you feel, discuss physical changes, achievements & hurdles. We look at what went well and whether we need to amend anything for the week ahead

- Community

- Group Zoom welcome call
- Three group training sessions with the group
- Free Access to Friday circuits every week
- WhatsApp group to encourage & share ideas & recipes
- 'Share A Meal' where we meet & swap tracked meals to save time, try new food & support each other



Start: Sunday, 01 Sept, 2024

Complete: Sunday, 27 Oct, 2024

## WEEKLY E-BOOK TITLES

The point here is to educate you so that you are brimming with tools & knowledge to continue your work independently after the challenge has finished

Titles:

1. Energy Balance & Calories, Working Out Your Targets
2. Food Groups, Why Each is Important & How to Include Them
3. Workouts - What impact different types of exercise has on their body & when they should choose each one according to their goals
4. Sleep - Why sleep is important in achieving goals, the impact sleep has on hormones and how hormones help or hinder us physically
5. Menstrual Cycle, Menopause & Exercise
6. Hydration, The Impact of Water on Body & Mind
7. Alcohol
8. Mental Health & Exercise/Diet

*If you are ready & able to invest in yourself, your health, your confidence & are excited at the prospect of being supported by a Coach who is passionate, open, honest & down to earth, we will be a great fit.*

*Please complete the Application Form & I will schedule a call upon receipt.*

*Following the success of my last challenge, I am more excited than ever to get to work with you!*

*Harriet Brennan*