



CURVEE BEGINNER PROGRAM
12 WEEK TRANSFORMATION
THE COMPLETE GUIDE



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Before beginning any exercise or nutrition program, it is important to consult with your healthcare provider.

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WELCOME

Welcome to the 12 Week CURVEE Transformation: The Complete Guide!

This program is designed to help you achieve your fitness goals and transform your mindset, healthy habits and body in just 12 weeks. With a combination of mindset exercises, activity (strength training, yoga and Cardio) along with nutrition guidance in the way of healthy habits, this program is guaranteed to challenge you and push you to your limits.

Whether you are a beginner or an experienced fitness enthusiast, the 12 Week CURVEE Transformation Program is tailored to meet your individual needs and help you reach your full potential.

So get ready to sweat, work hard, and see results like never before!



The CURVEE Trainer

My name is Christie Garcia
I am a certified personal
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THE COMPLETE OVERVIEW

Overview:

Welcome to the CURVEE Transformation Program, a comprehensive 12-week journey designed specifically for women over 40 seeking to enhance their mindset, cultivate healthy habits, and achieve fitness goals.

This transformative program is crafted to address the unique needs and challenges faced by women in this age group, emphasizing holistic well-being.

Weeks 1 :CREATING THE FOUNDATION OF HEALTHY HABITS

- Positive Mindset
- Hydration & Nutrition
- Movement / Activity
- Sustainability

Weeks 2-3: Nutrition Matters!

Weeks 4-6: Movement is Medicine

Weeks 7-9: Foundation of Mindset Mastery

Weeks 10-12: Empowerment and Sustainability

LET'S START YOUR

TRANSFORMATION





NUTRITION

Food is more than just what we put in our mouths, it's actually information that tells our body what to do or what not to do.

Nutrition plays a pivotal role in the 12-week transformation program for women for several important reasons. As individuals age, the significance of proper nutrition becomes even more crucial for overall health, well-being, and successful fitness transformations. Here's why nutrition is emphasized in this program:

1. **Metabolic Changes with Age:**

- As women age, there is a natural decline in metabolic rate. This can lead to challenges such as weight gain and a shift in body composition. Focusing on nutrition helps manage caloric intake and supports metabolic health.

2. **Hormonal Changes:**

- Menopause and perimenopause bring hormonal fluctuations that can impact body composition, energy levels, and overall health. A well-balanced diet with the right nutrients can help mitigate the effects of hormonal changes.

3. **Bone Health:**

- Postmenopausal women are at a higher risk of osteoporosis. Adequate intake of calcium and vitamin D, along with other bone-supporting nutrients, becomes essential to maintain bone health and prevent fractures.

4. **Muscle Preservation:**

- Loss of muscle mass is a common concern with aging. Consuming sufficient protein, along with proper resistance training, is crucial for preserving muscle mass and strength, which is essential for overall mobility and functionality.

5. **Energy Levels and Vitality:**

- Proper nutrition provides the necessary energy to fuel daily activities and exercise routines.

A balanced diet ensures that women over 40 have the energy needed for workouts and the demands of daily life.

6. **Cognitive Function:**

- Certain nutrients play a vital role in supporting cognitive function. Antioxidants, omega-3 fatty acids, and other brain-supportive nutrients contribute to maintaining cognitive health, which is particularly important as we age!

7. **Heart Health:**

- Cardiovascular health becomes increasingly important with age. A diet rich in heart-healthy nutrients, such as fiber, antioxidants, and omega-3 fatty acids, can contribute to maintaining cardiovascular health.

8. **Weight Management:**

- Nutrition is a cornerstone of any successful weight management program. The 12-week transformation program aims to help women achieve their fitness goals, and proper nutrition is essential for sustainable weight loss or muscle gain.

9. **Mood and Emotional Well-being:**

- Nutrient-dense foods can positively impact mood and emotional well-being. The program recognizes the connection between nutrition and mental health, promoting a balanced diet to support overall happiness and motivation.

10. **Disease Prevention:**

- A well-rounded and nutrient-rich diet has been associated with a lower risk of chronic diseases such as diabetes, hypertension, and certain cancers. The program emphasizes disease prevention through proper nutrition.

By focusing on nutrition, the 12-week transformation program addresses the unique nutritional needs of women over 40, aiming to optimize health, support fitness goals, and enhance overall well-being during this stage of life. The combination of mindset, healthy habits, and fitness, along with a balanced diet, creates a holistic approach for a successful and sustainable transformation.

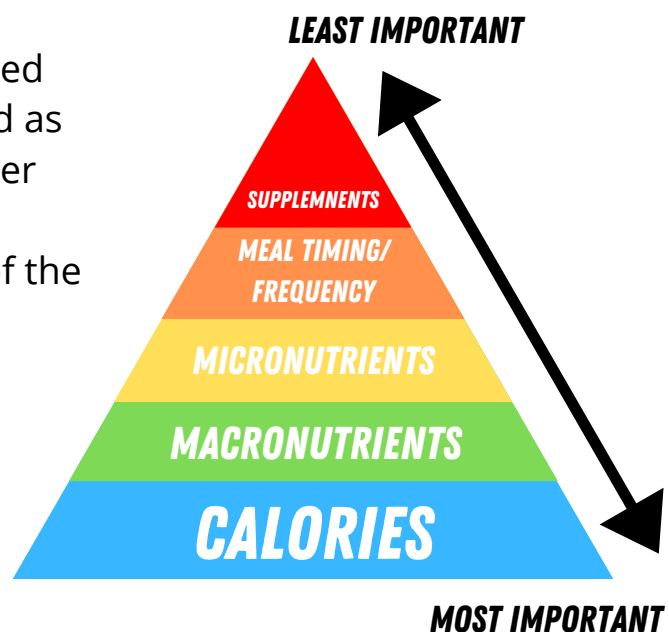
ENERGY BALANCE AND FAT LOSS

The foremost aspect of fat loss is establishing a calorie deficit. Without a calorie deficit, the body cannot lose fat. Unfortunately, a significant percentage of individuals are unaware of this fact and believe that consuming "healthy" foods is sufficient for weight loss.

It is important to note that a diet high in nutrient-dense foods is recommended, but it does not guarantee weight loss. All foods contain calories, which are our body's energy source. Similar to how fuel propels a car, food provides energy for our bodies to move.

To lose body fat, we must burn more calories than we consume, resulting in a negative energy balance, or a calorie deficit.

This creates a need for stored energy (body fat) to be used as fuel. The importance of other factors related to fat loss is relative to the foundation of the pyramid, which is a calorie deficit. Supplements, for example, have the least significance, while a calorie deficit is the most critical aspect.



In conclusion, a calorie deficit is necessary to lose body fat.

CALCULATING YOUR CALORIE NEEDS

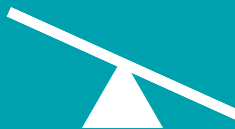
We all need different amounts of food (energy) to be able to lose fat, build muscle or maintain weight. Below we're going to work out exactly how much you need.

MAINTAIN WEIGHT



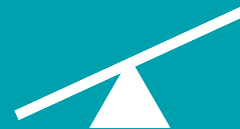
To maintain your weight, you need to eat at your MAINTENANCE calorie intake where your calorie intake is equal to your calorie expenditure.

LOSE BODY FAT



To lose body fat you need to eat less calories than you burn a day, which will cause a negative energy balance and put you in a deficit.

BUILD MUSCLE



To build muscle or put on weight, you need to eat more calories than you burn a day, which will cause a positive energy balance and put you in a surplus.

STEP 1: FIND YOUR BMR (BASAL METABOLIC RATE)

This refers to the minimum amount of energy or calories that the body requires to function properly while at rest. In other words, it is the number of calories needed to maintain basic bodily functions such as breathing, circulation, and organ function. BMR accounts for approximately 60-70% of the total calories that the body burns in a day, and it varies based on age, gender, body size, and genetics.

$$(10 \times \text{KG}) + (6.25 \times \text{CM}) - (5 \times \text{AGE}) - 161 = \text{CALORIES}$$

For example: A female who **weighs 60kg**, is **170cm in height** and is **25 years old** would have a BMR of **1376 calories**.

STEP 2: FIND YOUR TDEE (TOTAL DAILY ENERGY EXPENDITURE)

This refers to the total number of calories that an individual burns in a day, including the calories burned during daily activities and exercise. TDEE takes into account an individual's Basal Metabolic Rate (BMR), as well as the calories burned through physical activity and the thermic effect of food (the energy required to digest and process food). *Keep in mind that this is an estimate and may not be completely accurate for everyone. It's important to monitor your weight and adjust your calorie intake as needed based on your goals and progress.*

1.2 Sedentary	1.35 Lightly Active	1.55 Moderately Active	1.75 Very Active	2 Extremely Active
(little or no exercise)	(1-3 days of exercise per week)	(3-5 days of exercise per week)	(6-7 days of exercise per week)	(7 days of very hard exercise or physical job)

BMR _____ **X ACTIVITY LEVEL** _____ = _____ **CALORIES**

For example: A female who has a BMR of **1376 calories** and activity level of 1.55 would have a TDEE of **2132 calories**.

STEP 3: SET YOUR GOAL

Once you have calculated your TDEE, you can set your calorie goal by subtracting 300-500 calories from your TDEE. This will create a calorie deficit of 2100-7000 calories per week, which is equivalent to losing 0.6-1 pounds of fat per week. It's important to note that you should not aim to lose more than 1-2 pounds of fat per week, as this can be unsustainable and unhealthy.

For example: A female who has a TDEE of **2132 calories** and wants to aim to lose 500 grams of fat per week would need to set their calories at starting point of **1632 calories**.

GETTING ON TOP OF YOUR MACRONUTRIENTS

Macronutrients, also known as "macros," are the three essential nutrients that provide energy and are required in large amounts in the human diet. The three macronutrients are:

Protein: Proteins are essential for building and repairing tissues in the body, including muscle, bone, and skin. They are found in foods such as meat, poultry, fish, beans, nuts, and dairy products. Proteins provide 4 calories per gram.

The amount of protein a person needs can vary depending on their age, sex, weight, physical activity level, and other factors. For example, athletes, bodybuilders, and people who are trying to lose weight or gain muscle may need more protein to support their goals. Recommended intake should be around 1.5-2g per kilogram of body weight

Example: A female who weighs 60kg, is training consistently and is aiming for fat loss would be ideal to consume **120g of protein daily**, which is 480 calories.

Fat: Fats are also a source of energy for the body, but they are also important for many other functions, including hormone production, insulation of organs, and nutrient absorption. Fats are found in foods such as oils, nuts, seeds, butter, and fatty meats. Fats provide 9 calories per gram.

Similar to protein, the recommended daily intake of fat can vary depending on several factors, including age, sex, weight, and physical activity level. The Institute of Medicine suggests that adults should aim to get between 20% and 35% of their daily calorie intake from fat, with most of that coming from sources of healthy unsaturated fats, such as nuts, seeds, fatty fish, and oils like olive oil.

Example: For a female following a 1632 calorie diet, they should aim to consume **30% (54g) fat daily**, which is 490 calories.

Carbohydrates: Carbohydrates are the primary source of energy for the body. They are found in foods such as fruits, vegetables, grains, and dairy products. Carbohydrates provide 4 calories per gram.

The number of carbohydrates needed should make up 45-65% of your diet, otherwise can be made up with the remaining amount of calories after protein and fat has been considered.

Example: For a female following a 1632 calorie diet you do the sum: 1632 calories - (calories from protein 480 + calories from fat 490) = **662 calories (165g) allocated for carbs daily**.



Daily Target Example:

1632 Calories

120g Protein

54g Fat

165g Carbohydrates

FOOD CHOICES FOR EACH MACRO

P

Eggs	6g per Large egg
Milk	8g per 1 cup serving
Cottage cheese	14g per 1/2 serving
Steak	23g per 85g serving
Chicken breast	18g per 85g serving
Turkey breast	24g per 85g serving
Salmon	23g per 85g serving
Canned Tuna	22g per 85g serving
Peanut butter	8g per 2 tbsp
Whey Protein powder	24g per scoop

C

Sweet Potatoes	20g per 100g
White Potatoes	13g per 100g
Brown Rice (Cooked)	23g per 100g
White Rice (Cooked)	25g per 100g
Oats	55g per 100g
Wholemeal Grain Bread	38g per 2 Slices
Whole Grain Pasta	41g per 1 Cup
Banana	27g per 1 Medium

F

Butter	12g per 1 tbsp
Avocado	15g per 100g
Extra Virgin Olive Oil	14g per 100g
Salmon	13g per 100g
Eggs	9g per 2 Large
Cheese	18g per 50g
Dark Chocolate	11g per 20g
Almonds	14g per 25g
Full-Fat Greek Yogurt	10g per 100g

DESIGNING YOUR OWN MEAL PLAN

Writing your own meal plan can be a helpful way to ensure that you are consuming a balanced and nutritious diet that aligns with your specific goals and preferences. Here are some general steps to consider when creating your own meal plan:

Determine your calories and macros: You should have already done this with the above steps.

Plan your meals: Begin by mapping out your meals for each day of the week. Start with breakfast, then move on to lunch, dinner, and snacks. Consider the foods you enjoy eating, as well as the macronutrient ratios you've chosen.

Example: Jane needs 1632 calories per day in order to start losing body fat, her work schedule is really busy so she decides to aim for breakfast, lunch, and dinner with 2 small snacks in between.



400 cal



216 cal



400 cal



216 cal



400 cal

Make a grocery list: Once you've determined your meals for the week, create a grocery list of the ingredients you'll need to prepare them. This can help you save time and money at the grocery store and ensure that you have everything you need for the week.

Track your progress: Keep track of your meals and progress by recording what you eat and how you feel each day. This can help you stay accountable and adjust your plan as needed.

Meal Frequency

The idea that eating smaller, more frequent meals can help with fat loss has been a popular one, but there is limited scientific evidence to support this notion. Some studies have suggested that increasing meal frequency may slightly increase metabolism, but the effect is small and may not translate to significant fat loss.

In general, the key to fat loss is creating a calorie deficit, which can be achieved through a variety of methods including reducing overall calorie intake, increasing physical activity, and managing stress levels. It's important to focus on consuming nutrient-dense foods that support overall health, rather than relying on meal frequency alone to achieve fat loss.

Ultimately, the best approach to meal frequency will depend on individual factors such as lifestyle, dietary preferences, and goals.



BREAKFAST

RECIPES



SPANISH ZUCCHINI TORTILLA



Serves: 2

Prep: 10 mins

Cook: 25 mins



Nutrition per serving:

377 kcal 22g Carbs

22g Fats 21g Protein

INGREDIENTS

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

METHOD

1. Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.
2. In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.
3. Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.
4. After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.
5. After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.

HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 1

Prep: 5 mins

Cook: 10 mins



Nutrition per serving:

257 kcal

18g Carbs

5g Fats

36g Protein

INGREDIENTS

- 1/4 cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- 1/2 banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- ½ tsp. coconut oil

METHOD

1. Whisk together the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favourite toppings.



EGGS FRIED ON TOMATO WITH TUNA



Serves: 1

Prep: 5 mins

Cook: 5 mins



Nutrition per serving:

307 kcal 8g Carbs

15g Fats 32g Protein

INGREDIENTS

- 1 large tomato
- 1 tsp. coconut oil
- 2 eggs
- 3 oz. (80g) tuna in brine
- a pinch of oregano
- a pinch of chili flakes
- parsley, chopped, to serve

METHOD

1. Peel the tomato and chop into cubes.

2. Heat the oil in a small frying pan, add the chopped tomato and fry over a high heat for about 3 minutes.

3. Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.

4. Arrange pieces of Tuna on top. Then sprinkle with dried oregano and optionally chili flakes.

5. Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley

Tips:

- Replace tuna with feta or Gorgonzola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option

LUNCH/DINNER
RECIPES



CAJUN BEEF WITH VEG RICE



Serves: 3

Prep: 10 mins

Cook: 25 mins



Nutrition per serving:

503 kcal

55g Carbs

13g Fats

40g Protein

INGREDIENTS

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) ground beef
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato paste
- 2 cups cooked rice

METHOD

1. Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

2. Add in the minced beef, season with salt and pepper

and cook for 10 minutes, until the meat is browned.

3. Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

4. Stir well to combine all of the ingredients and heat for about 3-4 minutes.

5. Sprinkle with the green parts of the spring onion and serve.



BEEF & GREEN BEAN PASTA



Serves: 2

Prep: 10 mins

Cook: 15 mins



Nutrition per serving:

491 kcal 53g Carbs

12g Fats 44g Protein

INGREDIENTS

- 4 oz. (120g) whole-wheat pasta
- 10 oz. (300g) beef steak
- 4 spring onions
- 2 cloves garlic
- 1 tbsp. coconut oil
- 2 tbsp. soy sauce
- 1/3 cup (80ml) beef stock
- 100g green beans, frozen

METHOD

1. Cook the pasta according to instructions on the packaging. Cut the beef into thin slices.
2. Slice the spring onions diagonally into 1-1.5 inch pieces. Peel and slice the garlic.
3. Heat the oil in a large pan over medium-high heat and cook on the beef for about 3 minutes, then transfer onto a plate and drizzle with soy sauce.
4. Add the garlic and spring onion to the same pan and cook for about 3 minutes, until spring onions start to soften.
5. Return the beef and soy sauce into the pan and add the hot stock and frozen beans. Cook for another 2-3 minutes, then add the cooked pasta, stir now and then for about 2 minutes.



PEPPER STEAK WITH RED PEPPERS



Serves: 2

Prep: 10 mins

Cook: 15 mins



Nutrition per serving:

491 kcal 53g Carbs

12g Fats 44g Protein

INGREDIENTS

- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine
- 3 tsp. buckwheat flour
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- 1/2 tsp. black pepper
- crushed red pepper flakes, to taste

METHOD

1. Slice the beef into thin slices. Place in a bowl and add 4 tsp of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season with freshly ground black pepper.

2. In a small bowl, mix 3 tbsp. soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside. Then heat 1 tsp oil in a pan on high heat.

4. Add the beef and cook for around 20 seconds letting the beef brown. Next stir the meat, cooking another 2 minutes and transfer on to a plate.

5. Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Return beef to the pan, add the earlier prepared sauce and red pepper flakes (optional). Stir fry about 30-60 seconds on medium heat until slightly thickened.

6. Serves with rice (not included in nutrition info per serving).



SNACK IDEAS



CHAI PUDDING



Serves: 2

Prep: Overnight

Cook: 0 mins



Nutrition per serving:

275 kcal

19g Carbs

9g Fats

23g Protein

INGREDIENTS

- ¼ cup (30g) chia seeds
- 1 ½ cup almond milk
- sweetner of choice
- 3 tbsp.(40g) plain protein isolate (or vanilla)
- 1 cup (100g) fresh or frozen berries, to serve

METHOD

1. Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.
2. The next morning, mix in sweetner and berries

3. Divide between two bowls and serve with berries.



CHERRY SORBET



Serves: 4

Prep: 10 mins

Cook: 60 mins



Nutrition per serving:

109 kcal

24g Carbs

1g Fats

2g Protein

INGREDIENTS

- 1 $\frac{3}{4}$ cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yogurt (e.g. Alpro)
- 4 tbsp. water
- mint leaves, to serve

METHOD

1. Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. lemon juice, 4 tbsp. yogurt and 4 tbsp. water until smooth.
2. Spoon into a freezer-proof container then freeze for 1 hr.
3. Scoop out the sorbet into serving glasses, top with mint and serve imminently.
4. The ingredients will make approx. 8 scoops of sorbet (2 per serving).



PROTEIN FRUIT BOWL



Serves: 2

Prep: 10 mins

Cook: 0 mins



Nutrition per serving:

250 kcal

30g Carbs

4g Fats

25g Protein

INGREDIENTS

For the Mango Bowl:

- 2 cups Greek Yogurt
- ¼ mango, chopped
- 1 tbsp. granola

For the Strawberry Bowl:

- 2 cups Greek Yogurt
- 5 strawberries, halved
- ½ banana, sliced
- 1 tbsp. coconut chips

METHOD

1. Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.



LET'S GET ACTIVE

The most important factor for fat loss is creating a calorie deficit. This can be achieved by burning calories through exercise, while also maintaining a healthy diet.

Here are few different types of training we can consider:

Cardiovascular exercise: Cardio is a great way to burn calories and increase your heart rate. Examples include running, cycling, swimming, and dancing.

High-intensity interval training (HIIT): HIIT workouts are a great way to burn a lot of calories in a short amount of time. These workouts involve short bursts of high-intensity exercise followed by brief rest periods. HIIT workouts can also help increase your metabolism and burn fat for hours after the workout is over.

Strength training: Strength training can help increase muscle mass, which can in turn help increase your metabolism and burn more calories. Aiming for strength-training sessions, focusing on compound exercises that target multiple muscle groups, such as squats, deadlifts, and bench presses - can ensure you're not only dropping body fat, but maintain muscle tissue.

Circuit training: Circuit training involves performing a series of exercises with little to no rest in between. This can help keep your heart rate elevated while also building strength and endurance.

WHAT WE'RE GOING TO FOCUS ON

STRENGTH TRAINING

As I mentioned, there are various types of exercise that can assist with fat loss and keeping in shape. In my eyes there is definitely a hierarchy order as to what should be focused on more and what should be focused on less to see the best results.

In this program, we're going to focus on the most efficient form of exercise to burn fat and maintain muscle which is strength training.

Strength training is particularly beneficial for women over 40 due to the unique physiological changes that accompany aging. As women enter this stage of life, there is a natural decline in muscle mass and bone density. Strength training provides a powerful antidote to these age-related changes by promoting muscle growth, preserving existing muscle mass, and enhancing bone density.

Strength training boosts metabolism, aiding in weight management, and supports joint health, reducing the risk of injuries. Beyond the physical benefits, engaging in regular strength training positively influences mental well-being, fostering confidence and a sense of empowerment. By incorporating strength training into their fitness routine, women over 40 can experience improved overall health, increased vitality, and a better quality of life as they navigate the unique challenges of aging.

Tip

A great tip for women over 40 to incorporate cardio into their routine is to choose enjoyable and joint-friendly activities. Low-impact exercises can be gentler on the joints while still providing an effective cardiovascular workout.

Finding an activity that brings joy not only makes it more likely for women over 40 to stick to their routine but also adds an enjoyable aspect to their overall fitness journey.

Remember to start gradually and consult with a healthcare professional or fitness expert to ensure the chosen activities align with individual health considerations.

WEEK 1 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 2 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 3 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 4 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 5 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 6 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 7 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 8 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 9 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 10 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 11 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10

WEEK 12 TRACKING SHEET

DAY 1 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 2 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 3 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 4 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 5 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 6 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10
DAY 7 REFLECTIONS	SLEEP	ENERGY	WATER	MOOD
	HRS	/10	/LITRES	/10



RECOMMENDED SUPPLEMENTS

The supplement industry is a massive business, and there seems to be a new product every second day which can be daunting for consumers to try to find the perfect one.

Buying supplements is a tricky process, so knowing exactly what the product will do and if it'll be necessary towards your goals will keep your bank account healthy and give you some piece of mind.

Here are some supplement recommendations



[PURCHASE](#)

COLLAGEN

Collagen is a protein that plays a crucial role in the structure and health of various tissues in your body, including skin, hair, nails, joints, and connective tissues.



[PURCHASE](#)

MULTI-VITAMIN

Multivitamins are an array of different vitamins that you would usually find in food.

Depending on your body, you may not be absorbing enough nutrients from your food which is why some people supplement with a good multivitamin.



[PURCHASE](#)

PROTEIN POWDER

Protein powder is a dietary supplement that can be used to increase protein intake, which is important for muscle growth, repair, and overall health.



SLEEP AND RECOVERY

Getting adequate sleep is important for overall health and can also support fat loss goals. Lack of sleep can disrupt hormones involved in appetite regulation, leading to increased hunger and cravings for unhealthy foods, and can also negatively impact metabolism and energy levels, making it harder to stick to healthy habits.

Research has shown that getting enough sleep (generally 7-9 hours per night) can support fat loss efforts by promoting healthy hormone levels and reducing cravings for unhealthy foods. In addition, getting adequate sleep can support recovery from exercise, which is an important component of fat loss.

Incorporating good sleep hygiene practices, such as establishing a consistent bedtime routine, avoiding caffeine and electronics before bed, and creating a comfortable sleep environment, can support quality sleep and overall health. It's important to prioritize adequate sleep along with other healthy lifestyle habits such as a healthy diet and regular physical activity for sustainable fat loss and optimal health.



THANK YOU

Congratulations on completing the the complete guide 12 week Transformation

Program! I am so thrilled to have been a part of your fitness journey and are so proud of all the hard work and dedication you put into achieving your goals. I hope that this program has helped you not only transform your body, but also your mindset and overall well-being.

As you move forward, I encourage you to keep up with the healthy habits you have developed during the program.

Remember that fitness is a lifestyle, and the progress you have made in these 12 weeks is just the beginning.

Thank you again for choosing the 12 week Transformation Program. I hope you enjoyed the program and are excited to see what you will accomplish in the future. Keep up the great work!



CHRISTIE GARCIA

Chat Further With me. **THE CURVEE TRAINER**

