

Fit Chick Community 7-Day Detox Reset

Clean Energy • Better Habits • Positive Vibes

Welcome

Welcome to the Fit Chick Community Detox Reset — a simple way to refresh your body, mind, and daily habits. This is not about starving yourself. It's about drinking more water, eating cleaner foods, moving your body, and feeling better every day. No negativity. No pressure. Just progress.

Daily Detox Rules

- Drink at least 1 gallon of water daily
- No soda
- No fried foods
- No heavy fast food
- Limit sugar and processed snacks
- Move your body at least 30 minutes daily
- Get proper rest
- Stay positive and consistent

Detox Drinks

Lemon Lime Detox Water: Water, lemon, lime, mint (optional). Helps hydration and digestion.

Green Detox Smoothie: Spinach, banana, pineapple, mango, coconut water or almond milk.

Fat Burner Tea: Hot water, lemon, ginger, small amount of honey.

Detox Meal Ideas

- Breakfast: Oatmeal with fruit, Greek yogurt with berries, smoothie bowls, boiled eggs and fruit
- Lunch: Grilled chicken salad, turkey wraps, brown rice with vegetables, salmon and greens
- Dinner: Baked fish, mixed vegetables, sweet potatoes, lean protein bowls
- Snacks: Almonds, apples, cucumbers, watermelon, protein shakes

Fit Chick Movement Challenges

- Day 1: Dance Burn (20–30 minutes dance cardio)
- Day 2: Booty & Glow (squats, glute bridges, lunges)

- Day 3: Walk & Tone (30–45 min walk + core)
- Day 4: Full Body Circuit (jacks, step touches, weights, shadow boxing)
- Day 5: Waist & Core Flow
- Day 6: Cardio Party
- Day 7: Recovery Glow (stretching, yoga)

Positive Mindset

I am strong, I am consistent, I am Fit Chick.

Bonus Essentials

- Grocery essentials: spinach, lemons, limes, berries, oatmeal, almond milk, lean protein, sweet potatoes, cucumbers, watermelon
- Track: water intake, mood, energy, workouts, sleep
- Tips: meal prep, stay hydrated, avoid late-night eating, stretch daily

Closing Message

Thank you for joining the Fit Chick Community Detox Reset. Stay committed, stay active, and keep showing up for yourself every day. Events, classes, and updates are available at fitchicknow.com.