



28 DAY WEIGHT LOSS CHALLENGE

____ **STARTER GUIDE** ____

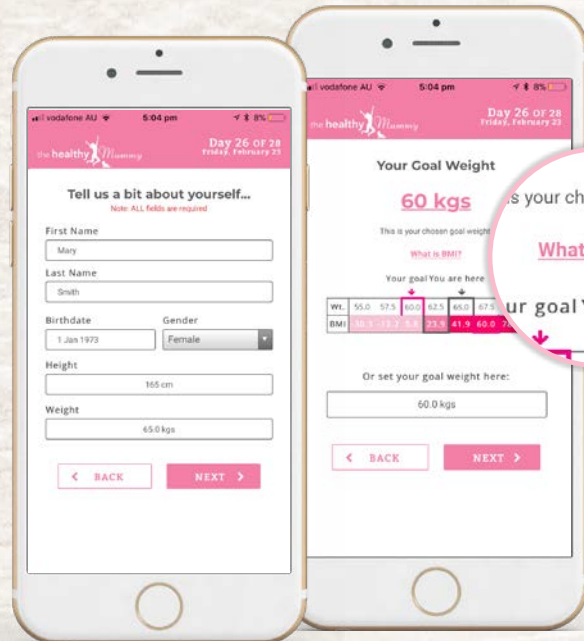


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the healthy Mummy
28 DAY
WEIGHT LOSS CHALLENGE

1. YOUR DETAILS

- Download the **28 Day Weight Loss Challenge App** from either iTunes or Google Play. Your log in details will be those that you used to sign up.
- Fill out your personal details such as height, weight and goal weight. From here you can also tailor the number of serves in each recipe to suit your family, calculate your BMI and target calorie intake and any dietary restrictions.

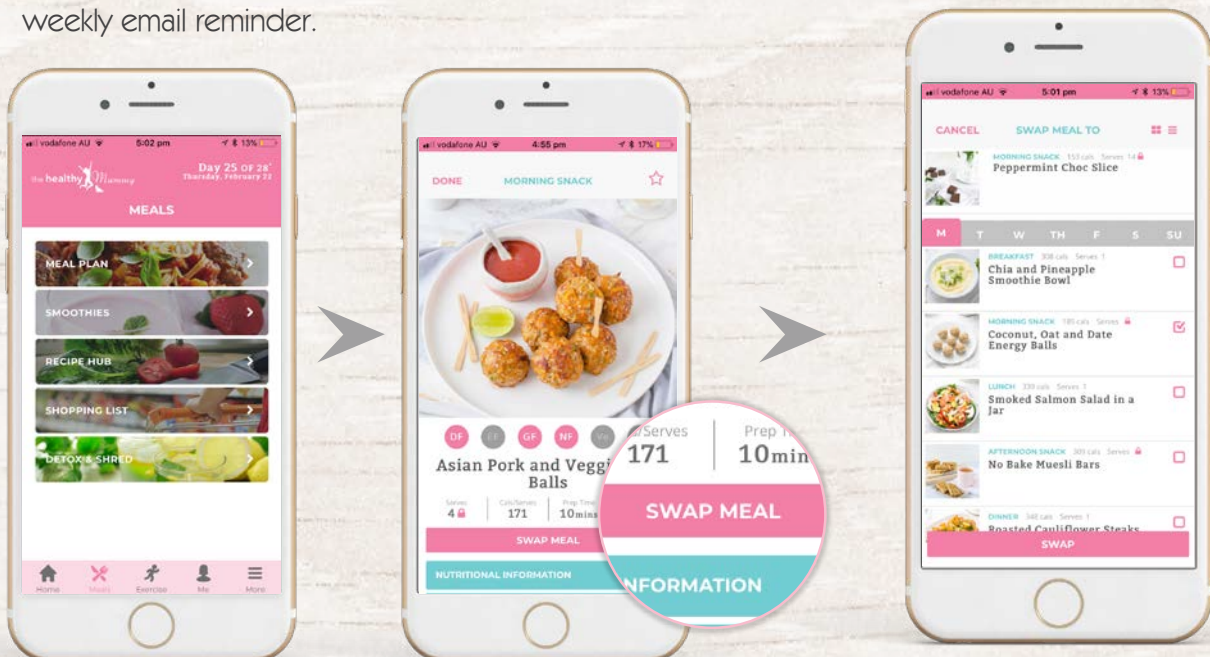


What is BMI?

DID YOU KNOW?
You can also access the 28 Day Weight Loss Challenge from your desktop, just go to www.healthymummy.com

2. MEAL PLANNING

- Check out this week's meal plan by clicking on **Meals**. You can customise your meal plan by clicking swap on any meal and choosing from over 4,000 recipes. Your shopping list will automatically update with everything you need for the week. Meal plans are released each Wednesday so look out for your weekly email reminder.



COMBINING THE **HEALTHY MUMMY SMOOTHIES** WITH 28 DAY WEIGHT LOSS CHALLENGE? YOU CAN ALSO SWAP ONE OF YOUR MEALS TO A SMOOTHIE BY CLICKING ON THE SWAP BUTTON AND CHOOSING FROM OUR COLLECTION OF SMOOTHIE RECIPES.



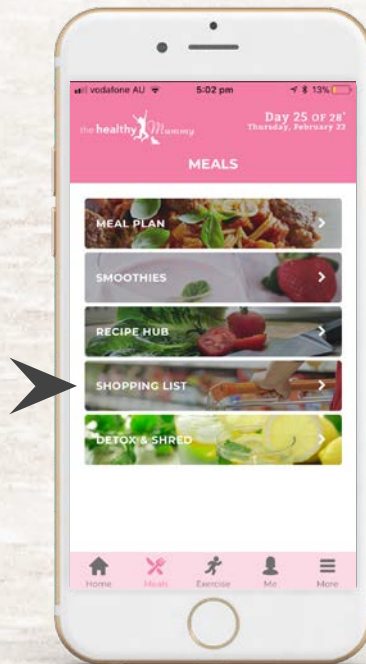
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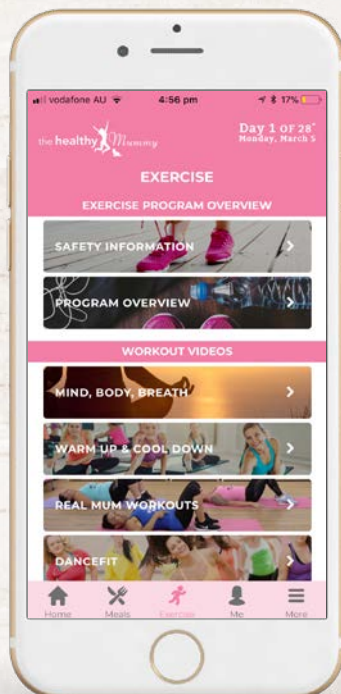
3. SHOPPING LISTS

- ⚙️ Get Prepared! Using your **Shopping List** you can get prepared for the week aheads meals.
If you are feeling super organised you can start to prepare some of your meals and snacks in advance! This will help you stay on track and saves you time too!



➤ **DID YOU KNOW?**
Find a recipe you love? You can save this for future by clicking the star and it will save in your favourite.

4. EXERCISES



- ⚙️ The 28 Day Weight Loss Challenge has over 350 exercise videos that cater for all busy mums and you can chose the workouts that suit you.

Whether you are a mum returning to exercise after having your first baby or feeling fit but wanting something new and fun, we have exercises to suit every level of fitness.

Choose from post-natal or babywearing through to more intensive HIIT and Tabata.

The videos run from 5-10 minutes and are fully guided with our awesome fitness trainers. You can choose to do 1 video a day or two depending on the time you have available or your fitness levels.

➤ **DID YOU KNOW?**

Fitness tests occur on **Day 1, Day 15 and Day 27**. [Join](#) 100,000's of mums on our **Facebook Private Support Group** to stay motivated and make progress. You can record your progress in the app and see how far you have come.

➤ **DID YOU KNOW?**

You can sync your Fitbit to the 28 Day Weight Loss Challenge and your steps and activity minutes will automatically update the app.

For the set up instructions please go [HERE](#).

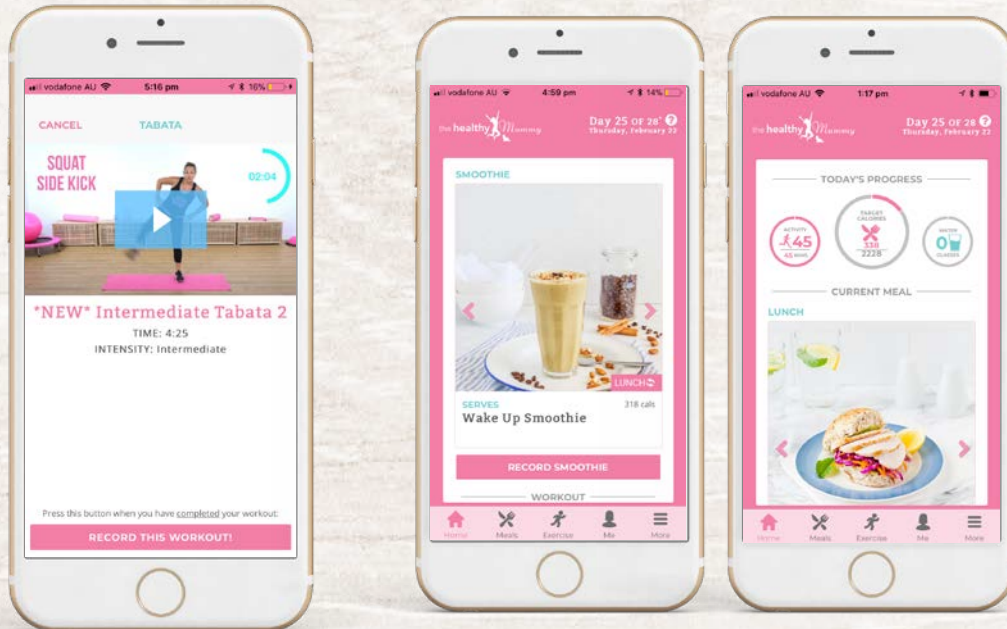
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5. LET'S GET STARTED!

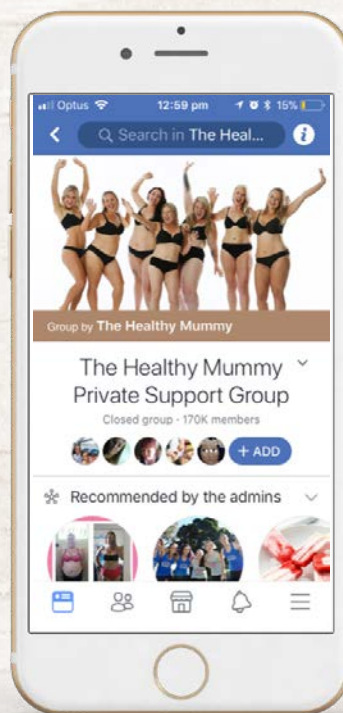
- From the **Home** screen start recording your meals. The meals that you choose back in Step 2 will display. You can also record your water intake by clicking on the **Water** button. Make sure you record your exercises by clicking on **Record this workout** or simply clicking on the **Activity** button and adding additional activity such as a walk.



DID YOU KNOW?
You can record other food you have eaten that is not on the challenge by clicking on **Target Calories** and searching for the food/drink in the CalorieKing search.

6. JOIN OUR SUPPORT GROUP

- Don't forget to check in daily and join the Facebook Private Support Group with 100,000's of mums ready to support your journey. You can join [HERE](#)



If you need more help click [HERE](#) to contact our Customer Support.

WANT TO CRANK UP YOUR RESULTS? COMBINE THE 28 DAY WEIGHT LOSS CHALLENGE WITH THE **HEALTHY MUMMY SMOOTHIES**. YOU CAN FIND THE FULL RANGE [HERE](#).



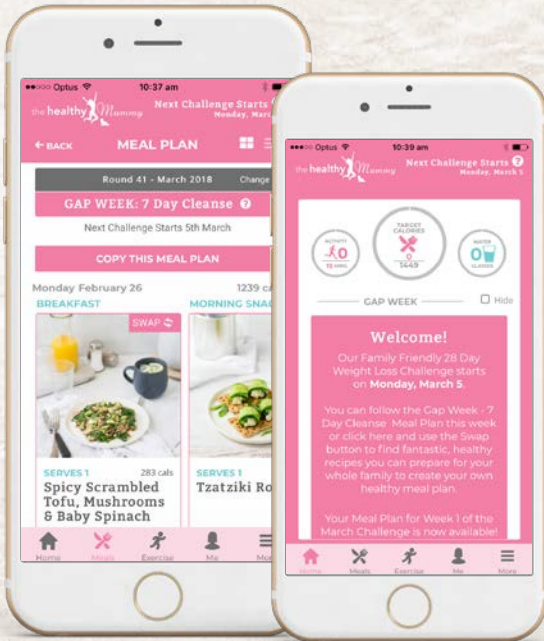
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7. WHAT CHALLENGE AM I IN?

- 🌀 **New Challenges** start near the beginning of each month but you can get started as soon as you join. Each challenge runs for **4 weeks** and each has a different theme. If you have joined mid way through a Challenge, follow the remaining days of the meal plan for the week you start in, or wait until the following week and start on a Monday.



DID YOU KNOW?

A few times a year we mix things up and run a **7 day cleanse**. Look out for these between occasional Challenge rounds as these are a great way to gently cleanse your body, detoxify and get you back on track before the next challenge round.

8. SOME AMAZING RESULTS FROM OUR MUMS



SASCHA **LOST 33KG**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE



NICOLA **LOST 46KG**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE



CICILY **LOST 51KG**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE



AMY **LOST 55KG**
WITH THE
28 DAY WEIGHT LOSS
CHALLENGE