

3-Week Guide to YOUR Transformation

Follow this 3-week guide to jumpstart your 30-Day Women's Transformation Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 27 GRATITUDE TO OTHERS MAKE US HAPPY! Write a hand-written thank you note to a friend, family member, or co-worker.	28 MOVEMENT MONDAY! Sedentary at work? Make it a priority to get out of your seat and walk for 5 minutes every hour.	29 HAVING TROUBLE FALLING ASLEEP OR STAYING ASLEEP? Keep your cell phone in a different room when you are sleeping.	30 NUTRIENTS AND VITAMINS ARE KEY! Get vegetables in at least two of your meals every day!	31 CAN'T MAKE IT TO THE GYM? Try this at-home workout for 3-4 sets: 20 Jumping Jacks 10 Bodyweight Squats 10 Push-ups	SEPTEMBER 1 FEELING SORE? Do a 20-minute recovery workout at home with stretching, mobility drills, and foam rolling.	2 WANT TO FEEL LIKE A KID AGAIN? Find a local jungle gym and go play – this can be a great workout!
3 CALL A FRIEND! Good relationships and friendships are important to a healthy lifestyle.	4 LABOR DAY WHAT IF WE RECHARGED OURSELVES AS OFTEN AS WE DO OUR PHONES? Take a 30-minute break from all technology.	5 STRESSED? Practice deep breathing exercises. Breathe in for 5 seconds through the nose, hold for 1 second, and exhale for 5 seconds through your mouth. Repeat for 10 rounds.	6 DO YOU KNOW WHAT IS IN YOUR FOOD? Get in the habit of checking your nutrition labels – start turning over your packages and become an informed consumer.	7 WALKING MEETING! Ditch the ordinary meeting structure – we are more creative, and better at solving problems when we are on the move!	8 SQUEEZE THIS INTO YOUR FRIDAY ROUTINE: 30 sec. Stationary High Knees 30 sec. Plank 30 sec. Side Plank (each side) 30 sec. Sprinter Sit-ups Repeat 3-4 times.	9 I BET IT IS BEAUTIFUL OUTSIDE! Take a 30-minute walk outside with your family or friends!
10 READ! Relax by taking an hour out of your day to escape through a good book.	11 MOVEMENT MONDAY Try this at-home workout for 3-4 sets: 30 Mountain Climbers 10 Stationary Lunges 10 Push-Up Planks	12 LOOK GOOD – FEEL GOOD! Go buy yourself a piece of workout apparel – this can get you motivated to move!	13 TOO MUCH SNACKING? Start journaling your food on paper or online/in an app. Just writing your food down can help with overeating.	14 SPECIAL EVENT: Attend our Women's Self Defense Class at 7:15pm at our EAST location. \$10 event fee.	15 ARE YOU HYDRATED? Try increasing your water intake to 68 oz. You may find yourself more energized!	16 30-DAY WOMEN'S TRANSFORMATION CHALLENGE ORIENTATION 8AM-9:30AM
17 FEELING HUNGRY? Pack in some more protein into your day. Interested in adding a protein supplement to your diet? The PSTS supplement line can fill your need!	18 30-DAY WOMEN'S TRANSFORMATION CHALLENGE BEGINS!	19	20	21	22	23



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