

THE **HEALTHY** WEIGHT LOSS CHALLENGE



“ —
| move YOUR
| body for
BETTER
HEALTH!
— ”

By Lucy Wyndham-Read

HOW YOUR CHALLENGE WORKS

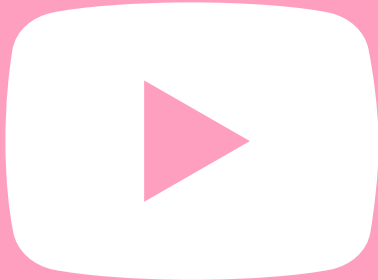
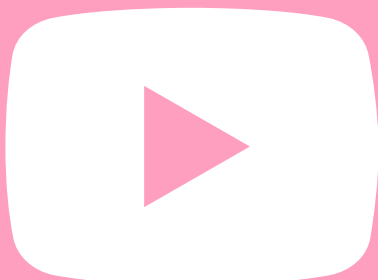
This 28-Day Challenge aims to support healthy weight loss for optimal well-being (as I always emphasise, it's about our HEALTH, not just appearance).

- All the workouts are free, can be done at home, and require no equipment.
- The focus will be on utilising your body weight, a safe and effective method to sculpt your body and build lean muscle mass.
- Using only body weight is gentle on your joints.
- Remember, healthy eating is crucial for successful weight loss.
- I will also provide links to blogs and meal plans to support you further if needed.
- So all you need to do is simply press the play button alongside the workout. Then once you have completed the workout, tick off in the box.
- (Please note you will need to be online.)

“**Prioritize your health**”

WEEK 1



DAY	THE WORKOUT	PRESS PLAY	TICK WHEN FINISHED
Day 1 -	20 Minute Walk		☒
Day 2 -	15 Minute Walk		☐
Day 3 -	15 Minute Cardio		☐
Day 4 -	15 Minute Full Body		☐
Day 5 -	20 Minute Walk		☐
Day 6 -	15 Calorie Burner		☐
Day 7 -	10 Minute Full Body		☐

“Every workout is a future health investment| —”



WEEK 2

DAY	THE WORKOUT	PRESS PLAY	TICK WHEN FINISHED
Day 1 -	15 Minute Full Body		☐
Day 2 -	15 Minute Walk		☐
Day 3 -	20 Minute Full Body		☐
Day 4 -	15 Minute Walk		☐
Day 5 -	10 Minute Calorie Burn		☐
Day 6 -	20 Minute Fat Burner		☐
Day 7 -	20 Minute Inch Loss		☐

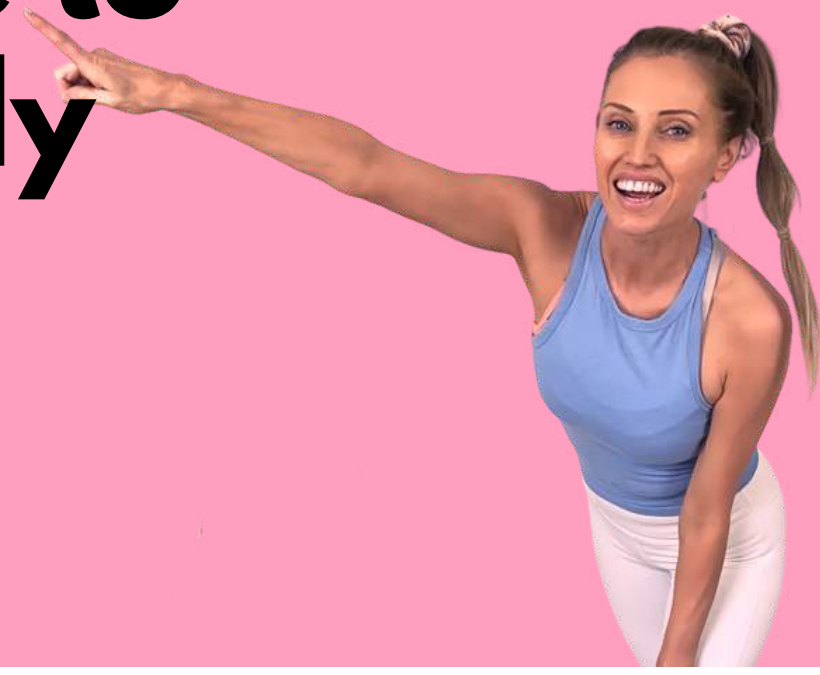
“
| Focus on being the best version of
you, and not competing with
anyone else |
—”

WEEK 3

DAY	THE WORKOUT	PRESS PLAY	TICK WHEN FINISHED
Day 1 -	10 Minute Inch Loss		☐
Day 2 -	15 Minute Walk		☐
Day 3 -	15 Minute Walk		☐
Day 4 -	10 Full Body Cardio		☐
Day 5 -	10 Minute Walk		☐
Day 6 -	15 Full Body Cardio		☐
Day 7 -	20 Minute Walk		☐

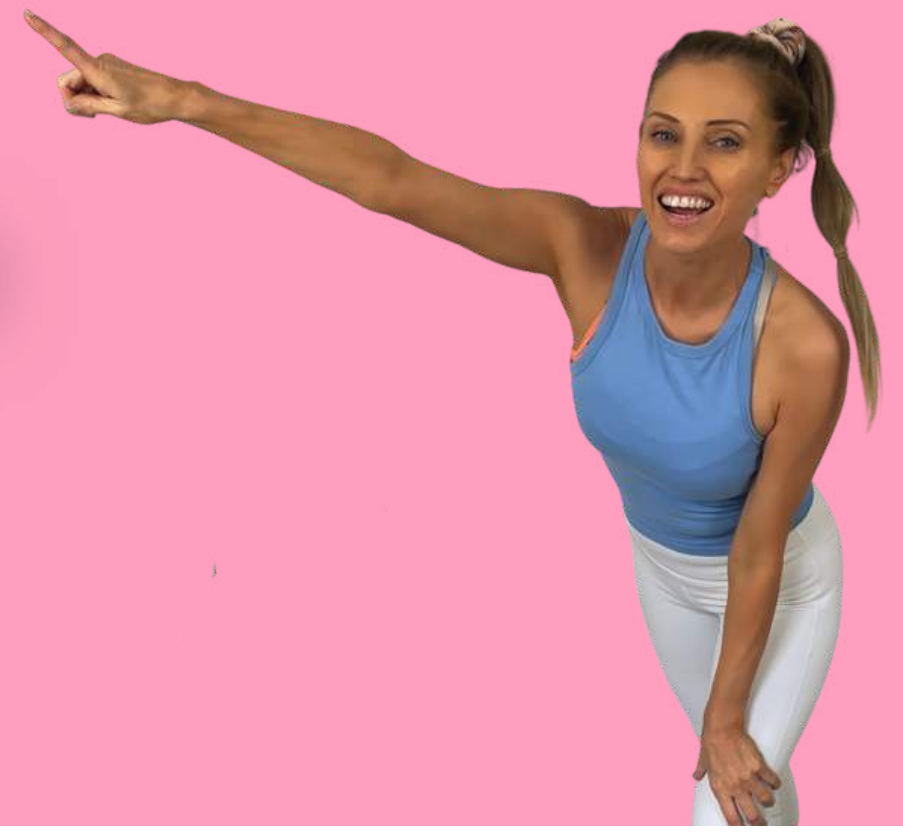
“
| Yes, I can always find time to
take care of both my body
and mind |
—”

WEEK 4



DAY	THE WORKOUT	PRESS PLAY	TICK WHEN FINISHED
	Day 1 - 15 Minute Walk		☐
	Day 2 - 12 Minute Cardio		☐
	Day 3 - 25 Minute Walk		☐
	Day 4 - 20 Minute Inch Loss		☐
	Day 5 - 20 Cardio Moves		☐
	Day 6 - 30 Minute Walk		☐
	Day 7 - 20 Minute Walk		☐

HELPFUL BLOGS



**7 Day Healthy
Weight Loss
Plan ([click here](#))**



**Tips for Better
Sleep ([click here](#))**



**Ways to Walk at
Home ([click here](#))**



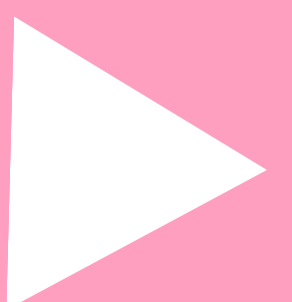
**Pre Workout
Snacks ([click here](#))**

DAILY WATER INTAKE AIM FOR 8 GLASSES A DAY

tick off for each glass you
drink



CLICK HERE TO READ MY BLOG ON THE
BENEFITS OF STAYING HYDRATED



LUCY'S LATEST PRODUCT
HOME WORKOUT CARDS
CLICK HERE FOR THE SHOP

30 EXERCISE
CARDS

LOWER
BODY



30 EXERCISE
CARDS

ABS & CORE
STANDING



30 EXERCISE
CARDS

BODY
WEIGHT

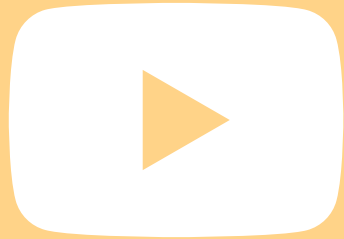


30 EXERCISE
CARDS

INDOOR
WALKING



Let me know on Social
Media how you got on.
Click on any
below to
connect.



Welcome to my Website.

CLICK HERE FOR
MY WEBSITE



“—
always
here to
keep YOU
moving
and
feeling
YOUR
best”
—”

Lucy xx

