

Gatthouse Fitness

31 Day Challenge:

31 Days - No Sweet, No Fried Challenge

- ◆ NO CAKES, COOKIES, CANDIES ETC
- ◆ NO ALCOHOL, HOT COCOA
- ◆ NO PROCESSED FRUIT JUICES, SWEET TEA, LEMONADE, SLUSHIES, SODA, COFFEE W// WHITE SUGAR ETC
- ◆ NO STEVIA, MAPLE, AGAVE, HONEY *REMOVE THESE IF THEY ARE TRIGGERS FOR SWEET/FRIED
- ◆ NO WHITE CARBS (IE POTATO, RICE, PASTA, ROLLS, BISCUITS, DONUTS ETC)
- ◆ NO FRIED MEATS (CHICKEN, PORK CHOPS, BACON, FISH ETC)
- ◆ NO FRIED MOCK MEATS (TOFU, TEMPEH, SEITAN)
- ◆ NO FRENCH FRIES OR CHIPS ETC

INSTEAD EAT THIS:

- ◆ FRUITS [FRESH, FROZEN, CANNED (IN OWN JUICES NOT SYRUP OR SUGAR)]
- ◆ VEGGIES [FRESH, FROZEN, STEAMED, BAKED, BROILED, GRILLED]
- ◆ PROTEINS
 - MEAT/MOCK MEATS [baked, broiled, grilled, steamed, boiled]
 - EGGS [SCRAMBLED, BOILED, POACHED ETC NO OIL, NO BUTTER]
 - BEANS/LEGUMES [boiled, broiled, grilled]
- ◆ INCREASE WATER INTAKE [REPLACE CRAVINGS WITH A GLASS OF WATER, DRINK A GLASS OF WATER BEFORE EVERY MEAL]

Then Add This:

IF YOU'RE NOT ALREADY WORKING OUT CONSISTENTLY, BEGIN EXERCISING 2-4 TIMES WEEKLY. INCREASE WHERE EVER POSSIBLE AS THE 31 DAYS PROGRESS.

IF YOU'RE ALREADY WORKING OUT CONSISTENTLY, INCREASE YOUR REGIMEN IN SOME WAY - DURATION, FREQUENCY AND/OR INTENSITY.

LOG PROGRESS: WEIGH INS, PHOTOS, EMOTIONS, FOOD LOG, SKIN CHANGES, ENERGY CHANGES, MOOD CHANGES.

TREAT YOURSELF: CREATE A NON-FOOD RELATED GOAL REWARD.