



## **8-Week CHALLENGE INSTRUCTIONS**

Success comes from taking the steps to making healthy lifestyle changes to achieve the end result of what you have envisioned for yourself. While you are working over the next few weeks, I want you to remember why you started and remember what you want. I am excited to see you take on this challenge. If you signed up for the 8-week challenge with coaching option, I am going to push you to work hard, but I also want to make sure that you are enjoying what you are doing so that it becomes apart of who you are.

### **PURCHASERS OF THE 8-Week CHALLENGE WITH #TEAMBUENDIA COACHING**

If you purchased the coaching package, you'll be learning the importance of pairing proper nutrition and weight training together. You will also learn how to track your food and count your macros. I will also provide you with supplement guidance as well as proper weight training broken down into specific muscle groups.

When you receive your program, read over everything carefully and email me with any questions you may have. Your program will include workout splits with cardio specifics, a macronutrient based meal plan, and a food exchange list so that you can get used to swapping foods in and out as you wish. I don't want you feeling deprived or restricted with your meal plan. Restrictions leave room for inconsistencies. You will notice a great deal of variety on your meal plan. Your food exchange list will give you even more variety with your choices. I ask that you download **myfitnesspal** to track all of your food! This free app will help you tremendously in getting accustomed to tracking your meals.

### **PROGRESS PICTURES AND POSING**

Each participant must submit check in pictures and current weight every other Sunday morning before eating and drinking anything. Please label the subject line every two weeks as follows: **'8-Week Check In 1'; '8-Week Check in 2' etc.**

Try to pose in the same outfit when taking your pictures every two weeks. Your posing should be as follows: **front body and head view, back body view, and side profile view** . You can rest your hands at your side for front and back poses; and you can hold your hands straight out in front of you for your side poses. I need to see your entire body all the way down to your calves. Take your pictures at the same time of day and in the same place each time.

On a sheet of plain white copy paper with a sharpie write out the following every two weeks:

### **8-Week Summer Shredded 2018 Challenge**

#### **Day 1**

#### **Date**

Tape the paper behind you on the wall in the same place every two weeks so that it is visible. Please do not send before photos prior to the weekend check ins.

## **HOW TO WIN**

The top 3 best visual transformations will be picked by Jeremy to be posted on social media. Fans can then cast a vote in the form of a comment on their favorite post. The transformation with the most votes will win.

## **START & END DATES**

Pre-sales begin immediately with the last chance to sign up midnight, April 20, 2018. Contest will begin April 21<sup>st</sup> and ends June 16th. Initial programs to candidates purchasing the coaching option will be sent out by the end of April 21st.