

BLACK WOMEN LOSING WEIGHT – JUNE 2017 30 DAY DAILY STEP GOAL CHALLENGE



Thank you so much for joining our **June Challenge - June 1-30**. This is a very straight forward, yet powerful, challenge. There is a daily goal for steps (minimum - maximum). We are also challenging you to complete a daily task. You'll find the checklist below. We want you to work at your own pace and do what works for **your** fitness level. If the minimum step goal for the day is too high for you, chose a goal that fits your level of fitness and commit to it. **This isn't a competition and it's not about perfection**. It's about challenging yourself to do the work.

- You also will need a [fitness tracker](#), [pedometer](#) or a mobile app that tracks your steps via your phone. If you have a Fitbit, join our [FitBit Group](#).
- You'll need a notebook or journal to complete some of the daily tasks.
- Join our [Facebook group](#) for support.
- Check out our [Step Goal Squad Shirts](#).

Recommended Reading: [The Whole 30](#) by Melissa and Dallas Hartwig

Recommended Viewing: [Fed Up](#) and [Forks Over Knives](#) (Documentaries available on Netflix, Hulu, etc)

Disclaimer* Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. If you have injuries that could be worsened, are pregnant, have knee issues, or are suffering neck and back pain, you should speak with a professional trainer about what workouts would be best for you. Do not attempt if you have current injuries, past surgeries or other physical issues/health issues that could be affected by exercise. Do not attempt if you are pregnant or could become pregnant. Don't forget to stretch before and after working out to avoid injuries. If you feel pain or severe discomfort, STOP.

Don't forget to check out [this month's DietBet](#)! Lose to Win - \$30 Bet



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This month's focus is super simple: GET Stepping! Walk, jog or run!

1 Weight Loss and Wellness Goals - What are your top 3 goals? Write them down in your journal. Consider whether they are [S.M.A.R.T](#) goals?

Step Goal: 3000 to 6000

Advanced: 10,000

STEP TOTAL

2 What is your [game plan](#) for weight loss? How are you deciding what to eat? Do you have a calorie goal? What is your workout plan? If you don't have one, take 30 min to an hour to start your research on weight loss, nutrition and working out.

Step Goal: 3000 to 6500

Advanced: 10,500

STEP TOTAL

3 Record your current weight. Take new progress photos. Take your measurements; waist, bust, bicep/arm, each thigh and hips/butt. Record this info in your journal.

Step Goal: 3250 to 7000

Advanced: 11,000

STEP TOTAL

4 What is your BIG WHY? What are the main reasons why you want to change? Record your answers in your journal and on an index card that you can travel with. Read the index card before meals and when you need inspiration.

Step Goal: 3500 to 7500

Advanced: 11,500

STEP TOTAL

5 Fighting with Emotional Eating/Stress Eating? Take the time to look up 4 articles on this topic. Record what you learn in your journal. Here is [my favorite book](#) on the topic.

Step Goal: 3750 to 8000

Advanced: 12,000

STEP TOTAL

6 What is your BMR? - Basal metabolic rate. Read about how BMR effects weight loss and record your BMR in your journal/notebook.

Step Goal: 4000 to 8000

Advanced: 12,000

STEP TOTAL

7 What is your current workout plan? How are you evaluating whether it is working or not? Do some research online on effective workouts for your level of fitness.

Step Goal: 4000 to 8500

Advanced: 12,500

STEP TOTAL

8 Why is it important to consider how much carbohydrate, fat and protein you are eating each day (on average)? What are Macros/Macronutrients? Do some research.

Step Goal: 4250 to 9000

Advanced: 13,000

STEP TOTAL

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9 Commit to drinking at least 64oz of water each day for the rest of the month.

Step Goal: 4500 to 9000

Advanced: 13,000

STEP TOTAL

10 Spend a full 5 minutes in front of a mirror today. Look at your face, your body, your smile, etc. Then write down how you really feel about yourself. Do you love what you see? If there are negative feelings, what is their source and how can you move toward self love and appreciation?

Step Goal: 4750 to 9500

Advanced: 13,500

STEP TOTAL

11 How many calories should you consume per day for weight loss? What is a [calorie deficit](#)? What is your Calorie Maintenance Level? Do your research and answer these questions in your journal.

Step Goal: 5000 to 10,000

Advanced: 14,000

STEP TOTAL

12 Keep track of everything you eat today in your journal/notebook. Go online and figure out how many calories you consumed today.

Step Goal: 5000 to 10,000

Advanced: 14,000

STEP TOTAL

13 Create a list of fruits and veggies that you love. Eat at least 2 servings of fruits and 3 servings veggies today.

Step Goal: 5250 to 10,500

Advanced: 15,000

STEP TOTAL

14 Create a list of 7 new healthy snack ideas that you could eat on a regular basis. (75 to 250 calories per serving).

Step Goal: 5500 to 11,000

Advanced: 15,000

STEP TOTAL

15 Are “good” and “bad” carbs really a thing? How can you incorporate healthy carbs into your meals? Answer these questions in your journal.

Step Goal: 6000 to 11,000

Advanced: 14,000

STEP TOTAL

16 Are you stressed? What is stressing you out? Make a list of ways you can stress less and live more.

Step Goal: 6250 to 11,500

Advanced: 13,000

STEP TOTAL

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17 Give meal prepping a try this weekend. Plan out your meals for Monday, Tuesday and Wednesday. Here is a list of meal plans to get you started.	<input type="radio"/>
Step Goal: 6500 to 12,000 Advanced: 14,000	STEP TOTAL
18 Meal Prep - It's time to shop for food and prep meals for Monday, Tuesday and Wednesday. #mealprepsunday	<input type="radio"/>
Step Goal: 6750 to 12,000 Advanced: 14,500	STEP TOTAL
19 Take some time to research the benefits of weight training for women. Write down what you learn in your journal. It's all about the curves.	<input type="radio"/>
Step Goal: 7000 to 12,500 Advanced: 15,000	STEP TOTAL
20 Create a list of new 7 healthy dinner recipes that are between 400-600 calories. These should be meals that you would actually try. Expand your options.	<input type="radio"/>
Step Goal: 7250 to 13,000 Advanced: 15,500	STEP TOTAL
21 Wellness Wednesday: Do some research on how being overweight or obese can affect your health. Don't wait on the doctor's warning.	<input type="radio"/>
Step Goal: 8000 to 13,000 Advanced: 16,000	STEP TOTAL
22 Find 3 new workout routines on Youtube that you would like to add to your exercise arsenal.	<input type="radio"/>
Step Goal: 8000 to 13,500 Advanced: 16,500	STEP TOTAL
23 Do some research online on how you can become more active in your community. Check out running/walking clubs, dance classes, classes at the WYCA or local community center, etc.	<input type="radio"/>
Step Goal: 8250 to 14,000 Advanced: 17,000	STEP TOTAL
24 Make sure that you eat at least 3 servings of vegetables today. Serving: 1 cup of raw leafy vegetables, 1/2 cup of other vegetables	<input type="radio"/>
Step Goal: 8500 to 14,500 Advanced: 17,000	STEP TOTAL
25 Do some research on sodium intake and high sodium foods/drinks. High blood pressure is rampant in our community and sodium/salt is a major factor.	<input type="radio"/>
Step Goal: 8750 to 15,000 Advanced: 16,000	STEP TOTAL

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26 Eat completely Vegan or Vegetarian for one whole day. #MeatlessMonday	<input type="checkbox"/>
Step Goal: 9000 to 16,000 Advanced: 16,500	STEP TOTAL
27 You've been working hard this month! Reward yourself with new workout clothes, a meal at your favorite healthy restaurant, a good book, etc.	<input type="checkbox"/>
Step Goal: 9250 to 17,000 Advanced: 17,000	STEP TOTAL
28 Spend 20 minutes this morning thinking about the things you are grateful and thankful for. Create a Gratitude List in your journal.	<input type="checkbox"/>
Step Goal: 9500 to 18,000 Advanced: 17,500	STEP TOTAL
29 Make a list of 3 actions that you need to commit to, but have been putting off. What could take you to the next level, in terms of health and fitness?	<input type="checkbox"/>
Step Goal: 10,000 to 19,000 Advanced: 18,000	STEP TOTAL
30 Take new progress photos and take your measurements again. Celebrate the progress you made this month! Congrats on completing the challenge.	<input type="checkbox"/>
Step Goal: 10,500 to 20,000 Advanced: 18,500	STEP TOTAL

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