

21 Day Challenge Guide

A fitness revolution by

perfect**FIT**⁺

1. Welcome

At Perfect Fit, we believe fitness is a lifestyle.

This program won't be easy. But it will change your life.

Think of the 21-Day Reset Challenge as the quickest way to reset your habits so that you create a healthier mind and body without succumbing to the latest "diet" fads.

Many diets promise to be so easy that you are assured you won't even notice you are dieting. I can't promise that the 21-Day Reset Challenge will be easy but it will be oh so worth it!

It WILL be work. And you will have to commit to the classes. We will help you eat clean and healthy for the next 3 weeks.

At times you might even wish you hadn't signed up for it. But **YOU ARE WORTH THE EFFORT!!**

If you choose to put your body through this program you are going to...

- Lose the excess weight and fat
- Become healthier
- Train your mind and body to choose what it needs to create long-lasting, easy to maintain lifestyle habits

The best thing: it only takes 21 days. 3 weeks. That's it! So let's give it all you've got!



2. Before you begin...

Before you commence any worthwhile fitness or health program, developing your awareness is key.

We recommend tracking everything you eat and drink for a week.

There are fitness apps you can do this with, for example...

- [Myfitnesspal.com](https://myfitnesspal.com)
- [Fitday.com](https://fitday.com)
- [Choosemyplate.org](https://choosemyplate.org)
- [Myfooddiary.com](https://myfooddiary.com)

This is to determine what you normally consume in terms of carbohydrates, proteins and fats.

In addition to providing you with an honest assessment of your daily caloric intake and more importantly, where it's coming from, *keeping a food diary can also help prevent mindless eating.*

If you record when you eat and how you're feeling at the time, the diary will help you to recognise and correct negative eating patterns.

Before you start any new fitness regime, especially if you are overweight, pregnant, have not exercised regularly before, on medication, or have any impediment that reduces your ability to perform exercise, please get clearance from a medical professional before taking part. The 21-Day Reset Challenge is not recommended for anyone under the age of 18 years unless cleared by a medical professional.

3. What to eat.

4 meals a day. Include...

Protein

1 palm full (size and thickness of the palm of your hand)

Lean beef, lamb, chicken, duck, turkey, fish, shellfish, pork, eggs

Fat

A thumb size of nuts, seeds, avocado, olive oil, fish oil or flaxseed oil

Vegetables

1-2 handfuls of broccoli, lettuce, cabbage, cauliflower, green beans, asparagus, mushrooms, brussel sprouts, cucumber, spinach, watercress, onions, all forms of capsicums, raw carrots, tomatoes, zucchini, eggplant

100% Whey Protein Shake

Have this within 15 minutes of your workout. To increase muscle mass in combination with physical activity, you need to consume approximately 1.5grams of protein per kilogram of bodyweight. If you are whey protein sensitive try hemp or pea protein.

Drinking protein shakes post workouts will help you recover faster and keep your energy levels up. You'll feel ready to workout again the next day. You can still fit in a shake even if you're not working out on a particular day.

4. Foods to avoid.

Dairy products. Except for 100% whey protein for your daily shake.

Roasted or salted nuts. The oils / fats in roasted nuts (worse with added salt) are toxic to the system.

Grains. Wheat, cereals, oats, rice etc. We normally encourage our clients to steer clear of gluten given our bodies react to the protein. However, during this 21-day reset period we are also cutting out gluten-free options to give your body a chance to reset and reacquaint itself with lighter meal plans.

Legumes. Can be included after the 21 days. We show you how. Just for the moment, let's leave this out during the detox reset period.

Soy products. You CAN have tamari soy sauce. It doesn't contain wheat. Avoid soy milk and soy protein products.

Salt or dressings in excess. Use condiments and enjoy the flavours in small amounts. Use natural herbs and spices instead which are a great way to add flavour and variety to your palate.

Fruit in excess. Yes - there is too much of a good thing when it's full of fructose or sugar. Limit to no more than 2-3 pieces a day or half a punnet (of berries). Favour options like also have plenty of fibre relative to the sugar like grapefruit, apples, strawberries or berries.

***Special mention:** *If you suffer from autoimmune disorders - you may also want to avoid nightshades (including tomatoes, eggs, nuts, seeds, peppers, eggplant, spices like chili powder, cayenne, paprika. Those can cause inflammation of skin and joints, such as eczema and arthritis.*

5. What to drink.

Water. Water and more water.

Water will not only hydrate you but also make you feel fuller and help with the detox, flushing away any nasty toxins and leaving you with that gorgeous glow!

Aim to have 12 glasses of water every single day.

Hydrate before, during and after your workouts. No exceptions!!

Yes you can include **herbal tea or black tea** to what you drink during the day. NO sugar or sweeteners.

And note: alcohol is NOT on this list!

Your liver will thank you time and time again over the next 3 weeks. Yay!

6. The Prep

Step 1: Take your picture

Step 2: Take your measurement - weight*, height, waist, hips, thighs, blood pressure (optional)

Step 3: Clear your pantry. Then restock according to the 4Ps.

Eat **Protein** and fresh **Produce**

Avoid **Processed** and **Packaged** food.

Step 4: Review the Sample Meal Plan and choose your meals. Purchase ingredients for the next 3-4 days at a minimum.

Step 5: Book in for your Weekly HIIT workouts at Perfect Fit

[Click here to log into the Perfect Fit Clubworx Members Portal](#)

WHY MEASURE?

No matter what your height or build, an increased waistline is a sign that you could be at greater risk of developing serious health problems including type 2 diabetes, heart disease, stroke, high blood pressure and some cancers.

Measuring your waistline is a simple check.

The waist measurements below (no matter what your height is) suggests you have an increased risk of developing a chronic disease:

Increased risk:

- Men: more than 94 centimetres
- Women: more than 80 centimetres

Greatly increased risk:

- Men: more than 102 centimetres
- Women: more than 88 centimetres

How to measure:

- Measure directly against your skin
- Breathe out normally
- Make sure the tape is snug, without compressing the skin
- Measure halfway between the last / lowest rib and the top of your hipbone, which is roughly in line with your belly button

***Ditch the scales after Day 1. Re-weigh only on Day 21**

7. What to do when the going gets tough.

Everyone experiences the detox and reset process differently.

Here's an example of what you might expect each day...

You may experience temporary sugar cravings, lack of energy and brain fog as your body adjusts to burning fat instead of relying on carbohydrates for energy. **The good thing is not everyone experiences this and it usually only lasts a few days.*

Some people report...

1. cravings
2. may notice skin breakouts as your body is releasing toxins - this is good and will clear to more radiant healthy skin after the first few days.
3. may also notice some intermittent constipation

Then after the first few days you may start to notice...

1. that you have clearer skin
2. your bowel movements are more regular
3. clothes are fitting better
4. improved energy
5. your cravings have disappeared
6. better mood

Voila! The New and Improved YOU!

Some extra tips and tricks to help keep you sane during the next 3 weeks...

- **Never skip a meal.** There's a reason why you're eating 4 meals a day.
- **Planning is everything!** Prep food on the weekend or every 3-4 days - cut up raw vegetables, poach chicken, make up bottles of salad dressing and store in fridge - so that you won't be tempted to reach for anything unhealthy.
- **Healthy snacking.** If you are about to gnaw your arm off in hunger, please have some nuts or some healthy snacks in between meals. If you include protein + fat + fibre in your snack it's more likely to keep you full for longer. Think a tablespoon of natural raw peanut butter on celery sticks or mashed up sardines on cucumber rounds with a splash of chilli.
- Aim to eat your last meal at least 2 hours before bed so that your digestion doesn't interrupt your sleep.
- Aim to get at least 7-8 hours of sleep every night whether you're working out in the early morning or not.
- **Always eat breakfast.**
- **NO cheating.** It won't work if you cheat. It IS tough but hang in there. Take a deep breath and imagine that moment when you can slide gracefully into your skinny jeans or flaunt your new svelte curves on the beach. Breathe again...just wallow in that joyous moment for a while. :)

~ When you are in control of your mind, you are in control of your life! ~

8. 7 Day Sample Eating Plan

We recommend starting your morning with warm water and a slice of lemon. Green or herbal tea if you are easing into it. If it's not already, gradually make it part of your morning ritual.

Here's a sample week of meal plans to get you started...

You'll also notice a theme of getting more out of your meals! Cook once - make enough for at least 2 other meals.

	Meal 1	Meal 2	Meal 3	Snack Ideas
Day 1	Frittata muffins	Thai larb salad	Poached chicken + kale salad	Raw veggie sticks with mashed avo
Day 2	Frittata muffins	Poached chicken + kale salad	One-pan lamb chops	Natural raw nut butter in celery
Day 3	Scrambled eggs + spinach	Lamb chop salad	Steamed fish with coriander lime sauce	Boiled egg
Day 4	Poached eggs + veggies	BLT Super Salad	Steak fajitas with lettuce tortillas	Green smoothie
Day 5	Steak fajitas with lettuce tortillas	Celery sticks with smashed sardines	Meatballs on zucchini pasta	Small palm full of raw nuts
Day 6	Stuffed brekkie mushrooms	Meatball salad	Steak kebabs	Sashimi
Day 7	Stuffed brekkie mushrooms	Power salad with steak kebab strips	Poached salmon + spinach salad	Meatballs with celery sticks

9. Frequently (and some not so frequently) Asked Questions.

Q: What can I eat BEFORE and AFTER workouts?

A: The general rule of thumb is to eat 1½ to 2 hours before the class as long as it does not disrupt your sleep. For example, if the class is at 6 a.m. and you have to get up at 4 a.m. to eat breakfast, then you are disrupting your sleep. If that is the case, it is probably best to skip breakfast and have your post-workout shake immediately after finishing the class, then within an hour of finishing the workout.

Q: I normally eat cereal or toast for breakfast. What can I eat if I can't eat grains?

A: Try eggs with vegetables like an omelette or scrambled eggs with a side of veggies. Chicken salad is good too. Whilst these might seem unconventional, it will actually set you up for sustained energy levels all day.

Q: What if I can't live without yoghurt/chocolate, or coffee with milk?

A: If you have a 'non-negotiable' that you cannot live without, by all means keep it in your diet. We're not going to police your food intake. However know that it will slow down your progress and in some cases, depending on what it is, it will stop your progress altogether.

As good as our training programs are, there is no out-exercising a bad diet.

Q: If I'm not eating grains, where do I get my fiber from?

A: There is eight times more fiber in non-starchy vegetables, such as leafy greens, than in grains. This means that by eating 1 to 2 handfuls of vegetables at each meal you'll be getting plenty of fiber. This also means that eating these vegetables at each meal is extremely important to keep your digestive system moving.

Q: If I'm not eating milk products how will I get the right amount calcium?

A: All green vegetables contain calcium as well as most nuts and seeds, especially sesame seeds, almonds and brazil nuts. Good choices of green vegetables that are high in calcium are spinach, kelp, collard greens, kale, broccoli and celery. Many green vegetables have a better calcium-absorption rate compared with milk products. Eating lots of vegetables in your diet will help prevent bone deterioration.

Also understand that this is not a 'forever' diet. Feel free to re-introduce milk products after the 21-day challenge.

Q: What do I do when I feel tired? Am I eating enough?

A: In the first 7 to 14 days you may feel tired as your body adjusts to the change in macronutrient composition. You'll find from a calorie perspective you will be eating just as much if not more than what you normally have. But a calorie is not a calorie is not a calorie. :-)

What the re-set challenge does is ensure that you're getting more energy from fats and proteins rather than carbohydrates for better energy levels throughout the day.

This is a good time to make sure you have your food organized, ready to eat in the correct portions of protein, carbohydrates and good fats. Make sure you're having all of your meals at regular intervals each day and before you know it, your energy levels will be better than ever!

Q: What if I fall off the plan? Weekends are difficult with family and social events.

A: Simply get back on it as quickly as you can. Progress and overall results will be limited if you don't stick with the plan for the full 21 days.

Preparation also helps. Know what your healthy options are when you are eating out. And have a supply of healthy snacks available so that you are not reaching for the nearest sugary treat when your energy levels dip.

Do not try to 'make up' for it by not eating or over-exercising. These extremes are detrimental to your health and can cause injury.

Q: What condiments, dressings and herbs can I have?

A: All herbs and spices are allowed. If you are going for tomato-based best to look for ones without sugar. You can also have mustards and balsamic vinegar. Use salt and natural mayonnaise in small amounts.

Be aware of the ingredients - stay away from sugar or grain-based products. Look for gluten-free on the label.

Think of using these for light flavour enhancement rather than flavouring that will mask or drastically alter the taste of the food itself.

Q: I've started drinking the suggested amount of water and I have to go to the toilet a lot. Am I over-drinking? And how can I prevent this?

A: As your body begins to hydrate itself, you may indeed experience frequent trips to the toilet. To help with this you can add a pinch of unrefined sea salt to each liter of water. This increases the mineral content of the water to help you stay hydrated. You can also add a dash of apple cider vinegar or a squeeze of lemon.

It is also best to sip water throughout the day rather than drinking a whole glass at a time.

Q: I'm a vegetarian and would like to do the 21 Day Challenge. Is this possible?

A: If you eat a diet which does not include animal protein, we recommend you clear it with a health professional before you attempt the 21 Day Challenge especially if you are coming to HIIT classes more than 2-3 times a week.

Even with a protein supplement we still recommend eating a variety of meat, chicken and fish in your diet for your protein requirement.

Q: I feel sore after my workout? What can I do about it and should I come to workouts even if I am sore?

A: Expect extra soreness when you start a new exercise regime. Warming up is important. As is ensuring that you cool down. Both will be incorporated into your HIIT classes at Perfect Fit.

The post-workout protein shake will help with recovery. That's why we recommend taking it during the challenge. We also recommend taking a Magnesium supplement.

Depending on the muscle group that is sore, you should plan to give your body a rest of 24-48 hours between training sessions.

If you decide to come for a workout, know that you can work at your own pace. Ask your trainer to show you modified moves and always let them know if you have persistent soreness.

You are going to be the best judge of what you are capable of. Listen to your body. Safety first.

10. Your Top 10 Tips for Safe and Effective Training

1. **Don't do any exercises you are unsure of.** Ask your trainer if you are unsure.
2. **Build your base first.** Focus on getting your form right before you add weight or increase the intensity.
3. **Always warm up and cool down.** Make a plan to arrive early so that you don't miss the important warm up segment of the class.
4. **Expect extra soreness when you start a new exercise program.** Even if the exercises feel easy. Delayed onset muscle soreness (DOMS) can be expected and is perfectly normal. Remember: **post-workout protein shake + magnesium.**
5. **Do not overtrain.** If you are feeling sore and DEPLETED at the start of the workout, it's time you had a rest day. That's when your body consolidates all the good work that you're doing.
6. **Focus on recovery.** Take 1-2 rest days a week. It's actually an important component of your training regime.
7. **Get enough sleep.** Minimum 7-8 hours a night. You are not doing yourself any favours coming to training when you are tired especially if you are training more regularly.
8. **Drink enough water.** Stay hydrated before, during and after your workouts.
9. **Have a pre-training ritual.** Whether it's meeting up with a friend or laying out your clothes the night before, getting into a ritual before you come to training will help keep you on track and hold you accountable.
10. **Join the Perfect Fit Community for ongoing support and motivation.** Research tells us that we are 2 x as likely to hit our fitness or fat loss goals when we are part of a community moving towards a similar goal. So plug into our [Facebook](#) or [Instagram](#) feeds to get your daily dose of Perfect Fit motivation to stay on course during your 21 Days and beyond.

What's Next?

If you enjoyed the 21-Day Challenge you might like to stay on track with the following Perfect Fit programs...

