

A person wearing a white crop top, white leggings, and white sneakers is running up a concrete staircase. A metal railing is on the right side of the stairs. The scene is brightly lit, with a strong light source from the left creating a lens flare effect. The text 'POWER UP' is overlaid in the top left, 'SLIM DOWN' is in the center, and 'Guide' is in a script font on the right.

**POWER UP**

**SLIM DOWN**  
*Guide*



# **POWER UP**

## **SLIM DOWN**

*Guide*

- 4-Week Full Body Fat Loss Kickstart Program
- Home-Based Workouts
  - No Equipment Required
  - **Dumbbells and Resistance Bands HIGHLY Recommended**
- Program Includes:
  - Split-Based Workouts Designed Specifically for Fat Loss
  - Nutritional Guidelines & Meal Inspirations
  - Exercise Demonstrations
  - Tips & Tricks For Staying Motivated
  - Equipment Recommendations
  - Private Facebook Community



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CLICK [HERE](#) TO WATCH

*Welcome Video*







## ***MEET YOUR COACH***

Michelle Renee' is a certified and upbeat health coach, whose deep passion for changing lives and inspiring others is demonstrated in her commitment to her Champions. Born in Los Angeles to Caribbean parents, Michelle currently resides and trains out of Atlanta, GA along with her supportive husband and adorable new baby girl! She sets an example for how adopting a healthy lifestyle can change lives physically, mentally, and spiritually. Michelle has witnessed the transformative beauty of a healthy lifestyle having overcome bouts of depression, anxiety, and perfectionism. As a former D1 Collegiate Athlete and Sr. Corporate Strategist, she is a fierce competitor and will fight for her Champions' redemption story.



# ***How To Complete The Program***

**Step 1:** Purchase the Power Up Slim Down Challenge

**Step 2:** Submit A Before Picture Via Email

**Step 3:** Start the Program

**Step 4:** Push to Complete Every Workout & Nutrition Targets

**Step 5:** Submit Your After Picture Via Email

**Step 6:** Share Your “I Am A Champion” Story

\* Submit before & after pictures to [tenpowfitness@gmail.com](mailto:tenpowfitness@gmail.com)

\* Transformations may be featured on social media pages and website

\* Yes, you are allowed to workout more than once a day

\* Be sure to complete each workout in order

\* Nutrition is a major factor, read through carefully

\* Your Story should include WHY you started the program, what you learned about yourself, what kept you motivated throughout the journey, and would you recommend to others



# Challenge Overview

Power Up **Slim Down** is a 4-week Full Body Kickstart Program designed to target all muscle groups and optimize fat-burners while making you stronger

## Training Days

Training will be 5-6 days per week

- 3 Strength Days
  - Lower Body Circuit
  - Upper Body Circuit
  - Total Body Circuit
- 2 Cardio HIIT Days
  - Movement-Based Day
  - Abs/Core Included
- 1 Optional Cardio
  - Endurance-Focused

## Equipment Needed

- Dumbbells
  - Preferably 2 Pair: one light and one heavy, for upper and lower body days, respectively. Get creative by using water bottles, canned goods, backpacks, etc. in place of dumbbells
- Resistance Bands
  - Some movements can be done with bands as a substitute. While others can be intensified by bands

## Apps Recommended

- SmartWOD Timer
  - This is a timer app for HIIT workouts! You will only need to use the "Tabata" timer in the app and personalize the work time and rest times (*these work/rest times will be given to you*)
- MyFitness Pal
  - Recommended app for tracking calories/macros, inputting your goals, and understanding additional nutrition facts.

**The TenPow Fitness Custom, Non-Slip, Fabric Resistance Band Sets Are On The Way! Champions will have early notification.**



# Challenge Checklist

If You Don't Plan To Win, You Plan To Fail! Let's Get Started With A Checklist:

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- ☐ Thoroughly Read Through The Guide
- ☐ Watch Welcome Video
- ☐ Set Up Your Profile Account  
Click Here: [Profile Registration](#)
- ☐ Submit Before Pictures (see pg. 30)  
Email: [tenpowfitness+challenges@gmail.com](mailto:tenpowfitness+challenges@gmail.com)
- ☐ Download Suggested Apps
- ☐ Join The Private Facebook Community  
Click Here: [Private Champion Facebook Group](#)
- ☐ Follow @TenPowFitness On Instagram/Facebook
- ☐ Complete The Nutritional Goals (pg. 15)
- ☐ Submit Final Pictures After Stage 2 Completion
- ☐ Take Wrap Up Survey (see pg. 36)
- ☐ Share Your Experience With The World

*I am cheering for you all the way, Champion! Remember its one day, one workout, one exercise, and one rep at a time!*





## SECTION INCLUDES

- Fat-Loss vs. Weight-Loss
- How To Lose Fat In A Healthy Way
- Identify Your Body Type



***Understanding  
Your Body***



# ***Fat Loss vs. Weight Loss***

Many people believe that Fat-Loss is the same as Weight-Loss and use these terms interchangeably. However, weight loss does not necessarily mean that you are changing your body fat composition! Or in a reverse scenario, you can actually lose more body-fat than weight. Fat-Loss is the ultimate goal!

There are major differences between **Fat-Loss** vs. **Weight-Loss**.  
Let's discuss what some of those are:

- Weight-Loss is dependent on a basic scale, which can fluctuate throughout the day, for example, your weight in the morning vs. evening
- Body-Fat and loss is more linear and will not fluctuate as easily
- Weight-Loss includes loss of weight and muscle; Remember we want to keep the muscle as this will provide an overall leaner appearance
- Body-Fat is measured using an electro scale. I recommend **Smart Scale** (click for amazon link) because it measures not only your overall weight, but body percentage, water weight, and muscular weight



The formula is simple! We burn fat effectively by exercising on a regular basis and eating healthy daily. Consistency breeds results! And while the formula might be simple, execution can be a challenge. Lucky for you, you have a program already mapped out for you, but its up to YOU to hit every workout and eat healthy everyday so you can see visible results in only 4 weeks.

Remember: **THIS PROGRAM WON'T WORK IF YOU DON'T!**

## IMPORTANT FAT-LOSS REMINDERS

**TRAIN CONSISTENTLY!** Your goal should be to hit every workout in this program, 5 days minimum is a MUST to achieve the best results in 4 weeks. If you happen to miss a workout, make it up the following day. Complete every workout in order as listed on the calendar. You do not have to follow the exact days, just make sure you are going in order as provided. There are videos for every movement. Simply click on the name and it'll pop up. Make sure you complete the warm-up for every workout and stretch properly afterwards.

**TRACK YOUR MACROS!** (Macros = Macronutrients = Carbs, Fats, and Protein) Our calories are broken down into these three parts. If you are not tracking your eating, you will not know if you are over or undereating. Remember, we CANNOT go over our calorie number. Tracking your Carbs, Fats, and Protein is CRITICAL! Try making the same meals for about 2-3 days and portioning them out so its easier to track. You can also "save a meal" in your tracking app so you don't have to individually input these items daily.



*How To Lose Fat In A Healthy Way*



## THIS PROGRAM WON'T WORK IF YOU DON'T!

### IMPORTANT FAT-LOSS REMINDERS

**CALORIES RULE ALL!** In this program you will learn how to calculate your calories & macros that make them up. The calorie number is very IMPORTANT! In order to burn fat while still gaining lean muscle you must not go over this number! To lose weight you **MUST** be caloric deficit, meaning **BURN** more calories than you **INTAKE**. But in order to really target your midsection, healthy, nutritional options are crucial.

**PAY ATTENTION TO FORM!** Make sure to watch the corresponding videos for every movement. Simply click on the movement and a video will pop up. Record your form and post/share on Facebook for me to correct, if needed. Along with form, it is critical that each movement is done with intention. Simply mimicking the action is only part of it. Focus on the muscles you are targeting and engage with them the whole time. This will become second nature over time, but when we set our minds to our bodies, we build a better connection and results.

**JUST STAY AWAY!** Throw away and avoid junk food, candy, soda, sugary condiments, fried foods, processed foods, and “instant meals” These are major ‘no, no’s’ as we want to eat as fresh as possible. Drink as close to a gallon of water everyday. [Hack: Drink a glass of water 20-30 mins before each meal]



*How To Lose Fat In A  
Healthy Way*

**Craving more in-depth ways to drop the fat?**

**Continue reading for 10 Quick & Easy Tips Fat Loss**





# Identify Your Body Type

There are 3 main body types: **Ectomorph**, **Mesomorph**, and **Endomorph**. There is no greater body type than the others, but each type responds differently to macronutrients, so we base our calculated macros [Carbs, Fats, and Proteins] on our personal body type. Please read the descriptions below & choose the body type that best reflects yourself:

## Ectomorph

- Naturally thin with skinny limbs
- High tolerance for carbs
- Naturally fast metabolism making it difficult to gain weight (muscle or fat)
- **Macro Ratio: 50% Carbs, 30% Protein, 20% Fat**

## Mesomorph

- Naturally muscular & athletic with broad shoulders; described as being "solid"
- Not usually over or underweight
- Gain muscle or fat fairly easily
- **Macro Ratio: 40% Carbs, 30% Protein, 30% Fat**

## Endomorph

- Naturally broad & thick with a larger frame
- Slower metabolism
- Gains fat easily, making it difficult to lose weight
- Less tolerance for carbs
- **Macro Ratio: 25% Carbs, 40% Protein, 35% Fat**

**What It Means:** If I am an Endomorph and my daily calorie goal is 1300 calories, 25% of my calories would come from Carbs, 40% from Protein, and 35% from Fats. Make sense? YAY!





## ***Nutritional Guidelines***

## **SECTION INCLUDES**

- Calculate How Much To Eat Daily
- What Is A Macro?
- Nutritional Cheat Sheet
- Supplement Recommendations
- 10 Quick & Easy Tips To Lose Fat
- Simple Meal Ideas
- Grocery Shopping Tips & Tricks



# Calculate How Much To Eat **Daily**

**First**, Click [HERE](#) to calculate your daily calories. Fill out the quick form, click “**Calculate.**” You will see different numbers depending on how much weight you’d like to lose and how fast. **Choose a number you KNOW for a fact you can hit every single day.** Keep in mind having an overly aggressive goal is not always the best. Type in number below for your own records.


## MY DAILY CALORIES

**Next**, Click [HERE](#) to calculate your Macros. Use the number above to input your new, calculated “**Daily Calories**”. Then adjust the % ratios for **Protein**, **Fats**, and **Carbohydrates** based on the body type that best fits you (see page 11) Click “**Calculate**” and Scroll Down to view “**Macronutrients Per Day**” and input numbers for your own records.

## MY DAILY MACROS

PROTEIN \_\_\_\_g    FATS \_\_\_\_g    CARBS \_\_\_\_g





Macro is short for “Macronutrient”  
A source of energy!

Our body’s 3 main energy sources are:  
**Carbs, Proteins, and Fats.** It is ESSENTIAL to  
intake all 3 of these macronutrients daily in  
the correct amounts. Use the cheat sheet  
on the next page to make grocery  
shopping for your macros a little easier!

***Wait... But What  
Is A Macro?***





# Macro Cheat Sheet

## Clean Carbs

- Whole Sprouted Bread (Food for Life Ezekiel Bread, Dave's Killer Bread)
- Whole-Gain Tortilla Wraps
- Whole Wheat Bun
- Kodiak Cakes Pancake Mix & Frozen Waffles
- Sweet Potatoes/Red Potatoes, White Potatoes
- Jasmine Rice/Brown Rice
- Whole-Wheat Paste
- Plain Oatmeal
- Quinoa
- Corn
- Squash
- Plain, Lightly Salted Rice Cakes

## Clean Fats

- Fish (Salmon, Cod)
- Avocado
- Organic Cheese
- Whole Eggs [including yolk]
- Nuts [Almonds, Peanuts, Pistachios]
- Nut Butters [Peanut Butter/Almond Butter/Cashew Butter]
- Tahini
- Seeds: Plain Sunflower Seeds, Pumpkin Seeds, Chia Seeds, Flaxseeds
- Hemp Hearts
- Hummus
- Edamame
- 100% Extra Virgin Olive Oil/Hemp Oil/Avocado Oil [add 1-2 tbsp of oil to ALREADY cooked meals for quick calories]

## Protein

- Meats: Chicken [breasts, skinless], Turkey, Bison, Chicken Breakfast Sausage, Salmon, Tuna [look for "pole-and-line caught" tuna]
- Full Fat Greek Yogurt (not fat free or reduced fat)
- VEGGIES/VEGANS: Seitan, Tofu, Beyond Meat "beef" crumbles & patties, Gardenburger
- Black Beans
- Red/Green Lentils
- Whey Protein Powder
- Vegan Protein Powder

## Condiments/Seasonings

- Brown or Yellow Mustard
- Tabasco/Sriracha Hot Sauce
- 100% Raw Honey
- Balsamic Vinaigrette [Stay Away From Ranch, Caesar, Bleu Cheese, Honey Mustard As They Are Extremely High In Sugar]
- Himalayan Pink Salt/Sea Salt
- Cracked Pepper/Cayenne Pepper
- Turmeric
- Onion/Garlic Powder
- Cinnamon
- Stevia
- Liquid Aminos [Healthier Alternative to Soy Sauce]

## Fluids

- Water [1 Gallon A Day]
- Green Tea/Ginger Tea
- 100% Tart Cherry Juice [For Muscle Recovery]
- 100% Orange Juice
- Black Coffee
- Protein Shake



# Supplement Recommendations

Use My Personal Link [TENPOW FITNESS WOMEN'S BEST](#) For The Best Deals. Click To Shop Now!

## PROTEIN POWDER



To help you reach your daily protein goal. Keep in mind protein powders are SUPPLEMENTS, NOT SUBSTITUTES for real food. Always try to get in as much protein from food first. Try to stay away from protein powders with artificial flavors & sweeteners.

Can be taken any time, but not recommended right before a workout.

## BCAAs



"Branched-chain Amino Acids" (what protein is made up of): Aids in muscle growth, decreases muscle soreness, reduces intra-workout fatigue.

Take one serving DURING workout.

## PREWORKOUT



Maximizes energy, focus, and endurance.

Take before workout. Follow label instructions for exact time frame.

Feel free to explore the site for much more amazing nutritional products like protein foods and snacks (pancakes, peanut butter, chips), Superfoods (green smoothie mix), and bundles



# Part 1: 10 Quick Easy Tips To Lose Fat

1. **Set Practical Goals:** Short term changes are typically driven primarily by water. For most people it is hard to lose more than 1 to 2 pounds per week. Trying to lose too quickly can lead to serious health issues.
2. **Rule of Thumb on Calories:** Each pound is equivalent to 3,500 calories, so a 500-calorie daily deficit would lead to losing 1 pound per week.
3. **Beware of Sugar:** Your body processes carbohydrates differently than fats and proteins. Eating foods with a high glycemic index (those heavy in sugar and other quick-acting refined carbohydrates) will cause your blood sugar to quickly spike then crash, making you hungry again sooner. Whereas fats and proteins are processed slower and give you a sense of satiety which lasts longer. *Calorie counting is a challenge for some people because it requires a lot of time, effort, and discipline, but as **CHAMPIONS, WE WILL TRAIN LIKE ONE!*** Beware of packages labeled in grocery stores as "fat free food" or "low fat" since many of these are just marketing gimmicks – and as a former Sr. Marketing Manager for a major beverage conglomerate, trust me I know ;)
4. **Skiping & Binging:** If you skip meals it often leads to binging later at night. Spread your meals over the day!
5. **Diet & Exercise:** Most of what drives gain or loss is what you eat, but it is hard to function by cutting calories excessively. If you have reduced your calories to 1,200 per day, then rather than trying to reduce calories further it is better to try to increase calorie expenditure. Exercising will both make you feel better and make it easier to sleep at night.

*Note: Don't just stop at the calorie count because harmful additives may be hiding in ingredient lists. One of the worst culprits for weight gain is trans fat, and you have to be diligent when looking out for it. The nutrition information may say 0 grams trans fat, but if a food contains 0.49 grams or less, the company is allowed to list it as 0 grams. Look for partially hydrogenated oils in the ingredients and put the food back if you see that ingredient. Look for hidden sugar as well. Fructose, Dextrose, and Sucrose are all sugar ingredients that add up quickly.*



## Part 2: 10 Quick Easy Tips To Lose Fat

6. **Sleep Well:** If you don't get enough sleep you may crave more food to offset the lack of sleep. Aim to get at least 7 hours of sleep daily!
7. **Measure It:** If you want to improve something, measure it. While a pedometer can seem utterly arbitrary, wearing one and holding yourself to a daily goal can lead to forming powerful habits. Fitbit devices, Apple watches, or other trackers also allow you to create an online account where you can track yourself against friends and co-workers, so you can push each other to exercise.
8. **Have Accountability:** Exercising can become a daunting task. There will be many times on your journey when you just don't feel like working out or making healthy decisions. Have an accountability partner, team, trainer, spouse, friend, etc. that will push you and encourage you when you are feeling out of sorts.  
**\*\*POST YOUR WORKOUTS ON INSTAGRAM (I RECOMMEND STORIES) AND TAG ME AND OTHER WORKOUT PARTNERS TO HELP KEEP YOU ACCOUNTABLE.**
9. **Anything is Better Than Nothing:** If you can't do high impact stuff, then start with lower impact exercises. If you don't have much endurance, then exercise in shorter increments and gradually increase them over time. Your goal is to complete every workout in this plan! This will render the best results.
10. **Remember It's a Lifestyle Change:** Losing & keeping it off isn't just diet and exercise, it's a complete lifestyle change. Rather than following fad diets or hoping for a quick fix, losing in a healthy, lasting manner is much more likely with careful diet change and the right exercise regimen. Lucky for you, you've already started!

*The size of your plates and bowls may also have a lot to do with portion control. If you have large dinner plates, the temptation is there to fill them up. Try dining from a side plate instead and eat slowly so your body has a chance to register that you're no longer hungry. Measuring cups are also useful. If you want a snack, allow yourself half a cup. Measure it into a bowl and don't refill. It's a lot easier to manage portions when you measure them.*





# Simple Meal Ideas: **Breakfast**

This is NOT a meal plan. These are only ideas for you to try. You will STILL have to manipulate the portion sizes to fit in your daily caloric goal. For beginners, I would choose an idea from the Breakfast, Lunch, Dinner & Snack sections and calculate the portion sizes for each meal to equal your daily macros (Carbs, Protein, Fats)

MEAL	INGREDIENTS	TOTAL CALORIES
<b>Berry Oatmeal</b>	½ Cup Quaker Oats – 120 cals 1 Cup Unsweetened Almond Milk – 30 cals 1/3 Cup Blueberries – 27 cals 1 Tbsp Drizzle of Raw Honey – 60 cals	<b>237 cal</b>
<b>Healthy Homestyle Breakfast</b>	3 Applegate Farms Chicken & Maple Breakfast Sausage – 110 cals 2 Scrambled Eggs – 140 cals Small Grapefruit – 32 cals	<b>282 cal</b>
<b>Berries &amp; Nuts Greek Yogurt Parfait</b>	1 Cup Chobani Plain Greek Yogurt – 120 cals ¼ Cup Raspberries – 32 cals ¼ Cup Blueberries – 20 cals Pinch of Cinnamon ½ Tbsp Raw Honey [mix in with yogurt for sweetness] – 30 cals ¼ Sliced Almonds – 133 cals	<b>335 cal</b>



# Simple Meal Ideas: **Lunch**

This is NOT a meal plan. These are only ideas for you to try. You will STILL have to manipulate the portion sizes to fit in your daily caloric goal. For beginners, I would choose an idea from the Breakfast, Lunch, Dinner & Snack sections and calculate the portion sizes for each meal to equal your daily macros (carbs, protein, fats)

MEAL	INGREDIENTS	TOTAL CALORIES
<b>Tuna Salad</b>	1 Can "Safe Catch" Brand Tuna – 150 cal 2 Wasa Multigrain Crisp Breads – 90 cal 15 Blueberries – 15 cal 4.4-inch Celery Sticks – 10 cal	<b>265 cal</b>
<b>Black Bean Tacos</b>	2 Whole-Wheat Street Tacos Tortillas – 70 cal ½ Cup Black Beans – 130 cal 2 Tbsp Salsa – 10 cal 1 Tbsp Guacamole – 60 cal	<b>270 cal</b>
<b>Chicken Pesto Wrap</b>	½ Cup Cubed Grilled Chicken – 115 cal 2 Tbsp Homemade or Bought Pesto – 120 cal 1 Whole-Wheat Tortilla Wraps – 130 cal ¼ Cup Fresh Baby Spinach Leaves – 18 cal ½ Red Bull Pepper Sliced into Thin Sticks – ½ cal ½ Carrot Sliced into Thin Sticks – 15 cal	<b>410 cal</b>



# Simple Meal Ideas: **Dinner**

This is NOT a meal plan. These are only ideas for you to try. You will STILL have to manipulate the portion sizes to fit in your daily caloric goal. For beginners, I would choose an idea from the Breakfast, Lunch, Dinner & Snack sections and calculate the portion sizes for each meal to equal your daily macros (carbs, protein, fats)

MEAL	INGREDIENTS	TOTAL CALORIES
Roasted Salmon w/ Greens & Tomatoes	Click <a href="#">HERE</a> for 20-minute Recipe	330 cal
Grilled Steak Tortilla Salad	Click <a href="#">HERE</a> for 20-minute Recipe	340 cal
Zucchini Taco Boats	Click <a href="#">HERE</a> for 45-minute Recipe	390 cal
Beef & Broccoli Stir-Fry	Click <a href="#">HERE</a> for 45-minute Recipe	398 cal
Grilled Bison Burger <i>*prepare bun-less for lower calories</i>	Click <a href="#">HERE</a> for 20-minute Recipe	392 cal



# Simple Meal Ideas: **Snacks**

MEAL	INGREDIENTS	TOTAL CALORIES
<b>Veggies + Hummus</b>	1 Large Carrot Cut into Sticks – 30 cal 1 Large Cucumber, Cut into Sticks – 16 cal 2 Tbsp Hummus – 70 cal	<b>116 cal</b>
<b>Berry Nut Rice Cakes</b>	2 Lightly Salted Rice Cakes – 70 cal 2 Tbsp MaraNatha Organic Peanut Butter – 190 cal ¼ Sliced Strawberries – 13 cal	<b>273 cal</b>
<b>Berries &amp; Whipped Cream</b>	¼ Cup Blueberries – 20 cal ¼ Cup Raspberries – 32 cal 2 Tbsp Heavy Whipping Cream – 104 cal	<b>156 cal</b>
<b>Low-Carb Strawberry Smoothie</b>	1 Cup Unsweetened Almond Milk – 30 cal ½ Cup Fresh or Frozen Strawberries – 25 cal 1 Scoop (35g) Low-Carb Protein Powder – 138 cal ¼ Teaspoon Vanilla Extract – 3 cal <i>**add a few ice cubes to cool</i>	<b>196 cal</b>
<b>Kale Chips</b>	1 Cup Fresh, Raw Kale Drizzle Kale in Olive Oil, Garlic Powder, & Salt Bake at 350F for ~10-mins or until edges brown & crisp	<b>155 cal</b>
<b>Carrot Sticks &amp; Peanut Butter</b>	1 Cup Matchstick Cut Carrots – 35 cal 2 Tbsp MaraNatha Organic Peanut Butter – 200 cal	<b>235 cal</b>





## GROCERY SHOPPING TIPS & TRICKS

*Use these tips to help you navigate the grocery store healthily*

1. **CHOOSE COLORFUL FOODS:** In the absence of a nutrition label, good and low-carb options are commonly vibrant to the eyes and packed with nutrients
2. **DON'T GO HUNGRY:** Going to the store hungry can lead to impulse buys and a fuller cart of items you did not necessarily intend to purchase. If grocery shopping leading up to mealtime, choose a nutritious option to snack on in between, including Greek yogurt, a piece of fruit, or a cheese stick
3. **TAKE ADVANTAGE OF LABELS:** Whereas the perimeter provides wholesome food products, the aisles can also offer nutritious items. But take advantage of the ingredient label and stay weary of added sugar, sodium, and oils. As a general rule of thumb, stick to products with less than five ingredients.
4. **SHOP THE STORE'S PERIMETER:** The perimeter tends to house colorful produce, meats, milk and dairy products, and other fresh products
5. **CONSIDER THE SELF-CHECKOUT:** Use a self-checkout if offered, as most common checkout and register lines are loaded with temptations for impulse buys even in the absence of hunger. Utilizing a self-checkout can reduce the urge to grab candy, chips, and other convenience snacks.



*Navigating The Grocery  
Store*





## *Important “How To’s”*

## SECTION INCLUDES

- How To Plan Your Weekly Nutrition Goals
- How To Set Up MyFitnessPal
- How To Track Macros: MyFitnessPal
- How To Track Your Macros Example
- How To Track Your Progress
- How To Take Before & After Pictures
- How To Stay Motivated



# How To *Plan Your Weekly Nutrition Goals*

In order to truly get the most out of your transformation, you MUST commit to clean eating! I am not an advocate for diets nor boring, tasteless meals. If you stay away from the absolute no-no's and stay within your caloric and macro range, you will maximize your results! Use this chart to plan your weekly meals and input them into your My Fitness Pal app. The goal is to meet your calorie and macros within a +/- 10 gram range.

\*One of your Power Up Snacks should be High Protein and consumed right AFTER your workout! I suggest a protein shake to help rebuild and refuel your body.

MEALS	TIME	SUN	Calories/ Macros	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST	7:00AM	<ul style="list-style-type: none"> <li>- 2 Boiled Eggs (Lg)</li> <li>- 2 Slices of Turkey Bacon</li> </ul>	204 cal						
POWER UP SNACK*	10:00AM	2 Scoop Women's Best Protein Shake (add ½ tbsp. of Olive Oil for Fat)	284 cal	Use The Following Page To Print For Personal Use					
LUNCH	1:00PM	<ul style="list-style-type: none"> <li>- 4oz. Grilled Chicken Fajitas</li> <li>- ½ Cup Spanish Rice</li> </ul>	188 cal						
POWER UP SNACK*	4:00PM	<ul style="list-style-type: none"> <li>- 1oz. Of Mixed Nuts</li> <li>- Banana</li> </ul>	265 cal						
DINNER	7:00PM	<ul style="list-style-type: none"> <li>- 4oz. Grilled Salmon</li> <li>- 3oz. Brussel Sprouts</li> </ul>	290 cal	1,231 Total Calories	75g/26% Carbs	46g/35% Fats	114g/39% Protein		

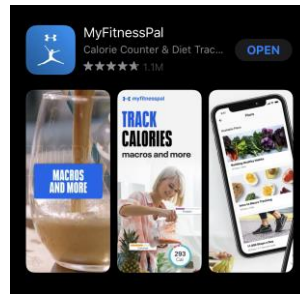
\*\*Please note that when planning you want to focus on meeting your macros IN GRAMS, not in %. Once you have the percentages locked in based on your body type, the number of grams you will need per day will automatically be provided. That is the goal you must try to reach. When you meet these numbers, the %s will also be met.



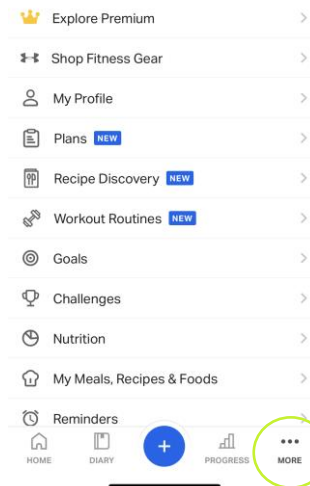
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# How To *Set Up My Fitness Pal*

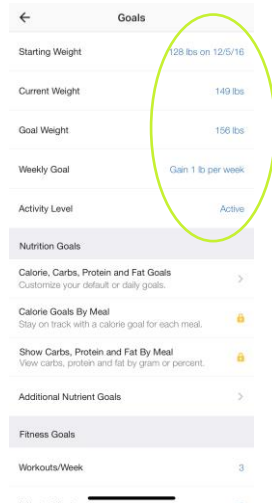
## 1. DOWNLOAD MYFITNESSPAL TRACKING APP



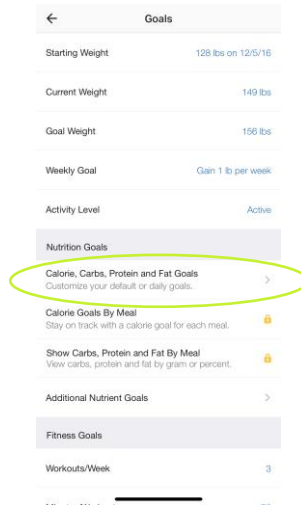
## 2. SELECT ...MORE TO SET UP YOUR GOAL PROFILE



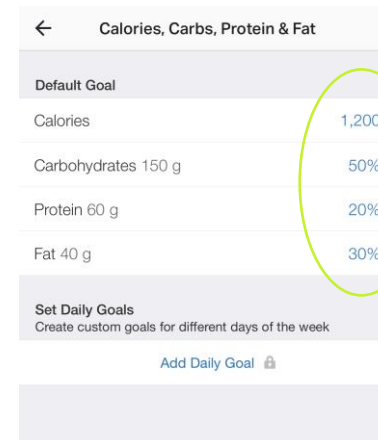
## 3. INPUT YOUR GOALS (WEEKLY GOAL SHOULD NOT EXCEED 2-3LBS PER WK & ACTIVITY LEVEL ACTIVE)



## 4. CUSTOMIZE MACRO GOALS UNDER NUTRITION GOALS



## 5. INPUT YOUR DAILY CALORIE GOAL AND SET THE MACRO % BASED ON YOUR BODY TYPE (SEE PAGE 12)

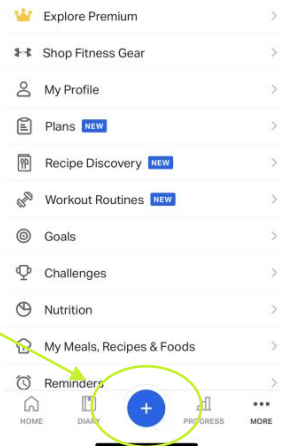


Click [HERE](#) to watch a short tutorial video

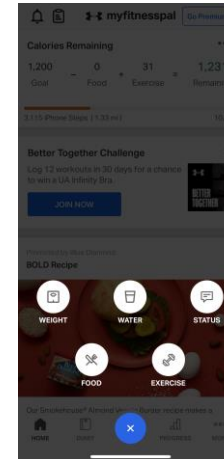


# How To *Track Macros Example*

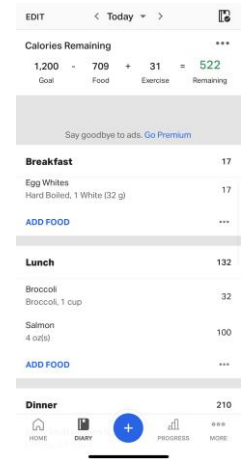
1. CLICK THE **PLUS** BUTTON FROM THE PAGE



2. SELECT **FOOD** TO INSERT EACH ITEM



3. CALORIES WILL BE **DEDUCTED** FROM TOTAL



4. **NUTRIENTS** TAB WILL SHOW GOALS IN GRAMS

A screenshot of the myfitnesspal app showing the 'Nutrients' tab. The table displays various nutrients and their goals in grams. The table has columns for 'Total', 'Goal', and 'Left'.

	Total	Goal	Left
Protein	57	62	5g
Carbohydrates	58	154	96g
Fiber	11	25	14g
Sugar	10	66	56g
Fat	30	41	11g
Saturated Fat	6	19	12g
Polyunsaturated Fat	0	-	0g
Monounsaturated Fat	0	-	0g
Trans Fat	0	0	0g
Cholesterol	78	300	222mg

5. **MACROS** TAB WILL SHOW GOALS IN %S



Click [HERE](#) to watch a short tutorial video





# How To *Track Progress*

**Tracking your process during this program is CRITICAL!** It will not only keep you focused on the goal, but will hold you accountable, allow you to be more efficient in your time and workouts, plus help you stay committed to the plan.

## Here are ways to track:

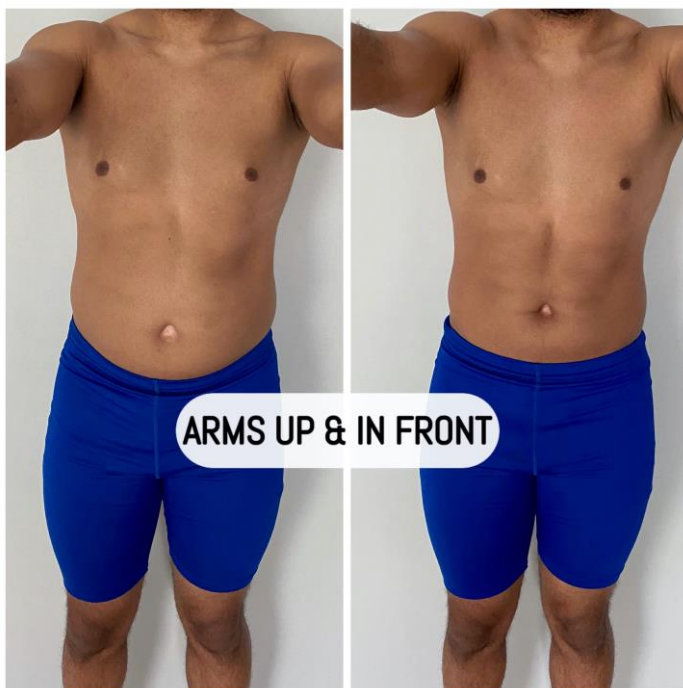
1. **SNAP & SHARE BEFORE AND AFTER PICTURES:** Check out the next page to see how to take proper before and after photos
2. **USE A SMARTSCALE TO TRACK BODY FAT %:** In addition to weight, this scale can also measure your body fat percentage. As mentioned in the Fat-Loss vs. Weight-Loss section, we want to make sure that our body fat % decreases over time, while our lean muscle increases. Your goal should be to lose **AT LEAST 1%** Body Fat every 4 weeks. A regular scale will only take into account weight, which unfortunately does not give you the full picture and is not 100% accurate at tracking progress. Why? Well... because weight factors in several things including muscle, fat, water, bone, etc.) It is also very much possible for you to weigh exactly the same weight over 6 weeks of training but have lowered your body fat %. As you train, your muscle weight will increase, while body fat decreases IF you commit to every workout and not go over your daily caloric goals. Click [HERE](#) for Scale



# How To *Take Before/After Pictures*

Sometimes the scale can be very misleading! So be sure to snap before pictures BEFORE starting the program to see your total body transformation after you complete the full 4-week challenge.

**PLEASE NOTE, IN BOTH PICTURES HANDS SHOULD BE UP AND STRAIGHT FORWARD AND BACKGROUND SHOULD BE CLEAR WITH GOOD LIGHTING!**



Before & After



Before & After



# How To *Stay Motivated*

1. **GET A WORKOUT PARTNER ASAP:** Studies show that working out with a partner can increase not only enjoyment, but commitment! **MAKE A FRIEND WITHIN THIS CHALLENGE AND GET STARTED TOGETHER!**
2. **POST YOUR DAILY WORKOUTS ON SOCIAL MEDIA:** Keeping a daily log online is an awesome way to expand your accountability! **TAG ME IN YOUR POSTS OR STORIES** for additional support and to create a stream of inspiration for others!
3. **TRACK A HEALTHY HABIT:** Your weight isn't the only thing that's a-changin'! Instead of just keeping track of the pounds you're losing, try keeping a record of all the awesome things you're *adding* to your life. Pick a healthy habit, like eating vegetables with every meal, and track your consistency!
4. **TAKE AN EVERYDAY ACTIVITY ASSESSMENT TEST:** Check in with yourself when you're doing the things you already do every day — like playing with your kids or walking up that flight of stairs — and compare how you feel today to how you felt a month or two ago. When you reach the top of the flight and you're not winded or don't have to stop and “check your phone” (*wink wink*), you're doing it right!
5. **STEP INTO YOUR OLD JEANS:** Feeling more comfortable in your clothes or going down a size is even more important than the scale, because they're more accurate signs of fat loss versus the fluid shifts you can see on the scale.
6. **SET A SCARY GOAL:** What's something you've always wanted to do? Commit and start working toward it. (i.e. Run/Walk a 10k)



## SECTION INCLUDES

- Challenge Calendar: Stage I & II
- Welcome To Stage I: Week 1-2
- Welcome To Stage II: Week 3-4



***Challenge  
Calendar***



# Challenge Calendar

Your 4-week program will consist of: 1 Lower Body Day, 1 Upper Body Day, 1 Full Body Day, 2 HIIT Cardio/Abs Days, 1 Optional Cardio Day and 1 Active Rest Day. Try your best to hit EVERY workout for BEST results, including cardio! You don't have to follow the calendar exactly regarding days, but PLEASE complete the workouts in order!

## Stage I: Week 1-2

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
1	REST	LOWER	HIIT A	UPPER	HIIT B	FULL BODY	OPT CARDIO
2	REST	LOWER	HIIT A	UPPER	HIIT B	FULL BODY	OPT CARDIO

## Stage II: Week 3-4

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
3	REST	LOWER	HIIT A	UPPER	HIIT B	FULL BODY	OPT CARDIO
4	REST	LOWER	HIIT A	UPPER	HIIT B	FULL BODY	OPT CARDIO



# WORKOUTS

The Power Up Slim Down Challenge offers Pep Talks & complete tutorial videos exclusively available to you!

Access to all the workouts require a private and secure login.  
Click [HERE](#) to log in!

Not registered? Click [HERE](#) to sign up!  
*\*registration email must match the email used to purchase your challenge*

## LEGEND

DB	DUMBBELL
RB	RESISTANCE BANDS
ECC	ECCENTRIC ( <i>SLOW PACE DURING STRETCH</i> )
SL	SINGLE-LEG
RDL	ROMAINIAN DEADLIFT
AMRAP	AS MANY REPS AS POSSIBLE
EMOM	EVERY MINUTE ON THE MINUTE







CLICK [HERE](#) TO WATCH

***Congratulations  
and **Next Steps*****





## ***Sincere Thank You***

Thank you so much for trusting me with your fitness journey! I am so proud of you for taking this step and I encourage you to keep going. Don't stop here! Remember you will always be a Champion and will continue to knock down any obstacles that stand in your way.



# *Becoming An Ambassador*

Are you ready for more?  
Want discounts on future programs, events, and challenges?  
Interested in becoming apart of a growing family of Champions?

**EMAIL ME WITH THE SUBJECT LINE: "I WANT TO BECOME A CHAMPION AMBASSADOR"**

God is growing TenPow Fitness in a crazy way and we are looking for like-minded people who are not only excited about fitness and living a healthy lifestyle, but also about pushing the TenPow Fitness brand forward! Upon becoming an ambassador, you will be eligible for monetary rewards, leadership positions, personalized discounts, and so much more! We would love to have you on-board, so send me an email today to apply!

## **SHORT FEEDBACK SURVEY**

I am always looking for ways to improve and give my Champions more! But I also love to hear what you loved about the program and testimonials about how it has impacted your life. Please take just 2-minutes to complete the survey and help me continue to give the best to my Champion family!

Click [HERE](#) for the survey



# *Resources / Support*

Need Support? If you are experiencing any issues, please contact:

[TenpowFitness+Support@gmail.com](mailto:TenpowFitness+Support@gmail.com)

Questions About The Program? Please contact:

[TenpowFitness+Challenges@gmail.com](mailto:TenpowFitness+Challenges@gmail.com)

Please note that these emails will receive high priority responses. Please allow 24-hours for a response, if you do not receive one within the given time-frame, please re-send message with “Re-Send” in the subject line.

