



# 28 DAY FREEDOM CHALLENGE

APRIL 3<sup>RD</sup> – MAY 2<sup>ND</sup>

*Guide*



# 28 DAY FREEDOM CHALLENGE

## Guide

- + 28-Day Body & Mind Transformation Challenge
- + Gym or Home-Based Workouts
  - + **Dumbbells and Resistance Bands Required**
- + Program Includes:
  - + Mixed Focused Workouts Designed to Maximize Results
  - + Nutritional Guidelines & Meal Inspirations
  - + Mental Wellness Assignments
  - + Two Live Classes Per Week
  - + Exercise Demonstration
  - + Tips & Tricks For Staying Motivated
  - + Weekly Huddle Up Sessions for Accountability & Personal Coaching
  - + Private Facebook Community



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# 28 DAY **FREEDOM** CHALLENGE

## How To Prep

- Submit A Before Picture [Here](#)
- Plan Your Daily Workout & Journaling Time
- Recruit Friends to Complete the Challenge w/ You
- Join The Private [Facebook](#) Group
- Determine Your Daily Calories - [Macro Calculator](#)
  - *Subtract or Add 100-150 calories for boosted results*
- Download The MyFitness Pal App
  - How To [Set Up My Fitness Pal](#)
  - How To Update & [Track Your Calorie](#) Goals

## Recommended Equipment/Supplies

- ***Dumbbells and Resistance Bands Required***
  - Use the code 'Freedom28' for 28% OFF the [Champion Resistance Bands](#) 3-Pack
- Writing Journal
- Protein Powder ([Women's Best](#) Recommended)

## Important Dates

- Kick-off Virtual Call Saturday, April 3<sup>rd</sup> at 11am EST



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# DISCLAIMER

Information provided and suggested in this Guide are based on certified research and experience. TenPow Fitness is NOT a licensed physician nor medical personnel. Always consult with your physician prior to starting any physical activity and changing your nutritional plan.



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# WELCOME KICK OFF CALL

Saturday, April 3<sup>rd</sup> 2021  
11:00 AM EST

CLICK [HERE](#) TO JOIN

*Session will be recorded*



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# 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.



# COMPLETING THE CHALLENGE

- ☐ Attend The Kickoff Call On [Saturday, April 3<sup>rd</sup>](#) at [11:00am Est](#)
- ☐ Submit Your Before Pictures [Here](#)
- ☐ Push to Complete Every Workout & Nutrition Targets
- ☐ Be Intentional With Your Mental Wellness Assignments
- ☐ Introduce Yourself On The Facebook Private Page
- ☐ Attend The Weekly Huddle-Up Zoom Sessions
- ☐ Submit Your After Picture [Here](#)
- ☐ Share Your “I Am A Champion” Story

\* Take note of your measurements as an additional way to track progress

\* 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



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# PROGRAM OVERVIEW

The **Freedom** Challenge is a 28-Day Mental & Physical Transformational Challenge designed to shift and improve your mindset, challenge all muscle groups, and make you stronger from the inside/out.

## Training Days

Training will be 5 days per week

- 3 Strength Days
  - Full Body Circuit
  - Upper Body Focus
  - Lower Body Focus
- 2 Cardio HIIT Days
  - Live Classes Mon/Wed.
  - 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 potentially need this for various types of workouts including "Tabata" timer and EMOM in the app *(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 Available! Use the code "Freedom28" for 28% Off



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# CHAMPION BANDS

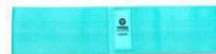
Click [Here](#) To Purchase Yours Today!  
Use the code “**Freedom28**” for 28% OFF.



PASSION POWER  
light resistance



BOLD BRILLIANCE  
medium resistance



COOL CONFIDENCE  
heavy resistance



CHAMPION BANDS  
exclusive band set



LIGHTNING STRIKE  
long band | medium resistance

The TenPow Fitness Custom, Non-Slip, Fabric Champion Band Sets Are Available On My Website! All Bands Can Be Used In The Program.



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# UNDERSTANDING YOUR BODY

## + SECTION INCLUDES

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



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# 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; A basic scale will never tell the whole story.





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 it's 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!**

**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 it's 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**



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# 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



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# **“YOU CANNOT OUTWORK A BAD DIET!”**

**+ EVERY PERSONAL TRAINER EVER**

**The best way to stay on track with your diet and nutrition is through accountability.**  
This section will show you how to become accountable for everything you eat and drink  
+ calculate how much you need to consume to meet your goals.

**We will have weekly check-ins to discuss your Food Diary and current eating habits!**



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# CALCULATE HOW MUCH TO EAT **DAILY**

***My TenPow Fitness Macro Calculator does the heavy lifting for you!***

Click [HERE](#) to calculate your daily calories and macros. Fill out the simple form, click “**Submit.**” An email will be sent to you immediately. **Be sure to check your spam folder.** Type in the calorie number below for your own records.

## MY DAILY CALORIES

Add/Subtract  
100-150 calories  
for boosted  
results

**Next**, input your daily macro numbers for your own records.

## MY DAILY MACROS

In order to optimize your results, it is imperative that you try to meet the calorie & macro goals DAILY.

\*\*Please note that the grams will not add back to the calorie numbers since each macro is given a different weight variable.



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

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 Macro Essentials and Cheat Sheet on to make grocery shopping for your macros a little easier!

**Carbs** are the major source of energy to fuel everyday activities are required in the **LARGEST** amounts.

**Proteins** for building MUSCLE & STRENGTH, Protein is the KEY! We break down muscle tissue during training, PROTEIN is what repairs it.

**Fats** can be GOOD (unsaturated) and BAD (saturated and trans) fats. The goal is to incorporate healthier plant-based unsaturated fats into the diet.



# MACRO ESSENTIALS

Think of these Macro Essentials as ideas for foods to have while Grocery Shopping and Meal Planning.

## Carbs (Starches)

- Brown Rice
- Potatoes (White & Sweet)
- Oats (Oatmeal)
- Quinoa
- Wheat Bread
- Carb Balance Tortillas
- Squash
- Corn (& Popcorn)

## Carbs (Fruits)

- Bananas
- Apples
- Grapes
- Pineapples
- Strawberries (& Berries)
- Melon
- Oranges
- Tomatoes

## Carbs (Veggies)

- Broccoli
- Mixed Peppers
- Green Beans
- Asparagus
- Cauliflower
- Spinach (& other dark greens)
- Onions
- Mushrooms

## Proteins

- Chicken (low fat prep)
- Ground Turkey
- Whey Protein Powder
- Shrimp
- Egg Whites
- Greek Yogurt
- Black Beans
- Protein Bars
- Tuna

## Fats

- Olive Oil (& other oils)
- Avocados
- Nuts (portion control)
- Salmon
- Chia Seeds
- Whole Eggs
- Dark Chocolate





# 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/Siracha 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



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# CALORIC INTAKE 101

When it comes to Caloric Intake the Key term to know is:

## ENERGY BALANCE

Energy Balance: ENERGY is another word for "Calories"

What you EAT and DRINK is **ENERGY IN** and what you burn through EXERCISE is **ENERGY OUT**.

### CALORIC DEFICIT

Eating **LESS** calories than you need to  
Maintain your Body Weight

**EQUAL WEIGHT LOSS**

### CALORIC SURPLUS

Eating **MORE** calories than you need to  
Maintain your Body Weight

**EQUAL WEIGHT GAIN**

Eating significantly BELOW your Caloric Goal is just as bad as eating significantly ABOVE it.

It **WILL NOT** lead to quicker results, be very mindful.





# 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. **Skipping & 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>Raspberry Coconut Smoothie</b>	1 Cup of Raspberries 1/2 Frozen Banana 1 Tbsp of Chia Seeds 1 Cup Coconut Milk 1 Serving of Vanilla Protein Powder	<b>448 cal</b>
<b>Healthy Homestyle Breakfast</b>	3 Applegate Farms Chicken & Maple Breakfast Sausage 2 Scrambled Eggs Small Grapefruit	<b>282 cal</b>
<b>Veggie Scramble &amp; Avocado</b>	2 Eggs 1 Cup of Spinach 2 Mushrooms 1/4 Red Bell Pepper 1/4 Cup of Red Onions 1/2 Avocado 1 tsp of Coconut Oil	<b>460 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>Crunchy Kale Salad</b>	2 Cups of Kale 1 Carrot 1/2 Avocado 1/2 Cup of Chickpeas Dressing: 1 Tbsp of Tahini 1 Tbsp of Lemon Juice	<b>431 cal</b>
<b>Power Bowl</b> (2 Servings)	4 Cups of Kale 8 oz of Chicken Breast 1 Sweet Potato 1 Avocado 1 Red Bell Pepper 1 tsp Olive Oil Dressing per Serving: 1 Tbsp of Tahini 1 Tbsp of Lemon Juice	<b>574 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
<b>Tuna Wrap</b>	1 Can of Tuna 1/2 Avocado 2 Stalks of Celery 1/4 Cup of Red Onions 2 Brown Rice Tortilla Wraps	<b>453 cal</b>
<b>Turkey Lettuce Burgers</b> (2 Servings)	450 g of Ground Turkey 1 Cup of Spinach 1/4 Cup of Onions 1 Clove of Garlic 1 Tbsp of Coconut Oil	<b>405 cal</b>
<b>Baked Salmon</b>	4 oz of Salmon Fillet 1/4 Cup of Brown Rice 10 Stalks of Asparagus 1 Tbsp of Olive Oil	<b>419 cal</b>



# SIMPLE MEAL IDEAS: **SNACKS**

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>Carrots &amp; Almond Butter</b>	2 Carrots 1 Tbsp of Almond Butter	<b>229 cal</b>
<b>Easy Trail Mix</b>	1/2 Cup of Coconut Chips 1/4 Cup of Almonds 1/4 Cup of Pumpkin Seeds	<b>282 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>Berries &amp; Whipped Cream</b>	1/4 Cup Blueberries 1/4 Cup Raspberries 2 Tbsp Heavy Whipping Cream	<b>273 cal</b>
<b>Berry Nut Rice Cakes</b>	2 Lightly Salted Rice Cakes 2 Tbsp MaraNatha Organic Peanut Butter 1/4 Sliced Strawberries	<b>273 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.

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	<div>Use The Following Page To Print For Personal Use</div>					
POWER UP SNACK*	10:00AM	2 Scoop Women's Best Protein Shake (add ½ tbsp. of Olive Oil for Fat)	284 cal						
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	<div>1,231 Total Calories</div>	<div>75g/26 % Carbs</div>	<div>46g/35 % Fats</div>	<div>114g/39 % Protein</div>		
DINNER	7:00PM	<ul style="list-style-type: none"> <li>- 4oz. Grilled Salmon</li> <li>- 3oz. Brussel Sprouts</li> </ul>	290 cal						

\*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.

\*\*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.



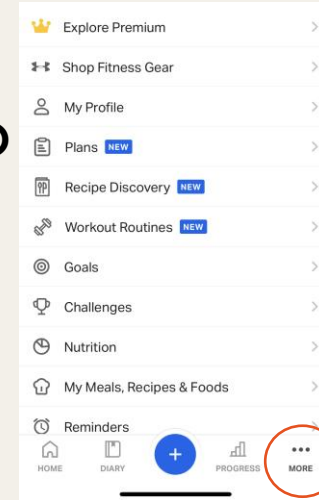
MEALS	TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST								
POWER UP SNACK*								
LUNCH								
POWER UP SNACK*								
DINNER								
TOTAL		Calories _____ Carbs ____g ____% Fats ____g ____% Protein ____g ____%	Calories _____ Carbs ____g ____% Fats ____g ____% Protein ____g ____%	Calories _____ Carbs ____g ____% Fats ____g ____% Protein ____g ____%	Calories _____ Carbs ____g ____% Fats ____g ____% Protein ____g ____%	Calories _____ Carbs ____g ____% Fats ____g ____% Protein ____g ____%	Calories _____ Carbs ____g ____% Fats ____g ____% Protein ____g ____%	Calories _____ Carbs ____g ____% Fats ____g ____% Protein ____g ____%

# HOW TO SET UP MY FITNESS PAL

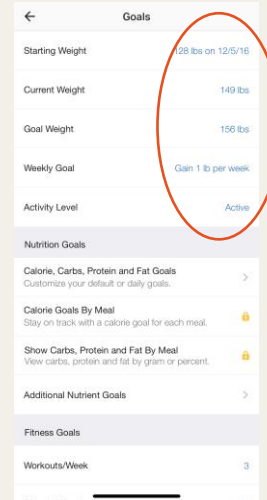
## 1. DOWNLOAD MYFITNESSPAL TRACKING APP



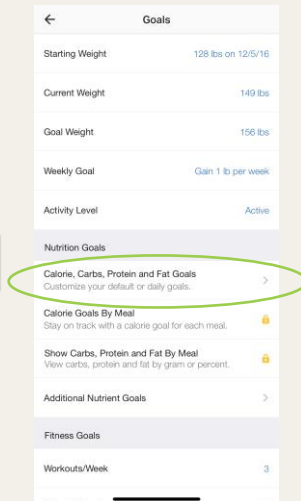
## 2. SELECT ...MORE TO SET UP YOUR GOAL PROFILE



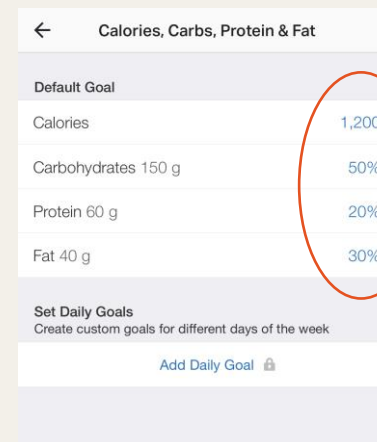
## 3. INPUT YOUR GOALS (WEEKLY GOAL SHOULD NOT EXCEED 2-3LBS PER WK & ACTIVITY LEVEL ACTIVE)



## 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**

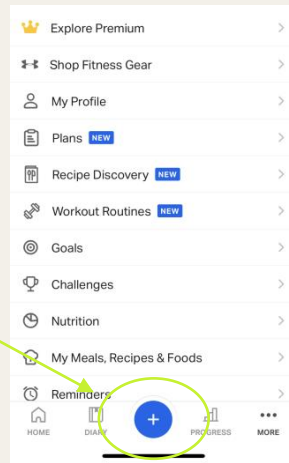


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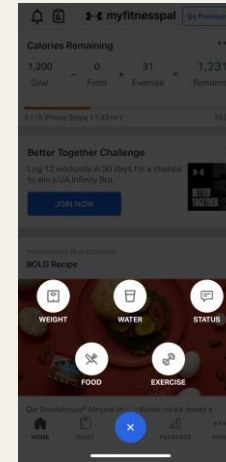


# HOW TO TRACK MACROS EXAMPLE

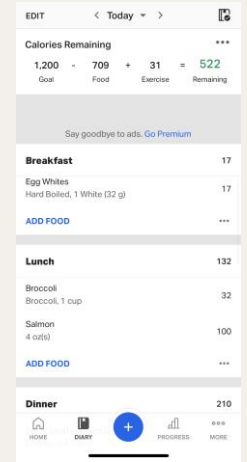
1. CLICK THE **PLUS** BUTTON FROM THE PAGE



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



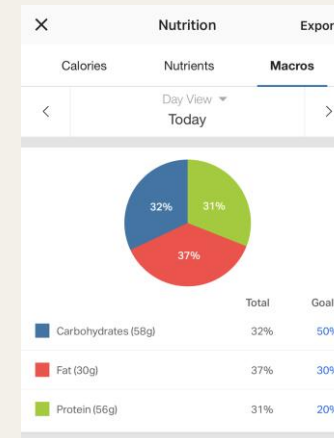
3. CALORIES WILL BE **DEDUCTED** FROM TOTAL



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

Nutrition				Export
Calories	Nutrients		Macros	
Day View Today				
	Total	Goal	Left	
Protein	57	82	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**



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# 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.

**FOR THE DURATION OF THE 28-DAYS, I CHALLENGE YOU TO STAY OFF OF THE SCALE**

**Here Are Ways Healthy Ways To Track:**

1. **SNAP & SHARE BEFORE AND AFTER PICTURES:** Check out the next page to see how to take proper photos
2. **USE A SMARTSCALE TO TRACK BODY FAT %:** Measure around the waist, legs, hips, etc.
3. **QUALITY OF SLEEP:** Are you getting better quality of sleep? How many more hour(s) are you getting?
4. **ENERGY:** Determine your daily level of energy. Are you finding it easier to wake up? Feeling less drowsy?
5. **CLOTHES FIT:** How are your clothes fitting? Try on a pair of jeans you haven't wore in a while.



# HOW TO TAKE BEFORE/AFTER PICTURES

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 28-day challenge.



- ☐ **PRO TIP 1:** Shoot from these 3 angles
- ☐ **PRO TIP 2:** Wear the same clothes (sports bra & underwear or shorts)
- ☐ **PRO TIP 3:** Use the same CLEAR background
- ☐ **PRO TIP 4:** Be sure the lighting is good & picture clear



# 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. **ATTEND THE WEEKLY HUDDLE UP:** Weekly check-ins will review both mental wellness assignments, food diaries/entries, workout reviews, and community encouragement/accountability.
4. **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!
5. **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!
6. **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.
7. **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)





# MENTAL WELLNESS

## + SECTION INCLUDES

- Freedom Rules
- Weekly Emotional Challenges
- Huddle Up Virtual Sessions
- Must Do's & Mostly Don'ts



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# 28-DAY **FREEDOM** RULES

The following rules are set in place to refresh and renew our minds and become more intentional with our thoughts, which will inevitably bring us closer to Freedom!

## Make The Commitment!

1. **No Scales:** You are only allowed to use your scale on Day 1, Day 14, and Day 28
2. **No Negative Talk:** You cannot use harsh or negative language to or about yourself & others
3. **No Body Shaming:** You cannot say anything negative about your body
4. **No Gossiping:** Avoid any talk about others or situations that do not uplift
5. **No Criticism:** You are not allowed to bad talk yourself or situations that you cannot control
6. **No Comparison:** Remove all accounts/stimuli that cause you to compare yourself
7. **No Social Media before 8am & after 8pm:** Shut off all accounts before & after 8am-8pm
8. **No More Than 2 Hours of Social Media Per Day:** Push yourself to reduce this time to less



# WEEKLY FREEDOM CHALLENGES

These Freedom Challenges must be completed during the assigned week and will be shared on our weekly Huddle-Up Calls. Please be as vulnerable and as open as possible with yourself for true healing & transformation.

**BEGIN EVERY FREEDOM CHALLENGE WITH 2-5 MINS OF SILENCE & DEEP BREATHING**

## WEEK 1: GRATITUDE

- Write down 3 things you are grateful for **daily**.
- Why are you grateful for these things?

## WEEK 2: SERVICE

- Write down 3 things you love about yourself
- Say or do something kind for a stranger or friend (*i.e. buy coffee for a stranger, send an encouraging text, etc.*)
- Share your action on social media  
#FreedomChallenge

## WEEK 3: HEALING

- Write down 1 thing you want healing from – write each word on separate pieces of paper (*i.e. body shaming*)
- Fold each paper and store for later
- Take 3 deep breath & exhale

## WEEK 4: FREEDOM

- For each Healing page, scratch out the word and write “I Reject!”
- Write down 3 Affirmations that combat the heal word (*i.e. I am beautiful*)
- Final task on Virtual Huddle Up



# HUDDLE UP VIRTUAL SESSIONS

Take full advantage of weekly Virtual Huddle Up Sessions. Sessions will last between 30-40 mins and be used as a critical point of accountability, encouragement, and check-ins.

***CLICK [HERE](#) TO JOIN THE FREEDOM HUDDLE UP***

## Don't Miss These Sessions

**Saturday, April 3<sup>rd</sup> – Kick Off Call | Challenge Overview**

**Saturday, April 10<sup>th</sup> – Check-in**

**Saturday, April 17<sup>th</sup> – Check-in**

**Saturday, April 24<sup>th</sup> – Check-in**

**Saturday, May 1<sup>st</sup> – Check-in | Challenge Wrap Up | Freedom Testimonies**





# MUST DO'S & MOSTLY DON'TS

Must Do's are Required; Mostly Don'ts are Recommended

## MUST DO'S

- At least 100oz of water per day
- 7 hours of sleep per night
- Afternoon breathing for 1-min
- Morning Meditation & Journaling
- Share on Private Facebook Page Daily

## MOSTLY DON'TS

- No Artificial Sugars
- No Pasta/Bread
- No Fried Food
- No Alcohol
- No Dairy



# CHALLENGE CALENDAR

## + SECTION INCLUDES

- Challenge Calendar: Stage I & II
- Welcome To Stage I: Day 1-14
- Welcome To Stage II: Day 15-28



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# CHALLENGE CALENDAR

Your 28-Day 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: Day 1-14

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
1	REST	AYG/500 LB	FULL BODY	GG/500B UP	FULL BODY	EMOM	OPT CARDIO
2	REST	AYG/500 LB	FULL BODY	GG/500B UP	FULL BODY	EMOM	OPT CARDIO

## Stage II: Day 15-28

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
3	REST	AYG/500 LB	FULL BODY	GG/500B UP	FULL BODY	EMOM	OPT CARDIO
4	REST	AYG/500 LB	FULL BODY	GG/500B UP	FULL BODY	EMOM	OPT CARDIO

- AYG: All You Got
- GG: Guts & Glutes
- LB: Lower Body Focus
- UB: Upper Body Focus



# VIRTUAL LIVE CLASSES

Mondays and Wednesdays at 6:30pm EST will offer an upbeat, HIIT-based live class! These are official workouts, and ***it is highly recommended that you attend each class.***

**CLICK [HERE](#) TO JOIN THE ALL YOU GOT CLASS**

**CLICK [HERE](#) TO JOIN THE GUTS & GLUTES CLASS**

## ALL YOU GOT – MONDAYS 6:30PM EST

**Monday, April 5<sup>th</sup>**

**Monday, April 12<sup>th</sup>**

**Monday, April 19<sup>th</sup>**

**Monday, April 26<sup>th</sup>**

## GUTS & GLUTES – WEDNESDAYS 6:30PM EST

**Wednesday, April 7<sup>th</sup>**

**Wednesday, April 14<sup>th</sup>**

**Wednesday, April 21<sup>st</sup>**

**Wednesday, April 28<sup>th</sup>**



# WORKOUTS

The FREEDOM Challenge offers 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 (SLOW PACE DURING STRETCH)
SL	SINGLE-LEG
RDL	ROMAINIAN DEADLIFT
AMRAP	AS MANY REPS AS POSSIBLE
EMOM	EVERY MINUTE ON THE MINUTE



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**“CONGRATS! YOU  
DID IT & I AM SO  
PROUD OF YOU”**

**+ MICHELLE (TEN-POW FITNESS)**

- Be sure to attend the final Huddle Up as we wrap up the Freedom Challenge together
- Submit your After picture [\*\*HERE\*\*](#) by Sunday, May 2<sup>nd</sup>
- Submit your “I Am A Champion” Story via email to [TenPowFitness@gmail.com](mailto:TenPowFitness@gmail.com)



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# SINCERE THANK YOU

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Thank you so much for trusting me with your health 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.



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A photograph of a man and a woman holding a baby outdoors. The man is on the left, looking down at the baby. The woman is on the right, looking up at the baby. The baby is wearing a white dress with a large bow in her hair. The background is a blurred outdoor setting.

## ***Special Thank You To My Family***

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There are not enough words to tell you how grateful I am for you both. To my loving and supportive husband, Jamel, there would not be TenPow Fitness without your continuous investment. Long nights helping me film, editing program videos, finding the perfect beats, leading challenge workouts, and encouraging me whenever I doubt myself. You are my greatest source of strength and I thank you for everything that you do without asking for anything in return.

To my daughter, Asia, thank you for being my greatest source of motivation. When I look at you, I know that I do everything to make you proud of me. I love you both to the moon and back. You are my piece of heaven on this earth.



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# 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 REVIEW

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 1-minute to write a kind review and help me continue to give the best to my Champion family!

Click [HERE](#) for the survey



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# RESOURCES | SUPPORT

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

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

Questions About The Challenge? 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.



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