**7 Day Challenge Overview - Worksheet**

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| *What Pain Is Your Prospect In* |
| E.g. Uncomfortable in their clothes, low confidence, hates clothes shopping etc... |
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| *What Problem Does It Solve* |
| Search “women's health / shape magazine / men’s fitness / men’s health” on Google Images (or similar magazines for your avatar) for ideas |
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| *7 Day Challenge Name* |
| Keep it short, sharp, and focused on the outcome / benefits  E.G: Flat Belly Challenge / Body Burn Challenge / Beach Muscle Challenge |
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| *What Are Your 7 Challenges* |
| List out your challenges from Day 1 to Day 7 |
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| *What Extras Are Required* |
| PDFs / Workouts / Recipes / Applications etc... |
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