

2019 Summer Slim down Challenge with Jason and Travis

Mission: Each team, each week, is given a food list with approved foods listed. Each person must choose foods from the approved food list. Each person is allowed one holiday each week. The participants will choose between Team Jason and Team Travis for the duration of the challenge. Each week, each team will earn points based upon the performance of the individuals on the team.

Team with highest percentage of weight lost will receive 2 points at the end of the week.

Team with the most weight lost will receive 1 point at the end of the week.

Team with most steps walked plus most miles walked plus most exercise reps accumulated will receive 1 point at the end of the week.

Team with least **TAP OUTS** will receive 2 points at the end of the week.

Total points will be divided by the number of participants on each team for fairness.

It is important that each participant play by the rules and on the honor system.

The winning team will be rewarded with more food variety the subsequent week.

The challenge will run each week through the end of May 2019.

Each week, each participant that completes the week without having to TAP OUT will receive the Summer Slim down Challenge Badge.

Water ~ Drink 1/2 gallon up to 1 gallon of water daily. You can also drink any approved beverage with 25 or less calories.

Journal ~ you must journal and you must mark your days Perfect or Holiday. Wow meal plan days are Perfect Days. Divine Days are Perfect Days. Intermittent Fasting Days are Perfect Days.

Combinations ~ the following food categories and combinations are allowed during the first week.

Portions ~ this is a self-discipline and behaviour modification challenge. You can choose from the foods, meal replacements and combinations in the chart and then can observe the normal portion rule. Eat from a 6-8" plate. Hand Rule.

If you are a calorie counter you should observe the following rule.

If you are over 200 pounds each meal should be between 200 and 400 calories. If you are under 200 pounds each meal should be between 200 and 300 calories.

If you go over or under a little you will be fine as long as selecting from the meal list I have given. I said, "a little".

Daily you can have up to 3 meals.

We recommend that your first week that you have up to two meal replacements and one meal combination from the list each day. This is not mandatory but to get you off to a good start, recommended.

Timing ~ It is important to eat your meal and then stop eating or grazing between meals. You can have egg whites or raw carrots if you feel you need to graze. We will list other freebies soon. Again, it is best to exercise self-discipline and wait at least 6 hours before eating again.

Develop this habit throughout the challenge and watch your results and fat loss multiply. Contrary to cultural wisdom, grazing diminishes metabolism and doesn't help metabolism.

Bless the name of the Lord ~ You can do anything for one week. Eat breakfast for the Father, lunch for the Son, and Dinner for the Holy Spirit. Honour your Father with eating habits and you'll be blessed.

Below are all the resources and steps you will need to participate in and enjoy the challenge.