

**MOTHER
FIT**

MIND BODY SOUL

***Introduction
to the***

28 DAY

Challenge

MOTHER FIT

Welcome to the
Mother Fit - 28 Day Challenge
which I hope will change how you approach and view food,
getting you fitter, stronger, feeling more confident,
the boss of your own life.

A healthy lifestyle involves eating well, exercising regularly,
avoiding too much stress, getting plenty of sleep,
not drinking excess alcohol and not smoking.

Doing this challenge for 28 days will improve your lifestyle,
but implementing it long-term will be a game-changer.

All these elements take effort, preparation, and motivation.
So be prepared to put in the work and soon enough it will be a
habit that you have implemented.

We are all human so making mistakes and maybe not sticking
to our original plan 100% of the time is normal. It's how we
deal with it and react after that is important and can make a
huge difference to us all, physically and mentally.

The next 28 days will educate and challenge you.

We will be focusing on:

**NUTRITION / MOVEMENT
MINDSET / STRESS / SLEEP**

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Nutrition

So many people do not have a basic understanding of nutrition. The food and drink choices you make every day affect your health now and later in life.

Choosing healthy foods and drinks more often can help prevent or manage many health problems that affect women. And studies show that when a woman eats healthy, everyone in her household is more likely to eat healthily.

Let me help you understand food and macronutrients, how much you need for your energy demands, glycemic index, portion control, fueling activity, frequency of meals, how to track and we'll also be discussing daily habits including NEAT (Non-exercise activity thermogenesis)

Plus you can gain access to by book
'What Would Mother Fit Eat?'
in the nutrition section of your dashboard.



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Nutrition

Do you know how many calories you need daily to maintain or lose weight?

For a woman :

$$\begin{aligned} &655 + (4.35 \times \text{your weight in pounds}) \\ &+ (4.7 \times \text{your height in inches}) \\ &- (4.7 \times \text{age}) \\ &= \text{BMR Calories} \end{aligned}$$

The multiply your BMR calories by your level of activity

Which level are you?

Little or no exercise: 1.2

Light exercise (a few times a week): 1.375

Moderate exercise (3-5 times a week): 1.55

Heavy exercise (6-7 times per week): 1.725

Then you will know what your maintenance calories are per day.

If your goal is to lose weight you will need to be in a deficit of this daily amount.

As an example this is what I can eat in a day to maintain my current weight :

$$\begin{aligned} &655 + 574.2 + 300.8 - 197.4 \\ &= 1,332.6 \text{ BMR Calories} \\ &\times 1.725 \text{ (heavy exercise)} \\ &= 2,299 \text{ calories per day} \end{aligned}$$

Another example:

33-year-old, 5'2 woman weighing 128 lbs who cycles to work twice a week and attends two yoga classes, her equation would look like:

The sum : $655 + (4.35 \times 128) + (4.7 \times 62) - (4.7 \times 33) = 1348.1$ BMR $\times 1.55$
(she exercises 4 times per week) = 2089.5 calories per day to maintain her weight.

If one of these elements change i.e she stops cycling twice a week or drops one yoga class then she may be eating too many calories for her energy demands.

If that same woman wanted to lose fat she would either need to increase her energy expenditure through exercise or allow for a calorie deficit by lowering her total caloric intake by 200-500 calories.

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Don't forget to check out my
NEW recipe book!



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Recipes to nourish you
through the Challenge

Breakfast Orange, oat & sultana cookies

Ingredients:
100g butter at room temperature / 1 egg / 50g mashed ripe banana
1 tsp vanilla extract / 100g light soft brown sugar
1/2 tsp grated orange zest / 100g wholemeal flour / 1/4 tsp salt
1 tsp baking powder / 100g rolled oats / 25g desiccated coconut
50g chopped walnut / 75g sultana or dark chocolate chips

Method:
Heat oven to 180C/160C fan/gas 4.
Cream the butter and sugar together until well blended and smooth.
Gradually beat in the banana, vanilla extract and egg. Add the zest.
Mix well with a wooden spoon until thoroughly blended.

In a large bowl, mix the flour, salt, baking powder, oats, coconut, walnuts and sultanas or chocolate chips. Stir the dry ingredients into the wet and mix thoroughly until a thick dough is formed. Line a baking sheet with parchment. Drop heaped 1tsp onto the sheet, leaving a 5cm (2in) space around each one, and press down lightly. Bake for 15-20 mins until lightly browned. Cool.



Lunch Chicken noodle soup

Serves 2-3 adults

Ingredients:
900ml boiling water
Miso soup paste - enough sachets for 900ml of water
Shred cooked chicken fillets/drums/drumsticks - 450g
1 tsp chopped fresh ginger
1 tsp chopped garlic, finely chopped
2 tsp sweetcorn, canned or frozen
2-3 mushrooms, thinly sliced
2 spring onions, shredded
2 tsp soy sauce, plus extra for serving
A little shredded chilli (optional), to serve

Method:
Pour the water into a pan and add the miso paste, stir and cook for a few minutes.
Add the cooked chicken, ginger and garlic. Simmer for 5 minutes or so.
Add the noodles, mushrooms, spring onion and soy sauce.
Simmer for 3-4 mins until the noodles are tender.
Ladle into two/three bowls and scatter over the remaining spring onion, and chilli, if using. Serve with extra soy sauce.



Dinner Salmon with lentils & leeks

(Serves 4) Ingredients:
2/3 cup (4.5 oz/125 g) french green lentils / 2 tablespoons olive oil, plus more for rubbing
1 and 1/2 cups (17.5 oz/225 g) finely chopped leek, white and pale green parts only
1 clove garlic, minced / 2 and 1/2 cups (20 fl oz/25 ml) chicken stock
1 large carrot, peeled and finely diced / 1 tablespoon tomato paste
2 stalks celery, finely diced / 1 large onion, peeled and finely diced, plus more for garnish (optional)
3 spring fresh thyme / 2 spring fresh Italian parsley, plus 1 tablespoon minced, plus more for garnish (optional)
1 dried bay leaf / 4 wild salmon fillets (about 6 oz/185 g each), skin removed
Salt and freshly ground pepper / 1 tablespoon red wine vinegar
2 tablespoons minced fresh chives, plus more for garnish (optional)

Method:
Put the lentils in a bowl, cover with boiling water. Let stand for 15 minutes, then drain.
While the lentils are soaking, in a large frying pan over medium-low heat, warm 2 tablespoons olive oil. Add the leek and sauté until tender but not browned, about 10 minutes. Add the garlic and sauté for 2 mins. Add the chicken stock, drained lentils, celery, carrot, tomato paste, thyme sprigs, parsley sprigs, and bay leaf and stir to mix well. Cover, reduce the heat to low, and simmer, stirring occasionally, until the lentils are tender, about 20 minutes or according to package directions.
While the lentils are cooking, preheat the oven to 120°C. Heat a wide, overproof sauté pan over medium-high heat. Rub olive oil all over both sides of each salmon fillet. Season with salt and pepper.
Place the salmon in the hot sauté pan and cook, without moving, until browned on the first side, about 3 minutes. Carefully turn the fillets in the pan and cook for 2 minutes longer.
Place the pan in the oven and bake until the salmon is medium-well, 6 to 8 minutes.
When the lentils have finished cooking, remove and discard the herb sprigs and bay leaf.
Add the vinegar, minced parsley, and 2 tablespoons chives and stir to combine.
Season with salt and pepper.
Spoon the lentils onto plates and top with the salmon fillets.
Sprinkle with parsley and chives, if you like, and serve warm.



Snack Protein yogurt & juice

1 portion of Natural yogurt
(try to avoid flavoured ones)
Top with fresh fruit & enjoy a glass of freshly squeezed orange juice for extra vitamin C



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Printable Trackers

In order to keep you on track please print off the following Trackers

MOTHER FIT 28 DAY Challenge

Sleep & Steps Tracker Weeks 1 & 2

DAY	LIGHTS OUT	SLEEP DURATION	NAPPED	SLEEP QUALITY	DAILY STEPS TARGET / COMPLETED
1					8,000 /
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

MOTHER FIT 28 DAY Challenge

Sleep & Steps Tracker Weeks 3 & 4

DAY	LIGHTS OUT	SLEEP DURATION	NAPPED	SLEEP QUALITY	DAILY STEPS TARGET / COMPLETED
15					12,000 /
16					12,000 /
17					12,000 /
18					12,000 /
19					12,000 /
20					12,000 /
21					12,000 /
22					14,000 /
23					14,000 /
24					14,000 /
25					14,000 /
26					14,000 /
27					14,000 /
28					14,000 /

Sleep and Steps Tracker

Each week our daily steps will increase. Do you best to be as active as possible and write down your daily step count.

Our bodies need sleep to recover and rebuild so I want you to plan your bedtimes with lights out.

Nutrition Tracker

Print this for each week and plan ahead.

Being organised will be the best thing you've ever done.

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Nutrition Planner
Repeat for 4 weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
Total Calories							
Energy Levels							

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Tracking YOUR Progress

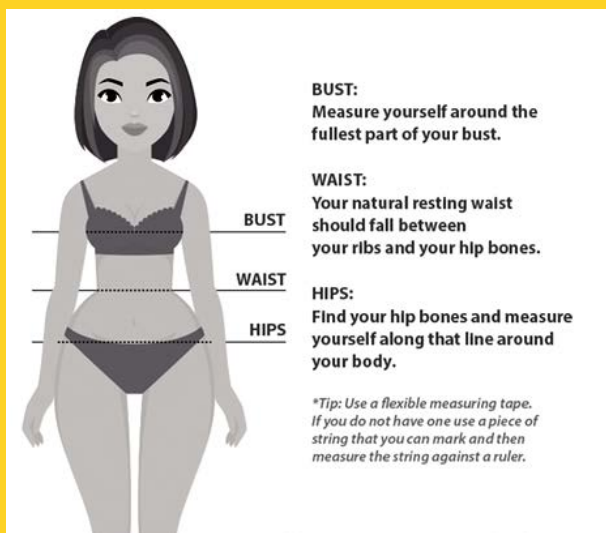
The most effective way to track progress is to take before and after photos. This is completely optional and you do not have to share.

Stand against a plain wall, preferably light in colour.

Wear appropriate clothing such as bikini, underwear or activewear.



1. Take photos of the front, side and back
2. Take full length photos
3. Make sure the camera isn't too high or low, it should be in the center
4. Move your arms away from your body



You can also take measurements & weigh yourself.

Popular areas to measure :
Waist / Navel / Hips / Arms / Chest

If you would like to track your progress on scales, weigh yourself at the start of your journey and then no more than every two weeks thereafter.

Try to do it at the same time of day.

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Summary

Keep track of your workouts by printing off the schedules.

Follow the Day by Day plan over 28 days

Follow the extra activities such as podcasts to listen to,
resources to read etc.

Read my book 'What would Mother Fit Eat'

Download my new recipe book

Print trackers to keep you accountable

Optional - Track your progress

Let's work towards the overall goal of helping you to make
positive changes to your nutrition and lifestyle TOGETHER.

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We Are
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*Don't forget to join our
Facebook community
for the support and to
help inspire others*

Love

Michelle
xx



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