



STARTER GUIDE

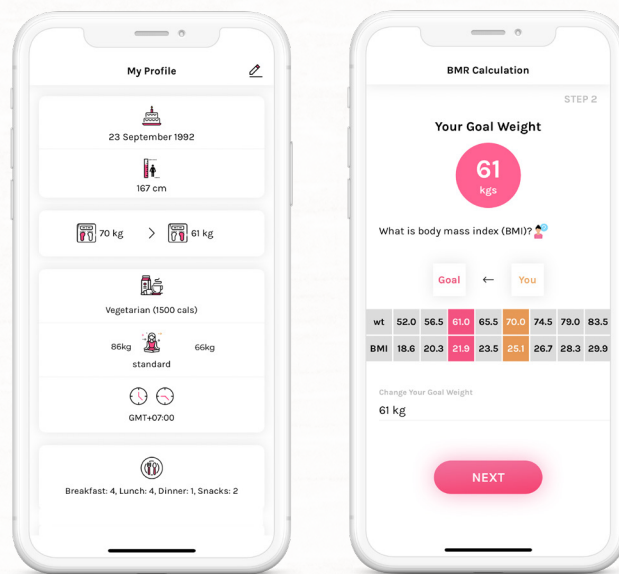
28 DAY WEIGHT LOSS CHALLENGE

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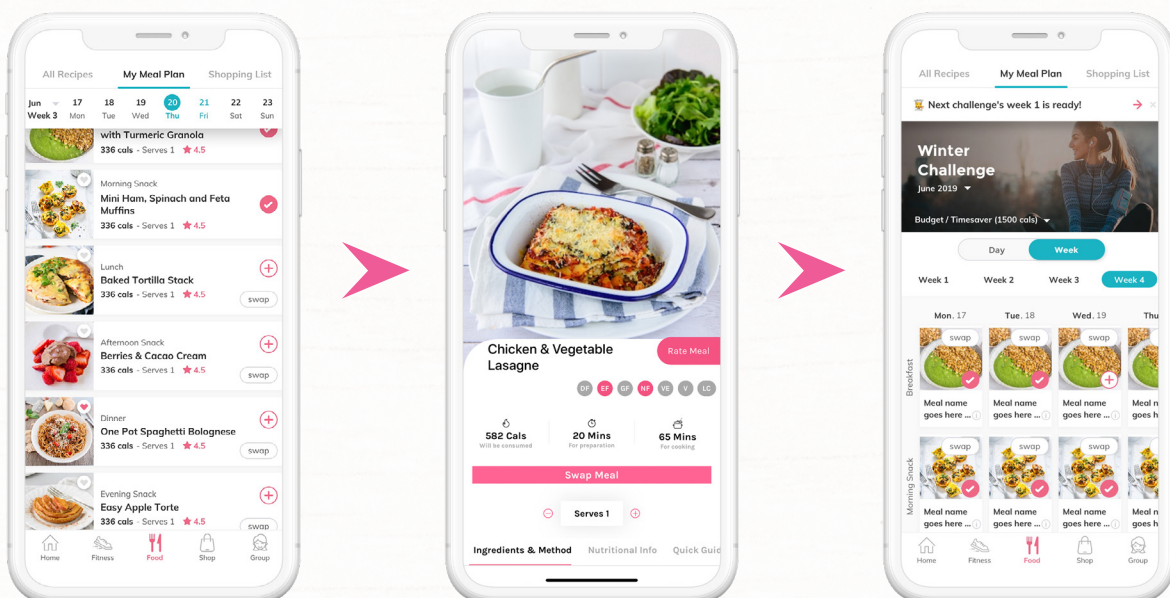
1. YOUR DETAILS

- Download **The Healthy Mummy App** from either iTunes or Google Play. Your log in details will be those that you used to sign up.
- Fill out your personal details such as height, weight and goal weight. From here you can also tailor the number of serves in each recipe to suit your family, calculate your BMI and target calorie intake and any dietary requirements.



2. MEAL PLANNING

- Check out this week's meal plan by clicking on **Meals**. You can customise your meal plan by clicking swap on any meal and choosing from over **4,000 recipes**. Your shopping list will automatically update with everything you need for the week. Meal plans are released each Wednesday so look out for your weekly email reminder.



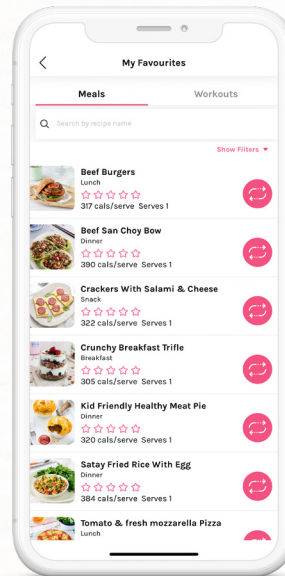
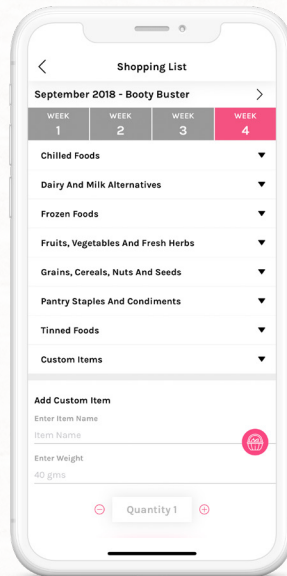
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3. SHOPPING LISTS

Get yourself prepared! By using your **Shopping List** you can get prepared for the week ahead.

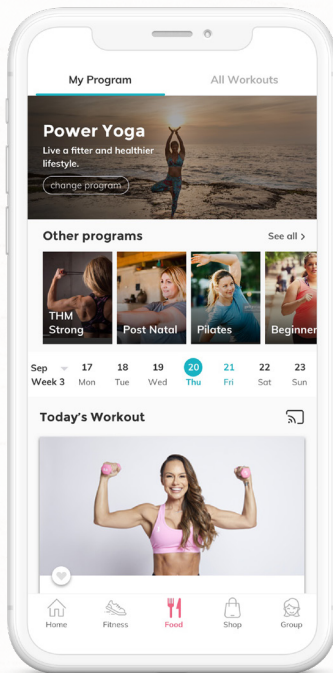
If you are feeling super organised you can start to prepare some of your meals and snacks in advance! This will help you stay on track and saves you time too!



FIND A RECIPE YOU LOVE?

You can save this for future use by clicking the ❤️ and it will save in your favourites list!

4. EXERCISES



The 28 Day Weight Loss Challenge has **over 350** exercises including full-length workout videos that cater for all busy mums. You can choose the workouts that suit you or follow our suggested weekly workout plans.

Whether you are a mum returning to exercise after having your first baby or feeling fit but wanting something new and fun, we have exercises to suit every level of fitness.

Choose from post-natal or babywearing routines through to more intensive HIIT and Tabata.

The videos are fully guided with our awesome fitness trainers. You can choose to do as many workouts per week depending on the time you have available or your fitness level.

Use the App to track your other regular activity too e.g. walking, running, swimming.

DID YOU KNOW?

Fitness tests occur on **Day 1, Day 15 and Day 27**. **Join** 500K+mums on our **Facebook Private Support Group** to stay motivated and share your results. You can record your progress in the app and see how far you have come.

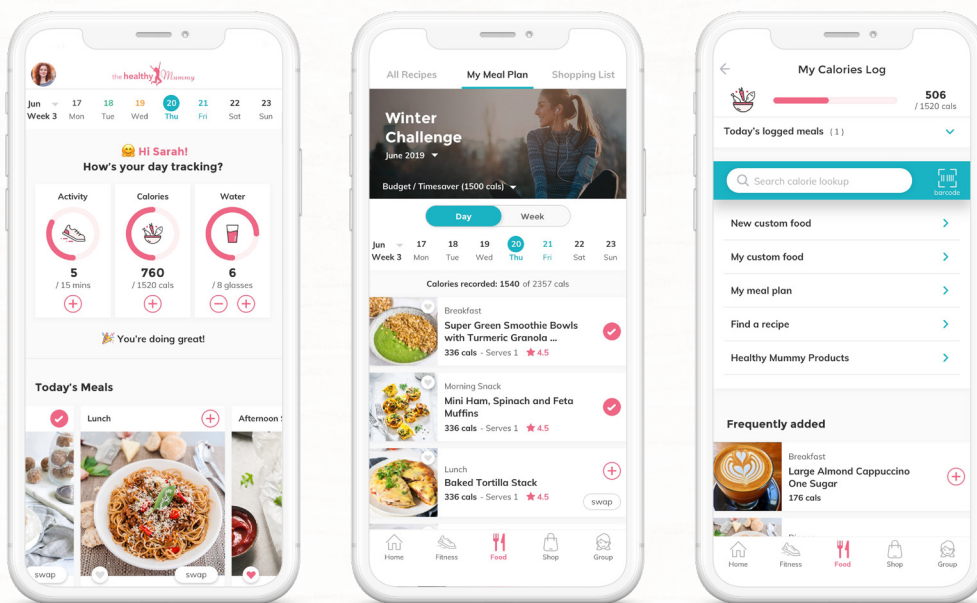
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5.

LET'S GET STARTED!

- From the **Home** screen start recording your meals. The meals that you choose back in Step 2 will display. You can also record your water intake by clicking on the **Water** button. Make sure you record your exercises by tapping '**Record Exercise**' or simply tap '**Activity Goal**' on the home screen, scroll to the custom workouts section and then enter the name of the workout and the duration or number of minutes that you did the workout for.



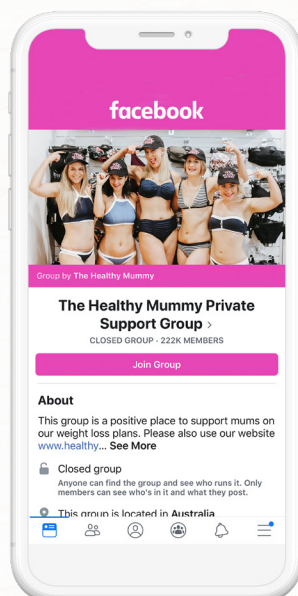
DID YOU KNOW?

You can record other food you have eaten that is not on the Challenge by tapping '**Target Cals**' on the home screen and then, in the Custom Meal section, entering the name of the meal, selecting the meal type and entering the calorie intake.

6.

JOIN OUR SUPPORT GROUP

- Don't forget to check in daily and join the Facebook Private Support Group with 500K+ mums ready to support your journey. You can join [here](#).



NEED MORE HELP?

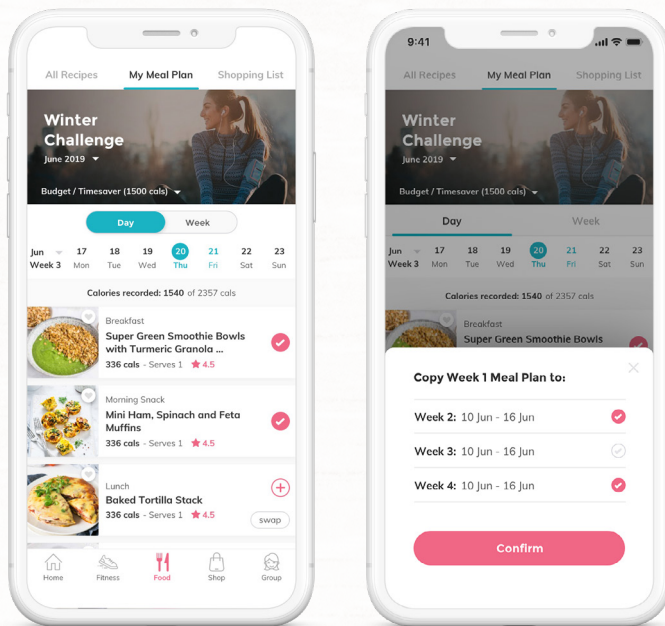
If you need more help, click [here](#) to contact our Customer Support.

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7. WHAT CHALLENGE AM I IN?

🔧 **New Challenges** start near the beginning of each month but you can get started as soon as you join. Each challenge runs for **4 weeks** and each has a different theme. If you have joined mid way through a Challenge, follow the remaining days of the meal plan for the week you start in, or wait until the following week and start on a Monday.



DID YOU KNOW?

A few times a year we mix things up and run a **7 day cleanse**. Look out for these between Challenge rounds as these are a great way to gently cleanse your body, detoxify and get you back on track before the next challenge round starts.

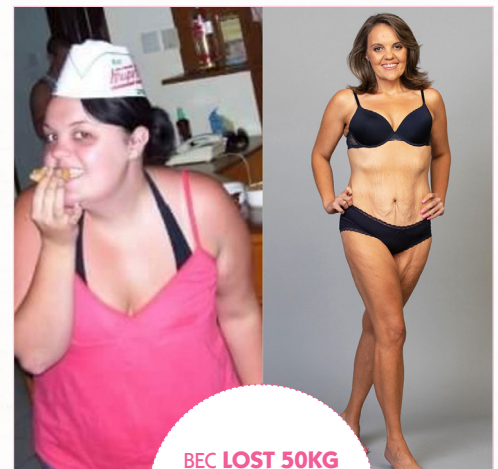
8. SOME AMAZING RESULTS FROM OUR MuMS



HEIDI LOST 70KG
WITH THE 28 DAY
WEIGHT LOSS
CHALLENGE



NIC LOST 60KG
WITH THE 28 DAY
WEIGHT LOSS
CHALLENGE



BEC LOST 50KG
WITH THE 28 DAY
WEIGHT LOSS
CHALLENGE