

## 28 Day Challenge

- Goals= Workout for at least 11 minutes EVERY DAY
- Use the suggested workout ideas, diet challenges, daily themes and fitness focuses to keep you on track for long-term success.
- Post for accountability SOMEWHERE! In my private women's only site <http://TeamBuffMother.com> , Facebook, Twitter, Instagram....accountability is KEY!
- You are highly encouraged to snap a workout proof photos and weigh in often for this challenge...I'd love to see them!

Workout ideas are based upon my workout DVD system that uses bands and my butt or abs series of workouts. Each of the SlimChick workouts are only 11 minutes in duration, so you have no excuses. **I am placing the workouts on my YOU TUBE for FREE for a limited time during this challenge:** [www.YouTube.com/BuffMother](http://www.YouTube.com/BuffMother)

If you would like to purchase BuffMother's workout DVD's with bands please visit our shop : <http://buffmother.com/shop/>

FYI- each SlimChick workout uses a band. Pink is a stretchier, lower resistance band. Purple is a less stretchy, thicker, higher resistant band. You can purchase the bands at most sporting goods stores or if you purchase my DVD's the bands are included.

Please, like, comment, share, like and subscribe to my [you tube channel](#). Word of mouth advertising is how I build my business. Thanks!!

### **Weekly Diet Focus:**

1. Drink More Water
2. Eat More Greens
3. Eat More Protein
4. Cut Carbs to 60g
5. Final 3 days of challenge: Cut Carbs to 15g

### **Weekly Fitness Focus:**

1. Endurance
2. Strength
3. Speed
4. Lactic Acid
5. Final 3 days of challenge: Depletion

**Daily food challenge:**

M: eat eggs

T: eat fish

W: eat cucumbers or lettuce

Th: drink tea

F: eat cauliflower or asparagus

Sa: eat red meat

Su: eat olives or avocado

**PLUS!! Daily Themes:**

- Mojo Monday
- Text a lot Tuesday
- Wacky Wednesday
- Thankful Thursday
- Friendly Friday
- Super Hero Saturday
- Spirit Sunday

Daily Theme	Daily Diet Challenge
Text a lot Tues	eat fish
Wacky Wed	eat cucumbers or lettuce
Thankful Thurs	drink tea
Friendly Fri	eat cauliflower or asparagus
Super Hero Sat	eat red meat
Spirit Sun	eat olives or avocado
Mojo Mon	eat eggs

**BASIC WEIGHT LOSS DIET:** The BuffMother!5-4-3-2-1 Diet\*

- 5 Protein servings of approximately 20g each (palm size)
- 4-Carbohydrate Servings of approximately 20g each (fist size,100 cal)
- 3- Fat servings (ex. 1Tbs salad dressing, avocado, etc about 110cal)
- 2-3 Greens as large portions as you desire ( green salad, broccoli, green beans)
- 1 Optional Treat (approx 110-130calories of whatever you want- an extra carb or protein maybe?)
- 11 Water servings (8 oz)- at least NOTE- please limit water intake with meals, try to wait post meal at least 30 mins.

**\*Instructions for “BUFFING” Phases 1 and 3:**

- OMIT one carb/day (add more greens)
- Omit treats
- NO DAIRY
- **Portions during BUFFING: 5P-3C-3F-3or more G**

Please use this cross off daily eating record to monitor the portions of each food group you eat during the day. The goal is to have all the servings crossed out by the end of the day, eating only when you are truly hungry and drinking a ton of water to flush the fat out of your body.

Date: \_\_\_\_\_

PPPPP

CCCC

FFF

GG

T

WWWWWWWWW

Notes:

## Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: center;">Day 0</p> <p>Mojo Monday</p> <p>Take Start Weight/Pics</p> <p>Shop for Food</p>	<p style="text-align: center;">Day 1</p> <p>Text A lot Tuesday</p> <p><a href="#">Upper Body- Slim Chick</a></p> <p><a href="#">Purple Boosting</a></p> <p>Eat Fish</p> <p>Drink More Water</p> <p>Endurance</p>	<p style="text-align: center;">Day 2</p> <p>Wacky Wednesday</p> <p><a href="#">Lower Body- Slim Chick</a></p> <p><a href="#">Purple Boosting</a></p> <p>Eat Cukes or Lettuce</p> <p>Drink More Water</p> <p>Endurance</p>	<p style="text-align: center;">Day 3</p> <p>Thankful Thursday</p> <p><a href="#">Abs/Booty- Slim Chick</a></p> <p><a href="#">Purple Boosting</a></p> <p>Drink Tea</p> <p>Drink More Water</p> <p>Endurance</p>	<p style="text-align: center;">Day 4</p> <p>Friendly Friday</p> <p><a href="#">ABS video- Slim Chick</a></p> <p>Eat Cauli or Asparagus</p> <p>Drink More Water</p> <p>Endurance</p>	<p style="text-align: center;">Day 5</p> <p>SuperHero Saturday</p> <p><a href="#">Upper Body- Slim Chick</a></p> <p><a href="#">Purple Boosting</a></p> <p>Eat Red Meat</p> <p>Drink More Water</p> <p>Endurance</p>
<p style="text-align: center;">Day 6</p> <p>Spirit Sunday</p> <p><a href="#">Lower Body- Slim Chick</a></p> <p><a href="#">Purple Boosting</a></p> <p>Eat Olives or Avocado</p> <p>Drink More Water</p> <p>Endurance</p>	<p style="text-align: center;">Day 7</p> <p>Mojo Monday</p> <p><a href="#">Abs/Booty- Slim Chick</a></p> <p><a href="#">Purple Boosting</a></p> <p>Eat Eggs</p> <p>Drink More Water</p> <p>Endurance</p>	<p style="text-align: center;">Day 8</p> <p>Text A lot Tuesday</p> <p><a href="#">6-pack of PEPSI ab routine</a></p> <p>Eat Fish</p> <p>Eat More Greens</p> <p>Strength</p>	<p style="text-align: center;">Day 9</p> <p>Wacky Wednesday</p> <p><a href="#">the "HAM" Butt workout</a></p> <p>Eat Cukes or Lettuce</p> <p>Eat More Greens</p> <p>Strength</p>	<p style="text-align: center;">Day 10</p> <p>Thankful Thursday</p> <p><a href="#">6-pack of LaCroix ab routine</a></p> <p>Drink Tea</p> <p>Eat More Greens</p> <p>Strength</p>	<p style="text-align: center;">Day 11</p> <p>Friendly Friday</p> <p><a href="#">the "BLT" Butt workout</a></p> <p>Eat Cauli or Asparagus</p> <p>Eat More Greens</p> <p>Strength</p>	<p style="text-align: center;">Day 12</p> <p>SuperHero Saturday</p> <p><a href="#">Upper Body- Slim Chick Pink</a></p> <p><a href="#">Buffing</a></p> <p>Eat Red Meat</p> <p>Eat More Greens</p> <p>Strength</p>
<p style="text-align: center;">Day 13</p> <p>Spirit Sunday</p> <p><a href="#">Lower Body- Slim Chick Pink</a></p>	<p style="text-align: center;">Day 14</p> <p>Mojo Monday</p> <p><a href="#">Abs/Booty- Slim Chick Pink</a></p>	<p style="text-align: center;">Day 15</p> <p>Text A lot Tuesday</p> <p><a href="#">ABS video- Slim Chick</a></p>	<p style="text-align: center;">Day 16</p> <p>Wacky Wednesday</p> <p><a href="#">Upper Body- Slim Chick Pink</a></p>	<p style="text-align: center;">Day 17</p> <p>Thankful Thursday</p> <p><a href="#">the "MAC" Butt workout</a></p>	<p style="text-align: center;">Day 18</p> <p>Friendly Friday</p> <p><a href="#">the "PBJ" Butt workout</a></p>	<p style="text-align: center;">Day 19</p> <p>SuperHero Saturday</p> <p><a href="#">Lower Body- Slim Chick Pink</a></p>

<a href="#">Buffing</a> Eat Olives or Avocado Eat More Greens Strength	<a href="#">Buffing</a> Eat Eggs Eat More Greens Strength		<a href="#">Buffing</a> Eat Cukes or Lettuce Eat More Protein Speed			<a href="#">Buffing</a> Eat Cauli or Asparagus Eat More Protein Speed	<a href="#">Buffing</a> Eat Red Meat Eat More Protein Speed
<b>Day 20</b> Spirit Sunday <a href="#">Abs/Booty- Slim Chick Pink Buffing</a> Eat Olives or Avocado Eat More Protein Speed	<b>Day 21</b> Mojo Monday <a href="#">6-pack of COKE ab routine</a> Eat Eggs Eat More Protein Speed	<b>Day 22</b> Text A lot Tuesday <a href="#">the "WRAP" Butt workout</a> Eat Fish Cut Carbs to 60grams Lactic Acid	<b>Day 23</b> Wacky Wednesda y <a href="#">Upper Body- Slim Chick Pink Buffing</a> Eat Cukes or Lettuce Cut Carbs to 60grams Lactic Acid	<b>Day 24</b> Thankful Thursday <a href="#">6-pack of MUG ab routine</a> Drink Tea Cut Carbs to 60grams Lactic Acid	<b>Day 25</b> Friendly Friday <a href="#">the "FRISCO" Butt workout</a> Eat Cauli or Asparagus Cut Carbs to 60grams Lactic Acid	<b>Day 26</b> SuperHero Saturday <a href="#">Lower Body- Slim Chick Pink Buffing</a> Eat Red Meat Cut Carbs to 60grams Lactic Acid	
<b>Day 27</b> Spirit Sunday <a href="#">Abs/Booty- Slim Chick Pink Buffing</a> Eat Olives or Avocado Cut Carbs to 60grams Lactic Acid	<b>Day 28</b> Mojo Monday <a href="#">ABS video- Slim Chick</a> Eat Eggs Cut Carbs to 60grams Lactic Acid	Day 29 Final Weigh In  Ending Pics					

## Quick Reference Guide

	<u>Day</u>	<u>Workout idea</u>	<u>Daily Diet Challenge</u>	<u>Weekly Diet Focus</u>	<u>Workout focus</u>	<u>Day of</u>
	Monday: Mojo Mon	Take starting weight and pics!	Go shopping!			0
	Tuesday: Text a lot Tues	<a href="#">Upper Body- Slim Chick Purple Boosting</a>	eat fish	Drink More Water	Endurance	1
	Wednesday: Wacky Wed	<a href="#">Lower Body- Slim Chick Purple Boosting</a>	eat cucumbers or lettuce	Drink More Water	Endurance	2
	Thursday: Thankful Thurs	<a href="#">Abs/Booty- Slim Chick Purple Boosting</a>	drink tea	Drink More Water	Endurance	3
	Friday: Friendly Fri	<a href="#">ABS video- Slim Chick</a>	eat califlower or asparagus	Drink More Water	Endurance	4
	Saturday: Super Hero Sat	<a href="#">Upper Body- Slim Chick Purple Boosting</a>	eat red meat	Drink More Water	Endurance	5
	Sunday: Spirit Sun	<a href="#">Lower Body- Slim Chick Purple Boosting</a>	eat olives or avacado	Drink More Water	Endurance	6
	Monday: Mojo Mon	<a href="#">Abs/Booty- Slim Chick Purple Boosting</a>	eat eggs	Drink More Water	Endurance	7
	Tuesday: Text a lot Tues	<a href="#">6-pack of PEPSI ab routine</a>	eat fish	Eat More Greens	Strength	8
	Wednesday: Wacky Wed	<a href="#">the "HAM" Butt workout</a>	eat cucumbers or lettuce	Eat More Greens	Strength	9
	Thursday: Thankful Thurs	<a href="#">6-pack of LaCroix ab routine</a>	drink tea	Eat More Greens	Strength	10

Friday: Friendly Fri	<a href="#">the "BLT" Butt workout</a>	eat califlower or asparagus	Eat More Greens	Strength	<b>11</b>
Saturday: Super Hero Sat	<a href="#">Upper Body- Slim Chick Pink Buffing</a>	eat red meat	Eat More Greens	Strength	<b>12</b>
Sunday: Spirit Sun	<a href="#">Lower Body- Slim Chick Pink Buffing</a>	eat olives or avacado	Eat More Greens	Strength	<b>13</b>
Monday: Mojo Mon	<a href="#">Abs/Booty- Slim Chick Pink Buffing</a>	eat eggs	Eat More Greens	Strength	<b>14</b>
Tuesday: Text a lot Tues	<a href="#">ABS video- Slim Chick</a>	eat fish	Eat More Protein	Speed/Power	<b>15</b>
Wednesday: Wacky Wed	<a href="#">Upper Body- Slim Chick Pink Buffing</a>	eat cucumbers or lettuce	Eat More Protein	Speed/Power	<b>16</b>
Thursday: Thankful Thurs	<a href="#">the "MAC" Butt workout</a>	drink tea	Eat More Protein	Speed/Power	<b>17</b>
Friday: Friendly Fri	<a href="#">the "PBJ" Butt workout</a>	eat califlower or asparagus	Eat More Protein	Speed/Power	<b>18</b>
Saturday: Super Hero Sat	<a href="#">Lower Body- Slim Chick Pink Buffing</a>	eat red meat	Eat More Protein	Speed/Power	<b>19</b>
Sunday: Spirit Sun	<a href="#">Abs/Booty- Slim Chick Pink Buffing</a>	eat olives or avacado	Eat More Protein	Speed/Power	<b>20</b>
Monday: Mojo Mon	<a href="#">6-pack of COKE ab routine</a>	eat eggs	Eat More Protein	Speed/Power	<b>21</b>
Tuesday: Text a lot Tues	<a href="#">the "WRAP" Butt workout</a>	eat fish	Cut Carbs to 60grams	Speed/Power	<b>22</b>
Wednesday: Wacky Wed	<a href="#">Upper Body- Slim Chick Pink Buffing</a>	eat cucumbers or lettuce	Cut Carbs to 60grams	Lactic Acid	<b>23</b>
Thursday: Thankful	<a href="#">6-pack of MUG ab routine</a>	drink tea	Cut Carbs to	Lactic Acid	<b>24</b>

	Thurs			60grams		
	Friday: Friendly Fri	<a href="#">the "FRISCO" Butt workout</a>	eat califlower or asparagus	Cut Carbs to 60grams	Lactic Acid	25
	Saturday: Super Hero Sat	<a href="#">Lower Body- Slim Chick Pink Buffing</a>	eat red meat	Cut Carbs to 60grams	Lactic Acid	26
	Saturday	<a href="#">ABS video- Slim Chick</a>				
	Sunday: Spirit Sun	<a href="#">Abs/Booty- Slim Chick Pink Buffing</a>	eat olives or avacado	Cut Carbs to 60grams	Lactic Acid	27
	Sunday	<a href="#">the "TUNA" Butt workout</a>				
	Monday: Mojo Mon	<a href="#">the "MELT" Butt workout</a>	eat eggs	Cut Carbs to 60grams	Lactic Acid	28
	Tues	<a href="#">DO FINAL WEIGH IN!</a>		TAKE ENDING PICS!!		



## **DAY 1~ Tuesday**

Hey ya!!

Today's suggested workout – Upper Body- SlimChick Purple:

<http://youtu.be/gTj6ONDnqKM>

### **Week #1's Fitness Focus~ Build Endurance.**

Endurance is your aerobic fitness. It's what allows you to Go, Go, Go!! This week take some time to strive to be MORE ACTIVE! Here's some ideas on how to increase your ENDURANCE:

- Walk more- take your dog or kids for a walk, use a pedometer and measure your steps, strive for 10,000/day
- Stand more- refuse to sit unless 100% necessary, try a standing work station
- Do more cleaning- End of year cleaning time! organize, give away, sell unused items
- Get out in nature- hike or bike on trails near your home, do some landscaping, outdoor planting, etc...
- Join a running club or sign up for a race, it will give you the motivation to hit the pavement. BTW- running outside is so much more effective than on a treadmill, try it!!
- Buy a heart rate monitor and USE IT!! Get in your aerobic zone and strive to stay there for 20, 30, 40, 50 or even 60 mins!! You'll be amazed at how quickly your heart will get stronger and how fast your endurance improves!

### **Week #1's Diet Focus~ Drink More Water!**

A good goal intake is at least half of your body weight in ounces daily, but often times up to 1 gallon a day is recommended for those with higher protein intake and for those who consistently workout. Water is vital for flushing out toxins in your body and the transport of nutrients to your cells. Key things to keep in mind are that when you initially up your water intake you may retain water for a day or two, but then your body will regulate itself and you'll find that the consistent higher intake of water will help you NOT retain water. Beware that too much water can be dangerous...if you find that you are cramping or constantly thirsty despite drinking tons of water or light headed, you may be consuming too much water and flushing minerals and electrolytes from your body. If that's the case lower your intake and consider supplementing with some sodium and other minerals.

## **(Day 1 Continued)**

### **Today's Diet Challenge**

Eat some Fish. Each day of the week we have a set diet challenge that is meant to get you thinking about your food intake and help you get out of the "grind" of eating the same things all the time. Variety in food intake is vital for nutritional and mental reasons. Try some fish today! Tuna, Salmon and Tilapia are some of the fish I eat.

### **Today's Personal Challenge**

Text a lot Tuesday...why you ask. It's a fun way to stay connected, encourage others and to quickly let someone know you are thinking about them. STRIVE to text a lot today. My goal is to scroll down through my text list and say HI! to some of those LOWER ON THE LIST, lol!

That's all for now!! Have fun with this challenge~ We can do it!! -Michelle

## **DAY 2- Wednesday**

This week's diet focus is to Drink More Water! Chug-a-lug. Our fitness focus for the week is building Endurance. Get to it!

Check out today's suggested workout – Lower Body SlimChick Purple:

<http://youtu.be/TJuR415-Ugk>

### **Today's Diet Challenge**

Eat lettuce or cucumbers. Now that summer is over you may not feel like garden veggies quite as much, but you still need them! Get your detox going by ingesting some fiber, nutrient filled, hydrating GREENS!

### **Today's Personal Challenge**

Wacky Wednesday...Have some fun. Snap a funny pic, read some funny cartoons or meme's, watch a funny movie or show. Don't let hump day get you down, get Wacky!

## **SO TO SIMPLIFY:**

### **Day 2: ~5 goals-**

1. Eat lettuce or cukes
2. Wacky Wed, lol!!
3. Drink More Water
4. Build your Endurance
5. Workout: <http://youtu.be/TJuR415-Ugk>

## **Day 3 ~ Thursday**

We are off to a great start with this challenge!!

Don't forget...

This week's diet focus is to Drink More Water! Gulp, Gulp. Our fitness focus for the week is building Endurance. Keep at it!

Check out today's suggested workout- Abs/Booty SlimChick Purple:

<http://youtu.be/koK7KyCHMVU>

### **Today's Diet Challenge**

Drink some TEA today...Why TEA? Well, it's a fun way to get some nutrients, to detox, to get a bit of caffeine, and to spice up your water intake 😊

### **Today's Personal Challenge**

It's Thankful Thursday...Be sure to think about something you are thankful for today. Simply, just say "thank you" MORE! The art of APPRECIATION is so powerful. Reach out to and thank someone, you will be amazed at how much it impacts you in the positive!!

## Day 4 ~ Friday

Have you been Drinking more water? Where's the bathroom??  
Check out today's suggested workout- Abs Video- SlimChick:  
<http://youtu.be/6SJFwIREe0A>

Don't forget, Our fitness focus for the week is building Endurance. Hang in there!  
You'll gain energy from your efforts if you keep at it!!

### **Today's Diet Challenge**

Eat cauliflower or asparagus. Eating a variety of foods is more important that you may think. Don't get in a rut, try something new! How about cauliflower or asparagus? If they are staples, go for something more exotic! Greens are packed with fiber, vitamins, and minerals which help your body's detox process. Be sure to add them to your shopping list and then EAT them!

### **Today's Personal Challenge**

Friendly Friday!! Let's strive to be extra friendly today:

- Smile more and make eye contact with people...it's OKAY!
- Say HI to everyone you cross paths with
- Break the ice, introduce yourself; be conversational
- Lend a Helping HAND; open doors; offer to help carry something for someone, etc....
- Comment on a Friend's Blog
- Comment on a STRANGER's Blog
- Send some e-mails or private message
- Send some letters or Thank You cards or B-day cards, etc...
- Send some flowers or balloons~ or fruit~ or candy (toffee?)
- Call a friend, acquaintance, family member or even and ENEMY, lol!
- Text someone!

Just STRIVE to be EXTRA Friendly today!!! And HAVE FUN with it!!! You will be rewarded for planting those "energy seeds"



## **Day 5 ~ Saturday**

This week's diet focus is to Drink More Water! Bring it on! Our fitness focus for the week is building Endurance. Just keep swimmin', swimmin', swimmin'.....  
Check out today's suggested workout- Upper Body- SlimChick Purple:  
<http://youtu.be/gTj6ONDnqKM>

### **Today's Diet Challenge**

You are challenged to eat red meat.  
Red meat contains a certain form of hemoglobin/iron that is only found in red meat. It is recommended that females who train athletically consume 15-18mg of iron daily. A 3oz serving of beef contains 2.6mg of heme iron.

<http://www.womenrunners.com/tr...irondeficiencies.htm>

### **Today's Personal Challenge**

It's SUPER HERO Saturday...SUPERHERO Saturday is all about you doing EXTRA ORDINARY things today-- I love getting in the mood with a super hero shirt, thinking about how cool it would be to have a super power and taking action towards being physically strong like a super hero.

## **Day 6 ~ Sunday**

This week's diet focus is to Drink More Water! H2O baby!

Today's workout focus is ENDURANCE!! And check out today's suggested workout- Lower Body SlimChick Purple: <http://youtu.be/TJuR415-Ugk>

**Noticing a difference with at least 11 minutes a day? You can purchase my SlimChick DVD series here: <http://buffmother.com/product/dvds/>.**

### **Today's Diet Challenge**

Today Diet challenge is eat olives or avocado PLUS Drink water!! Good healthy fats and FIBER are in these fun garnishing fruits. Be brave and try some fun new ways to enjoy olives and avocado! Be determined to get the correct PORTIONS during your weekend. Using the cross off daily record will help. And remember in dieting...Champions are made on the weekend!

### **Today's Personal Challenge**

**Spirit Sunday-** We are mind, body and SPIRIT. If you neglect any part of yourself you will be living only a partial life. My SPIRIT is rooted in my belief in Jesus Christ, The Father God and The Holy Spirit. Take some time each Sunday (and every day) to pour into your SPIRIT. You'll be amazed at how much more your body and mind fall into line!

## **Day 7 ~ Monday**

This week's diet focus is to Drink More Water! Our fitness focus for the week is building Endurance.

Check out today's suggested workout- Abs/Booty SlimChick Purple:

<http://youtu.be/koK7KyCHMVU>

### **Today's Personal Challenge**

Mojo Monday- Get fired up for the week ahead. Plan, set goals, write to do lists, journal your thoughts and prayers, etc...

Take some time today to SCHEDULE in your workouts.

I just uploaded the final foundation in our hormonal timing book overview. Talking about MOJO....which is perfect for today as it is MOJO Monday!!

[Hormonal Timing Foundation #7: Massive Momentum](#)

### **Today's Diet Challenge**

Monday Diet Challenge: Eat Eggs



## DAY 8~ Tuesday

This week's diet focus is to Eat More Greens! Our fitness focus for the week is increasing Strength.

Check out today's suggested workout- 6pack of PEPSI: <http://youtu.be/xcyjDsX4cMA>

### "6 pack of PEPSI"

Repeat this circuit 3 times

- 1) P= Plank: 20 seconds
- 2) E= Eccentric abs on ball: 10 reps
- 3) P= Pump Ups: 10 reps
- 4) S= Slip drill: 10 reps in each stance
- 5) I= Itty-bitty ball crunches: 20 reps

**Week #2's Fitness Focus~ Increasing Strength.**

**Week #2's Diet Focus~ Eat More Greens!**

### **Today's Diet Challenge**

Eat some Fish. Each day of the week we have a set diet challenge that is meant to get you thinking about your food intake and help you get out of the "grind" of eating the same things all the time. Variety in food intake is vital for nutritional and mental reasons. Try some fish today! Tuna, Salmon and Talapia are some of the fish I eat.

### **Today's Personal Challenge**

Text a lot Tuesday...why you ask. It's a fun way to stay connected, encourage others and to quickly let someone know you are thinking about them. STRIVE to text a lot today. My goal is to scroll down through my text list and say HI! to some of those LOWER ON THE LIST, lol!

## DAY 9- Wednesday

This week's diet focus is to Eat More Greens! Our fitness focus for the week is increasing Strength. Flex!

Check out today's suggested workout- The HAM sandwich: <http://youtu.be/kRtrugCo68Y>

Do this circuit 4 times~ it is not a RACE!

### THE "Ham"

Repeat this circuit 4 times

- 1) "H"- Hip-Ups : Place feet up on a bench (chair, box, couch, ottoman, etc) and lift hips up  
5 reps slow and controlled being sure to hold the SQUEEZE for at least 2 seconds.
- 2) "A"- Around the Worlds: Stand holding something for balance, lift right leg out to side and move it in circle "around the world" switch legs and alternate directions on each set.
- 3) "M"- Money Makers: Stand with feet a bit wider than shoulder width, place right hand on hip, left hand on head and jut right hip out as you rotate slightly.

### **Today's Diet Challenge**

Eat lettuce or cucumbers. Now that summer is over you may not feel like garden veggies quite as much, but you still need them! Get your detox going by ingesting some fiber, nutrient filled, hydrating GREENS!

### **Today's Personal Challenge**

Wacky Wednesday...Have some fun. Snap a funny pic, read some funny cartoons or meme's, watch a funny movie or show. Don't let hump day get you down, get Wacky!

### **SO TO SIMPLIFY:**

#### Day 9: ~5 goals-

6. Eat lettuce or cukes
7. Wacky Wed, lol!!
8. Get after those Greens
9. Increase Strength
10. Workout: <http://youtu.be/kRtrugCo68Y>

## Day 10 ~ Thursday

This week's diet focus is to Eat More Greens! Our fitness focus for the week is increasing Strength. You want to add a few pounds....to your barbell!

Check out today's suggested workout 6pack of LACROIX:

[http://youtu.be/egrPlp\\_NMzI](http://youtu.be/egrPlp_NMzI)

### **"6 pack of LACROIX"**

Repeat this circuit 2 times

- 1) L= Leg raises: 7each leg
- 2) A= Around the worlds: 7 each direction
- 3) C= Crunches (feet on floor): 14 reps
- 4) R= Reverse crunches: 14 reps
- 5) O= Oblique Twists: 7 each direction
- 6) I= Incline Bicycles: 14 reps
- 7) X= X leg raises: 14 reps

### **Today's Diet Challenge**

Drink some TEA today...Why TEA? Well, it's a fun way to get some nutrients, to detox, to get a bit of caffeine, and to spice up your water intake 😊

### **Today's Personal Challenge**

It's Thankful Thursday...Be sure to think about something you are thankful for today. Simply, just say "thank you" MORE! The art of APPRECIATION is so powerful. Reach out to and thank someone, you will be amazed at how much it impacts you in the positive!!

## Day 11 Friday

This week's diet focus is to Eat More Greens! Mmmmm, so good! Our fitness focus for the week is increasing Strength. Let's build some muscle!

Check out today's suggested workout- The BLT: <http://youtu.be/S5L9g7-afs0>

### The BLT

Repeat this circuit 4 times

- 1) "B"- Booty Pops: Stand with all your weight on on leg with knee slightly bent, bend leg a bit more and push up through your heel to contract booty as you return to start position. Do 10 reps each side; alternating starting leg with each set.
- 2) "L"- Lunge: Forward lunge pushing up and back to starting position alternating legs 10 total (5per leg).
- 3) "T"- Twirl: Stand with feet in a wide stance and Twirl your hips in a big circle- do 5 clockwise followed by 5 counterclockwise. Alternate starting direction with each set.

### Today's Diet Challenge

Eat cauliflower or asparagus. Eating a variety of foods is more important that you may think. Don't get in a rut, try something new! How about cauliflower or asparagus? If they are staples, go for something more exotic! Greens are packed with fiber, vitamins, and minerals which help your body's detox process. Be sure to add them to your shopping list and then EAT them!

### Today's Personal Challenge

Friendly Friday!! Let's strive to be extra friendly today:

- Smile more and make eye contact with people...it's OKAY!
- Say HI to everyone you cross paths with
- Break the ice, introduce yourself; be conversational
- Lend a Helping HAND; open doors; offer to help carry something for someone, etc....
- Comment on a Friend's Blog
- Send some e-mails or private message
- Call a friend, acquaintance, family member or even and ENEMY, lol!
- [Text someone!](#)

Just STRIVE to be EXTRA Friendly today!!! And HAVE FUN with it!!! You will be rewarded for planting those "energy seeds"

## Day 12 Saturday

This week's diet focus is to Eat More Greens! It's not easy being green. Our fitness focus for the week is increasing Strength. Lift Heavy!

Check out today's suggested workout- Upper Body SlimChick Pink:  
<http://youtu.be/BLyjBXIP12U>

**Enjoying the SlimChick video series? You can purchase the set (comes with resistance bands) at: <http://buffmother.com/product/dvds/>.**

### **Today's Diet Challenge**

You are challenged to eat red meat.

Red meat contains a certain form of hemoglobin/iron that is only found in red meat. It is recommended that females who train athletically consume 15-18mg of iron daily. A 3oz serving of beef contains 2.6mg of heme iron.

<http://www.womenrunners.com/tr...irondeficiencies.htm>

### **Today's Personal Challenge**

It's SUPER HERO Saturday...SUPERHERO Saturday is all about you doing EXTRA ORDINARY things today-- I love getting in the mood with a super hero shirt, thinking about how cool it would be to have a super power and taking action towards being physically strong like a super hero.

## Day 13 ~ Sunday

This week's diet focus is to Eat More Greens! Greens don't have to be green! Our fitness focus for the week is increasing Strength.

Check out today's suggested workout – Lower Body SlimChick Pink:

<http://youtu.be/MCut-DTG2EA>

### **Today's Diet Challenge**

Today Diet challenge is eat olives or avocado PLUS Drink water!! Good healthy fats and FIBER are in these fun garnishing fruits. Be brave and try some fun new ways to enjoy olives and avocado! Be sure to eat enough FAT! Your body needs fat to produce your hormones properly and for your skin and hair to stay young looking.

### **Today's Personal Challenge**

**Spirit Sunday-** We are mind, body and SPIRIT. If you neglect any part of yourself you will be living only a partial life. My SPIRIT is rooted in my belief in Jesus Christ, The Father God and The Holy Spirit. Take some time each Sunday (and every day) to pour into your SPIRIT. You'll be amazed at how much more your body and mind fall into line!

## Day 14 ~ Monday

This week's diet focus is to Eat More Greens! Greens don't have to be green! Our fitness focus for the week is increasing Strength.

Check out today's suggested workout- Abs/Booty SlimChick Pink:

<http://youtu.be/LCEDmfR95rU>

### **Today's Personal Challenge**

Mojo Monday- Get fired up for the week ahead. Plan, set goals, write to do lists, journal your thoughts and prayers, etc...

Take some time today to SCHEDULE in your workouts.

### **Today's Diet Challenge**

Monday Diet Challenge: Eat Eggs

## **DAY 15~ Tuesday**

This week's diet focus is to Eat More Protein! Our fitness focus for the week is gaining Speed.

Check out today's suggested workout- Abs Video SlimChick:  
<http://youtu.be/6SJFwIREe0A>

**Week #3's Fitness Focus~ Speed.**

**Week #3's Diet Focus~ Eat More Protein!**

You need to try and eat at least your goal body weight in grams of protein a day. This is very important. The key for you to be successful in your diet is setting limits and planning. ALWAYS have protein available and plan on eating it or greens before anything else at each meal.

### **Today's Diet Challenge**

Eat some Fish. Each day of the week we have a set diet challenge that is meant to get you thinking about your food intake and help you get out of the "grind" of eating the same things all the time. Variety in food intake is vital for nutritional and mental reasons. Try some fish today! Tuna, Salmon and Talapia are some of the fish I eat.

### **Today's Personal Challenge**

Text a lot Tuesday...why you ask. It's a fun way to stay connected, encourage others and to quickly let someone know you are thinking about them. STRIVE to text a lot today. My goal is to scroll down through my text list and say HI! to some of those LOWER ON THE LIST, lol!



## DAY 16 ~ Wednesday

This week's diet focus is to Eat More Protein! Mooooo, cluck-cluck, glug/gurgle/swish ....what does the fish say? Our fitness focus for the week is gaining Speed. Can't catch me!

Check out today's suggested workout- Upper Body SlimChick Pink:  
<http://youtu.be/BLyjBXIP12U>

### **Today's Diet Challenge**

Eat lettuce or cucumbers. Now that summer is over you may not feel like garden veggies quite as much, but you still need them! Get your detox going by ingesting some fiber, nutrient filled, hydrating GREENS!

### **Today's Personal Challenge**

Wacky Wednesday...Have some fun. Snap a funny pic, read some funny cartoons or meme's, watch a funny movie or show. Don't let hump day get you down, get Wacky!

### **SO TO SIMPLIFY:**

#### Day 16: ~5 goals-

11. Eat lettuce or cukes
12. Wacky Wed, lol!!
13. Eat More Protein
14. Gain Speed
15. Workout: <http://youtu.be/BLyjBXIP12U>

## Day 17 ~Thursday

This week's diet focus is to Eat More Protein! Plants have protein too! Our fitness focus for the week is gaining Speed. Run, run, run, as fast as you can!

Check out today's suggested workout- The MAC: <http://youtu.be/9cPMNGmAok0>

### The "MAC"

Repeat this circuit 4 times

- 1) M- MMA Squat- get in a "fighting stance", hands up by ears to and squat 5 times; Jump to switch foot position and do 5 more.
- 2) A-Abduction- simple laying side leg raises- lay on your side with head propped up on elbow. Lift top leg up as high as you can without rotating hips open- you may want to point toe down to help activate your hip/glute muscles. Do 15-25 reps (to failure) on one leg and then repeat with the other leg. Be sure to alternate starting leg with each set
- 3) C- Cross Swings- Stand with all your weight on right leg holding on to a chair or bar in front of you - lift left leg up to side and then swing it A-CROSS the right leg in a controlled fashion. Do 10 each leg and be sure to alternate starting leg with each set.

### Today's Diet Challenge

Drink some TEA today...Why TEA? Well, it's a fun way to get some nutrients, to detox, to get a bit of caffeine, and to spice up your water intake 😊

### Today's Personal Challenge

It's Thankful Thursday...Be sure to think about something you are thankful for today. Simply, just say "thank you" MORE! The art of APPRECIATION is so powerful. Reach out to and thank someone, you will be amazed at how much it impacts you in the positive!!

## Day 18 ~ Friday

This week's diet focus is to Eat More Protein! Eat up! Our fitness focus for the week is gaining Speed. Be prepared for the zombie apocalypse.

Check out today's suggested workout- The PBJ: <http://youtu.be/skmcn16K1Uw>

### The PBJ

Repeat this circuit 4 times

- 1) "P"- Pigeon toe Push ups- place your feet on the floor with pigeon toes do a push up and then stick your butt up into the air like how kids do pushups do 10 total. I've included a plank to butt up position for those unable to do the push up portion.
- 2) "B"- Bulgarians- Place one leg on a bench behind you and lower your body down using your front leg to press yourself back up. Do 5 on each leg alternating your start leg with each set.
- 3) "J" - Jumps one leg at a time do 5 each leg being sure to jump with butt engagement by bending knee.

### Today's Diet Challenge

Eat cauliflower or asparagus. Eating a variety of foods is more important that you may think. Don't get in a rut, try something new! How about cauliflower or asparagus? If they are staples, go for something more exotic! Greens are packed with fiber, vitamins, and minerals which help your body's detox process. Be sure to add them to your shopping list and then EAT them!

### Today's Personal Challenge

Friendly Friday!! Let's strive to be extra friendly today:

- Smile more and make eye contact with people...it's OKAY!
- Break the ice, introduce yourself; be conversational
- Comment on a Friend's Blog
- Comment on a STRANGER's Blog
- Send some e-mails or private message
- Send some letters or Thank You cards or B-day cards, etc...
- Call a friend, acquaintance, family member or even an ENEMY, lol!

Just STRIVE to be EXTRA Friendly today!!! And HAVE FUN with it!!! You will be rewarded for planting those "energy seeds"

## Day 19 Saturday

This week's diet focus is to Eat More Protein! Our fitness focus for the week is gaining Speed. Don't let it drop below 55mph!

Check out today's suggested workout- Lower Body SlimChick Pink:

<http://youtu.be/MCut-DTG2EA>

11 minutes a day can make a difference! Enjoying my SlimChick DVD series? You can purchase the DVD set w/bands here: <http://buffmother.com/product/dvds/>. Or the full Starter Pack here: <http://buffmother.com/product/starter-pack/>

### **Today's Diet Challenge**

You are challenged to eat red meat

Red meat contains a certain form of hemoglobin/iron that is only found in red meat. It is recommended that females who train athletically consume 15-18mg of iron daily. A 3oz serving of beef contains 2.6mg of heme iron.

<http://www.womenrunners.com/tr...irondeficiencies.htm>

### **Today's Personal Challenge**

It's SUPER HERO Saturday...SUPERHERO Saturday is all about you doing EXTRA ORDINARY things today-- I love getting in the mood with a super hero shirt, thinking about how cool it would be to have a super power and taking action towards being physically strong like a super hero.

## Day 20 ~ Sunday

This week's diet focus is to Eat More Protein! Our fitness focus for the week is gaining Speed.

Check out today's suggested workout- Abs/Booty SlimChick Pink:

<http://youtu.be/LCEDmfR95rU>

### **Today's Diet Challenge**

Today Diet challenge is eat olives or avocado. Good healthy fats and FIBER are in these fun garnishing fruits. Be brave and try some fun new ways to enjoy olives and avocado!

### **Today's Personal Challenge**

**Spirit Sunday-** We are mind, body and SPIRIT. If you neglect any part of yourself you will be living only a partial life. My SPIRIT is rooted in my belief in Jesus Christ, The Father God and The Holy Spirit. Take some time each Sunday (and every day) to pour into your SPIRIT. You'll be amazed at how much more your body and mind fall into line!

## Day 21 ~ Monday

This week's diet focus is to Eat More Protein! Yeah! Our fitness focus for the week is gaining Speed. Catch me if you can!

Check out today's suggested workout- 6pack of COKE:  
<http://youtu.be/hqaqXH119uM>

### 6 pack of COKE

Repeat this circuit 2 to 3 times

- 1) C= Crunches with feet up: 20 reps
- 2) O= Oblique side crunch: 10 each side
- 3) K= Knee Ups: 10front+10 each side
- 4) E= Extensions for lower back: 10 reps

### **Today's Personal Challenge**

Mojo Monday- Get fired up for the week ahead. Plan, set goals, write to do lists, journal your thoughts and prayers, etc...

Take some time today to SCHEDULE in your workouts.

### **Today's Diet Challenge**

Monday Diet Challenge: Eat Eggs

## **DAY 22~ Tuesday**

This week's diet focus is to Cut Carbs to 60g! Our fitness focus for the week is all about Lactic Acid.

Check out today's suggested workout- The WRAP: <http://youtu.be/3wm0-KVsKhA>

### **THE WRAP**

Repeat this circuit 4 times

- 1) W- Wiggle It- Stand with legs slightly further than shoulder width apart. shift weight from one side to the other lifting right hip and bending knees of left leg to do so and switch back and forth giving a "wiggle" type dancing motions.
- 2) R- Running Ups- Stand holding a bar or back of chair in front of you. Bring knee up to chest (like running) and then extending foot back behind you about 1.5 to 2 feet with a "bounce" between. Do 15 on each leg then switch.
- 3) A- Adductions- Lay on your back with feet up in the air and butt propped up with hands. Made a V with legs being sure to get it as wide as possible and then close V and repeat. SLOW and controlled for 10 reps. You can vary foot position to emphasize certain muscles.
- 4) P- Pilate UPS- Stand with toes out like a ballerina, squat down low with knees out to side then extend all the way up onto toes with arms above you. Repeat 5 times.

### **Week #4's Fitness Focus~ Lactic Acid.**

Our focus for this week is LACTIC ACID

Here's a little video "Vlog" I recorded talking more about lactic acid training  
<http://www.youtube.com/watch?v=ohIuXa3DoQ0...>

### **Week #1's Diet Focus~ Cut carbs to 60g**

Fuel yourself for your workouts. Pre-workout and post workout meals are the most important of the day. Fuel and Refuel. The only time I want you to purposely eat carbs during buffing phases is pre-workout and post workout.

## **(Tuesday ~ Day 22 Continued)**

### **Today's Diet Challenge**

Eat some Fish. Each day of the week we have a set diet challenge that is meant to get you thinking about your food intake and help you get out of the "grind" of eating the same things all the time. Variety in food intake is vital for nutritional and mental reasons. Try some fish today! Tuna, Salmon and Talapia are some of the fish I eat.

### **Today's Personal Challenge**

Text a lot Tuesday...why you ask. It's a fun way to stay connected, encourage others and to quickly let someone know you are thinking about them. STRIVE to text a lot today. My goal is to scroll down through my text list and say HI! to some of those LOWER ON THE LIST, lol!



## **DAY 23 ~ Wednesday**

This week's diet focus is to Cut Carbs to 60g! Mind over matter. Our fitness focus for the week is all about Lactic Acid. It's lactic, it's an acid, discuss amongst yourselves.

Check out today's suggested workout- Upper Body SlimChick Pink:

<http://youtu.be/BLyjBXIP12U>

### **Today's Diet Challenge**

Eat lettuce or cucumbers. Now that summer is over you may not feel like garden veggies quite as much, but you still need them! Get your detox going by ingesting some fiber, nutrient filled, hydrating GREENS!

### **Today's Personal Challenge**

Wacky Wednesday...Have some fun. Snap a funny pic, read some funny cartoons or meme's, watch a funny movie or show. Don't let hump day get you down, get Wacky!

### **SO TO SIMPLIFY:**

#### **Day 23: ~5 goals-**

16. Eat lettuce or cukes
17. Wacky Wed, lol!!
18. Low Carbs
19. Lactic Acid
20. Workout: <http://youtu.be/BLyjBXIP12U>

## **Day 24 ~Thursday**

This week's diet focus is to Cut Carbs to 60g! You can do it! Our fitness focus for the week is all about Lactic Acid. Burn, baby, burn!

Check out today's suggested workout- 6pack of MUG:  
<http://youtu.be/bu5HbfIR9wE>

### **6 pack of "MUG"**

Repeat this circuit 3 times

- 1) "M"= Mountain Climbers x30 reps
- 2) "U"= Underbutts on floor x 10
- 3) "G"= Good Morning ABS with vacuums 3x's 10 sec

## **Today's Diet Challenge**

Drink some TEA today...Why TEA? Well, it's a fun way to get some nutrients, to detox, to get a bit of caffeine, and to spice up your water intake 😊

## **Today's Personal Challenge**

It's Thankful Thursday...Be sure to think about something you are thankful for today. Simply, just say "thank you" MORE! The art of APPRECIATION is so powerful. Reach out to and thank someone, you will be amazed at how much it impacts you in the positive!!

## Day 25 Friday

This week's diet focus is to Cut Carbs to 60g! Stay focused! Our fitness focus for the week is all about Lactic Acid. Pump it up!

Check out today's suggested workout- The FRISCO:  
<http://youtu.be/PwmUpV5ArCQ>

### THE "FRISCO"

Repeat circuit 4 times

- 1) "F"- Flashdance- Start standing with feet shoulder width apart. Lift and place right leg out to the side as far as you can reach touching the floor with toe. At the same time place left hand on head and extend right arm out to match extension of right leg. HOLD position while exaggerating the curvature of your back on the right side. Quickly switch legs and repeat the move alternating from right to left for 10 reps on each side.
- 2) "R"- Reverse Lunge- Stand with feet together then place your right foot behind you lowering your body down to where knee of right leg is 1 inch above floor. Use your front leg (left) to pull yourself back up to starting position. Alternate legs for a total of 10 on each leg.
- 3) "I"- Inverted ups- Place feet on floor in front of you legs bent at 90degrees and hands behind you propped up on a bench or chair (have you body in a position like you are sitting- similar to that of bench/chair dips). Jut hips forward squeezing glutes as you press body forward into a straight line- still keeping some bend in the knees- Do 5 with feet straight and 5 with toes out.
- 4) "S"- Showgirl- Stand holding on to something at your side. Kick legs up like a show girl. Alternating starting leg and direction with each set. 10 reps each leg.
- 5) "C"- Circles- keeping upper body upright make circles with you hips- 5 each direction
- 6) "O"- Open hip pulse- squat low and pulse to open hips at bottom of move do 10 reps

## **(Friday ~ Day 25 Continued)**

### **Today's Diet Challenge**

Eat cauliflower or asparagus. Eating a variety of foods is more important than you may think. Don't get in a rut, try something new! How about cauliflower or asparagus? If they are staples, go for something more exotic! Greens are packed with fiber, vitamins, and minerals which help your body's detox process. Be sure to add them to your shopping list and then EAT them!

### **Today's Personal Challenge**

Friendly Friday!! Let's strive to be extra friendly today:

- Comment on a STRANGER's Blog
- Lend a helping hand
- Send some letters or Thank You cards or B-day cards, etc...
- Text someone!

Just STRIVE to be EXTRA Friendly today!!! And HAVE FUN with it!!! You will be rewarded for planting those "energy seeds"

## **Day 26 Saturday**

This week's diet focus is to Cut Carbs to 60g! Hold tight! Our fitness focus for the week is all about Lactic Acid. Breathe!

Check out today's suggested workout- Lower Body SlimChick Pink:

<http://youtu.be/MCut-DTG2EA>

## **Today's Diet Challenge**

You are challenged to eat red meat

Red meat contains a certain form of hemoglobin/iron that is only found in red meat.

It is recommended that females who train athletically consume 15-18mg of iron daily. A 3oz serving of beef contains 2.6mg of heme iron.

<http://www.womenrunners.com/tr...irondeficiencies.htm>

## **Today's Personal Challenge**

It's SUPER HERO Saturday...SUPERHERO Saturday is all about you doing EXTRA ORDINARY things today-- I love getting in the mood with a super hero shirt, thinking about how cool it would be to have a super power and taking action towards being physically strong like a super hero.

## **Day 27 ~ Sunday**

This week's diet focus is to Cut Carbs to 60g! Our fitness focus for the week is all about Lactic Acid.

Check out today's suggested workout- Abs/Booty SlimChick Pink:

<http://youtu.be/LCEDmfR95rU>

### **Today's Diet Challenge**

Today Diet challenge is eat olives or avocado. Good healthy fats and FIBER are in these fun garnishing fruits. Be brave and try some fun new ways to enjoy olives and avocado!

### **Today's Personal Challenge**

**Spirit Sunday-** We are mind, body and SPIRIT. If you neglect any part of yourself you will be living only a partial life. My SPIRIT is rooted in my belief in Jesus Christ, The Father God and The Holy Spirit. Take some time each Sunday (and every day) to pour into your SPIRIT. You'll be amazed at how much more your body and mind fall into line!

## **Day 28 ~ Monday**

This week's diet focus is to Cut Carbs to 60g! Our fitness focus for the week is all about Lactic Acid.

Check out today's suggested workout- Abs Video SlimChick:

<http://youtu.be/A62n6LYqVog>

Did you enjoy the SlimChick workout series? After this contest they will no longer be available for free use. You can purchase a set at the following link:

<http://buffmother.com/product/dvds/>. Or the full starter kit here:

<http://buffmother.com/product/starter-pack/>.

### **Today's Personal Challenge**

Mojo Monday- Get fired up for the week ahead. Plan, set goals, write to do lists, journal your thoughts and prayers, etc...

### **Today's Diet Challenge**

Monday Diet Challenge: Eat Eggs