

MELFIT 5 DAY CHALLENGE

THANK YOU FOR JOINING ME FOR THIS EASY HEALTH CHALLENGE. THIS IS A GREAT WAY TO PROVE TO YOURSELF THAT YOU CAN DO ANYTHING FOR 5 DAYS! PLEASE TAKE EACH DAY AS IT COMES. THE PROBLEM WITH MOST PEOPLE IS THEY START OUT TOO QUICKLY AND OVERWHELM THEMSELVES AND EVENTUALLY QUIT. THIS WILL PROVE TO YOU THAT SMALL CHANGES DO ADD UP! I WOULD ADVISE GRABBING A JOURNAL AND JOT DOWN AT LEAST 1-2 SENTENCES DAILY REGARDING HOW THESE HEALTH HABITS AFFECTED YOU AND MADE YOU FEEL.

DAY 1



DRINK 1/2 YOUR BODY WEIGHT IN OUNCES OF WATER, OR IF THIS SEEMS DAUNTING DRINK 1/2 YOUR GOAL WEIGHT IN OUNCES OF WATER. ADDING BERRIES, CITRUS, AND HERBS HELPS WITH THE FLAVOR. WITH TEMPS HEATING UP YOUR BODY NEEDS EXTRA WATER SO DON'T LET YOURSELF GET DEHYDRATED. THIS CAN LEAD TO CONSTIPATION AND LEG CRAMPS.

DAY 2



REPEAT DAY 1 AND ADD A SERVING OF VEGGIES TO THREE MEALS. A GOOD WAY TO SNEAK VEGGIES IN IS TO TRY MY MELFIT GREEN SMOOTHIE. DOWNLOAD THE MELFIT APP FOR FREE FOR 7 DAYS AND CANCEL ANYTIME. GREEN VEGGIES ARE BEST, BUT IF YOU'RE NEW TO ADDING VEGGIES JUST START WITH WHAT YOU LIKE.

DAY 3



REPEAT DAY 1 AND 2 AND ADD EAT LEAN PROTEIN AT 3 MEALS. WE STICK TO LEAN PROTEIN THAT HAS LESS THAN 10 GRAMS OF FAT AT MELFIT. WE LOVE THE ISERNIO'S CRACKED BLACK PEPPER SAUSAGES FROM COSTCO HEATED IN THE AIR FRYER FOR 5-7 MINUTES FOR SOME QUICK PROTEIN. IT'S ALSO A GREAT TIME TO GET OUT AND START GRILLING! WE LOVE MELFIT PINEAPPLE TERIYAKI BURGERS WHICH WILL BE FEATURED IN OUR SUMMER EDITION OF MELFIT HEALTHY TIMES. FOR AN EASY WAY TO ADD PROTEIN, TRY MY NEW MELFIT VERY BERRY SMOOTHIE! ON THE MELFIT APP FOR FREE! 7 DAY TRIAL AND AFTER THAT \$1/DAY KEEPS THE DR. AWAY!

DAY 4



REPEAT DAY 1, 2, AND 3, AND ADD WALKING 1 MILE A DAY. USE YOUR PHONE OR FITNESS WATCH TO TRACK THIS. LISTEN TO THE MELFIT PODCAST WHILE WALKING FOR INSPIRATION. WE TRY TO KEEP THESE AROUND 45 MINUTES TO 1 HOUR.

DAY 5



REPEAT DAY 1, 2, 3, AND 4 AND ADD ELIMINATING ALL PROCESSED SUGAR. A PANTRY CLEAN OUT MAY BE A GOOD IDEA TO ELIMINATING ANY TEMPTATION. BOX UP THE SUGAR AND BRING TO YOUR 4TH OF JULY PARTY AND LEAVE IT THERE. IF IT'S NOT THERE YOU WON'T BE TEMPTED BY IT..

COMPLETION!



YOU MADE IT! GREAT JOB! I AM SO PROUD OF YOU FOR TAKING A STAND FOR YOUR HEALTH AND ENGAGING IN MY MELFIT 5 DAY CHALLENGE!

FEELING GOOD? TRY DOING THESE 5 STEPS FOR 2 MORE DAYS IF YOU WANT TO GO FURTHER.

FOR MORE TIPS AND TRICKS PLEASE E-MAIL ME FOR A DIRECT LINK TO MY PRIVATE FACEBOOK GROUP CALLED MELFIT CONNECT AND ALSO CHECK OUT THE MELFIT PODCAST AND YOUTUBE CHANNEL.

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