

21 Day Challenge Coaching Sheet

Week 1 to 4 Weeks – 21 Day Challenge

Preparation:

- Take Measurement & Weigh In
- Review Food list and Prepare Glossary
 - Have an idea what you like to eat as well as when you are out
- Education Video: Detox
(link: <https://www.tlsslim.com/resources/educational-videos/>)

Week 1:

- Featured Video : “ Low GI Index”
(link: <https://www.tlsslim.com/resources/educational-videos/>)
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- Work on Q&A
- Turn in Journal Per coaches Request

Week 2: (Beginning of Phase II)

- Featured Video : “ Reading Label”
(link: <https://www.tlsslim.com/resources/educational-videos/>)
- Review Fat Shreddar workout & video
- Work on Q&A
- Turn in Journal Per coaches Request

Week 3

- Featured Video : “ “Improving Metabolism,”
(link: <https://www.tlsslim.com/resources/educational-videos/>)
- Review Fat Shreddar workout & video
- Work on Q&A
- Turn in Journal Per coaches Request

Week 4

- Featured Video : “ “Dinning out”
(link: <https://www.tlsslim.com/resources/educational-videos/>)
- Get a Continue program
 - www.TLSSlim.com Have a coach explain the result.
 - Have a coach assign a menu plan