



FIT AND LOVING LIFE

FALL TRANSFORMATION CHALLENGE

→ GENERAL ENTRY INSTRUCTIONS MANUAL & NUTRITION GUIDE

BENEFITS PERSONAL TRAINING
REV FITNESS

IMPORTANT!

Dont go any further until this step is complete!

In order to complete your registration, we need you to fill out the following forms:

[CLICK HERE FOR FORMS](#)

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Below you will find everything you need to start this challenge.

This challenge is 5 weeks long. It starts Monday September 7th 2020 and ends Sunday October 11th 2020. Winners will be announced Thursday October 15th, 2020.

STEP 1

Search & Request Entrance to the Facebook Group → "BPT/REV FIT Coaching - FALL 5 Week Challenge"

Please request entrance to this group as soon as possible. A week leading up to our challenge start date we will be posting tips & additional information to ensure you have a clear understanding of what to expect in the weeks ahead. We want to ensure that you feel confident and ready to go. All associated documents (challenge workouts, the recipe books, foam rolling & mobility guide) will be posted within this group in the days leading up to starting.

***IMPORTANT:** If you do not have Facebook or are having trouble locating the community group, please let us know.

STEP 2

Preparation to Start

Over the next 5 weeks (starting September 7th) and beyond, we will strive to improve your quality of life. Let us take a moment to remind you that throughout this exciting change - **what you put in, is what you will get out.** As the saying goes - you can cheat all you want, but you will only be cheating yourself! Now, our intention is to educate and support you, so that you can equip yourself with all the necessary tools to rock some awesome results. If you ever have a question, please ask. If you have concerns with our advice, please say something. If the expectations WE set as a team are not reasonable, don't be afraid to tell us. If your circumstances change during the challenge, we need to know. That said, our start date is right around the corner. There are a couple preliminary tasks we need you to complete. The later you complete these, the less time you'll have to get prepared.

Prep work is as follows:

1) You've made mention of your goals and the why behind them. **Now, what do you honestly want to get out of this challenge in the next 5(+) weeks? Do you have any specific expectations?**
Start brainstorming your answer - we'll be asking you to share with us in the comments of a post within the community group during the week leading up to our start date!

STEP 3

Shopping List

Here are some staple groceries that we suggest are beneficial prior to diving into the challenge. If you have any trouble finding these products or don't believe your budget can allow for these items, please let us know within the community group and we can make additional suggestions.

1. **Fish Oil (Omega-3s)** - \$10-20 (Shoppers Drug Mart, Walmart, etc.)
 2. **Multivitamin** - \$13-20 (Shoppers Drug Mart, Walmart, Superstore, etc.)
 3. **Vitamin D** (especially during the winter season) - \$5-10 (Shoppers Drug Mart, Walmart, Superstore, etc.)
 4. **Quality Salt** - Example, Himalayan pink salt
 5. **Vital Greens** - \$20-65 (these are **NOT** necessary. If you know prior to this challenge starting that you struggle with eating your veggies/greens this might be a great alternative for ensuring you get the proper nutrients. Your nutrition guide will be designed with plenty of fruits and vegetables included so don't stress too much about this one.)
 6. **Protein Powder** - \$25-80 (again, this is **NOT** necessary however provides a good option for snacks and/or meals in which protein is low. You can find affordable and pretty good tasting options at Superstore, Walmart and sometimes even Winners. Coach Jenn likes the brand Pure Protein and Optimum Nutrition Gold Standard).
 7. **Cream of Tartar** (usually next to the baking powder at the supermarket) - \$3
-

STEP 4

There will be two secret messages posted in the community Facebook group for your before/after photos & measurements. The first secret message will be posted a day or so before our start date. The last secret message will be posted a day or so before our end date.

Please send your photos & measurements to Coach Jenn via email → jennifer@befitwithbenefits.com. You can choose to send your before photos & measurements right away, or combined with your end photos & measurements at the end of the challenge.

Include the following:

Photos:

FLEXED FRONT, SIDE, and BACK shots are required. Similar clothing, e.g. colour and style for the photos would be fantastic, as this will make the comparison and quality of the photos easier to see.

Measurements:

The following **7** measurements are required - please record in **pounds & inches**:

(1) Neck, (2) Upper arm, (3) Chest, (4) Waist, (5) Hip, (6) Thigh (7) Weight (in pounds)

Please be mindful of where you take these measurements as you will do your measurements again at the end of the 5 weeks (**we will make a post in the community group with a how to**). If you have any questions in the mean time, please let us know in the community group. Your nutrition guide can be found below and workouts will be posted to the group 3-4 days before we start.

Start Date: Monday September 7th, 2020. **End Date:** Sunday October 11th, 2020.

Winners will be announced Thursday October 15th, 2020.

STEP 5

Photo Instructions - these are very important for your chance to win!

Welcome to the Fall Transformation Challenge! Yes, there are big prizes! Woo! We are so excited to work with you all. You will need to take and send in before photos & measurements (and eventually final photos) to jennifer@befitwithbenefits.com. You can choose to send your before photos & measurements right away, or combined with your end photos & measurements at the end of the challenge.

After we have received both your before and final photos and measurements, we will go through and compare them side by side at the end of the five weeks. Please do not send us comparison photos. Preferably, we would like you to send your photos in the same outfit (as pictured below). If you can do your photos in the exact same location, this will keep lighting the same to make sure we can easily see your progress. Please do not edit your before or after photos. **This will be an immediate disqualification. We can tell.** Please do not change the lighting in any picture either. Be sure to FLEX in BOTH before and after photos. Do not try and make your start photo look embellished (stomach sticking out, etc.). We will only be judging the before and final photos.

If you wish to share your progress online, be sure to tag us (@bpt.jenn & @_revfitforwomen). We may use your photos for advertisement purposes but **will always ask for your permission** prior to doing so.

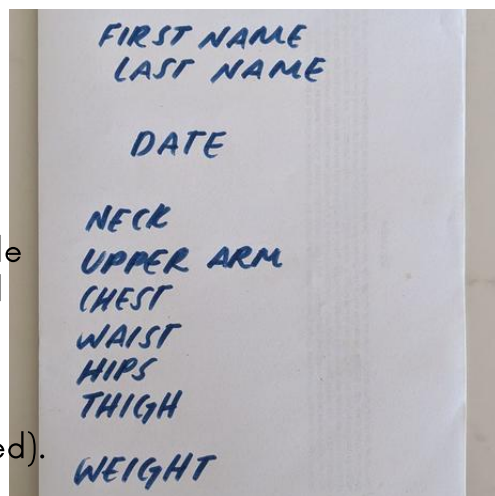
↓ Here is a perfect example of how to do your photos and measurements:



Secret message is included somewhere like this!
& Measurements are shared/sent like this.

Reminders:

- The secret message must be displayed in all photos with measurements being sent separately. We will provide a secret message at the beginning of the challenge, and a different one at the end of the challenge.
- Tans are fine.
- Keep lighting and location the same (as best you can).
- Do not adjust anything about the photos (lighting included). **This will result in immediate disqualification.**
- Make sure you are flexing! Show us those muscles!
- Send all photos & measurements to jennifer@befitwithbenefits.com



CHECK LIST

- ☐ Search & Request Entrance to the Facebook Group → **"BPT/REV FIT Coaching - FALL 5 Week Challenge"**

Feel free, within the community group, to ask any questions you have.
- ☐ We might not answer them right away but will do a live video addressing all questions on the Sunday before we start. There, we will answer everything.

Take your before pictures & measurements with a piece of paper or whiteboard with the date and the secret message. We will provide you with the secret message on Facebook the day before we begin. Save these until the end, or email them right away to **jennifer@befitwithbenefits.com**.
- ☐ Get organized with which supplements or groceries you will need prior to our start. Purchase 1-2 days prior to the challenge start date.

Don't forget, your nutrition guide can be found below and workouts will be posted to the community group 3-4 days before we start. We will upload them as files and also pin them under "announcements" for easy access. Prior to this we will have "prep week" posts that will help you get confident and ready for what's ahead. We can't wait to get started!

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	BREAKFAST	LUNCH	DINNER
MONDAY	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat
TUESDAY	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat
WEDNESDAY	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat
THURSDAY	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat
FRIDAY	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	Indulgence Meal
SATURDAY	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat
SUNDAY	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat	1 Palm Protein 1 Fist Veg 1 Cupped Hand Carbs 1 Thumb Fat

→ PICK YOUR STRATEGY:

Are you looking to lean up, tone, or lose weight?

→ If so, we suggest following the nutrition guide above, excluding a carbohydrate serving on select lunches (**bold and coloured in red**).

Or, do you want to maintain your weight, but develop lean muscle & improve body composition overall (or simply work on improving your nutrition as a whole)?

→ If so, we suggest following the nutrition guide above, including a carbohydrate serving on select lunches (**bold and coloured in red**).

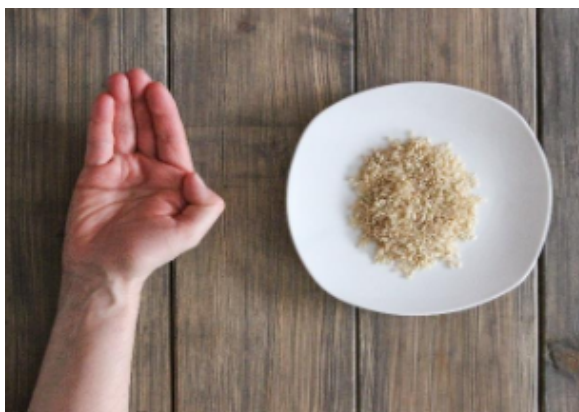
Drink Options	Recommended Amount
Milk (Skim)	1 Cup, Keep to 2 Cups/Day
Water	Unlimited - go crazy!
Tea	Be mindful of sugar and cream (sweeteners or stevia/almond milk or low fat milk is fine)
Coffee	
"Diet" Beverages	Try for no more than 1 every 2 days.

Try to limit stimulants/
caffeine after 4pm.

Portion Guidelines

Carbohydrates

1 cupped hand = 1 serving



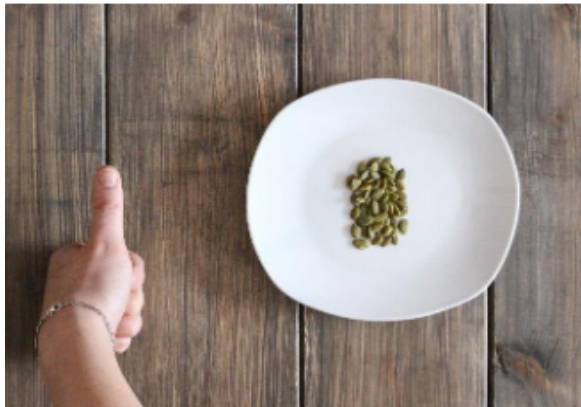
Protein

1 palm = 1 serving



Fat

1 thumb = 1 serving



Fruit/Veg

1 fist = 1 serving



→ SNACKS:

Snacks are definitely allowed! The reason we do not put them in with set meals is that snacks might be a bit more intuitive. Some days you might find you need them, and other days maybe not. The three meals we definitely want you to get in but snacks can be a little more based on your needs at the time. You're welcome to have a morning, afternoon and evening snack, but we want you to have them only if you are **HUNGRY** for them. We suggest 2 "free" items of fruit/day (that do not need to be tracked as anything) which can be good for snacks or else we generally suggest finding snacks that are higher in protein or fat, with veggies being pretty well unlimited at all times. If you know you have a big gap between meals, this is also when something like a super shake might become more appropriate.

→ SUPERSHAKES:

Pick 1 liquid + 1 protein + 1 fruit + 1 vegetable + 1 healthy fat. Blend & Enjoy! If you are in need of a SuperShake, please keep in mind when your next meal will be. This would be ideal if before bed for example, you were really hungry, or if it was afternoon, and you knew dinner would be late. Get creative, the variations are endless!

- Liquid (pick one) = water, almond milk (unsweetened), cow's milk, soy milk (unsweetened), iced green tea.
- Protein (pick one) = whey protein powder, rice protein, pea protein, hemp protein.
- Fruit (pick one) = cherries, banana, berries, apples, pineapple, mango.
- Vegetable (pick one) = dark leafy greens, spinach, pumpkin, beets, cucumber, powdered green supplement.
- Fat (pick one) = walnuts, cashews, almonds, peanut/nut butters (keep to 1 thumb).
- Topper (pick one) = Coconut, cacao nibs, yogurt, oats, cinnamon, ice cubes.

There are a billion and one food items in the world, we couldn't list every single one, so if it's not on the list, please just ask!

PROTEINS	CARBOHYDRATES	FATS	FRUITS + VEG
1 Palm = Seafood	1 Cupped Hand = Oats (dry)	1 Thumb = Almonds	1 Fist = Artichoke
1 Palm = Beef	1 Cupped Hand = White Rice (cooked)	1 Thumb = Cashews	1 Fist = Asparagus
1 Palm = Bison	1 Cupped Hand = Brown Rice (cooked)	1 Thumb = Peanuts	1 Fist = Broccoli
1 Palm = Chicken	1 Cupped Hand = Wrap (1 wrap = serv)	1 Thumb = Flax Seeds	1 Fist = Brussel Sprts
1 Palm = Duck	1 Cupped Hand = Bread (1 slice = serv)	1 Thumb = Pumpkin Sds.	1 Fist = Cabbage
1 Palm = 2 Eggs	1 Cupped Hand = White Pasta (cooked)	1 Thumb = Walnuts	1 Fist = Carrots
1 Palm = Turkey	1 Cupped Hand = W.W Pasta (cooked)	1 Thumb = Avacado	1 Fist = Cauliflower
1 Palm = Lamb	1 Cupped Hand = Barley (cooked)	1 Thumb = 1 Tbsp Nut Butters	1 Fist = Cucumber
1 Palm = Pork	1 Cupped Hand = 2 Cups Popcorn	1 Thumb = 1 Tbsp Olive Oil	2 Fists = Kale/Lettuce or Spinach
1 Palm = Bacon Try for turkey bacon If possible	1 Cupped Hand = Crackers	1 Thumb = 1 Tbsp Coconut Oil	1 Fist = Pumpkin
1 Palm = Protein Powder	1 Cupped Hand = Yogurt* ↓	1 Thumb = 2 Thumbs Cheese	1 Fist = Sweet Potato/Potato
1 Palm = Greek Yogurt	*(Above, Yogurt) 1 Cupped Hand = 1 Serving if Sweetened 2 Cupped Hands = 1 Serving if Unsweetened or Sweetened with Stevia.	1 Thumb Tip = Butter/Margarine	1 Fist = Berries (all types)
VEGETARIAN PROTEINS			1 Fist = Apples
			1 Fist = Pears
			1 Fist = Bananas
			1 Fist = Oranges
			1 Fist = Watermelon
			1/2 Fist = Dried Fruit
1 Palm = Chickpeas			
1 Palm = Lentils			
1 Palm = Beans			
1 Palm = Legumes			
1 Palm = Quinoa			

→ FRUIT:

We suggest 2 servings of "free" fruit per day before counting it as a carb serving. Aka, two free servings of fruit where you don't need to track it as anything. If you choose to have more fruit after the 2 servings, please count it as a carb serving. We also encourage you to CHEW these servings and not drink them.

→ INDULGENCE MEAL GUIDELINES:

You are welcome eat anything you wish, i.e. pasta, pizza, rice, noodles, etc. Here's some quick tips on how to approach your Indulgence meal:

- **No guilt.** Savour this meal, enjoy It. If you allow yourself to feel guilty, you are missing the point.
- **Plan your indulgence meal.** Try to minimize the spur of the moment decisions around this.
- **Don't forget everything you know about portion control.** An indulgence meal is not a license to binge.
- **Move on.** Don't allow a cheat meal to be a trigger for less than ideal choices to follow. Do It, love every second of it, and move on.

→ POST WORKOUT GUIDELINES:

On workout days okay, please drink the following mix (ideally post workout)- 120ml of Orange juice (fresher the better), 1/4 tsp of sea salt and a 1/4 tsp of cream of tartar.

The OJ mix - It's just a natural energy drink. It's not a magic potion. It is literally orange juice which is a carbohydrate (sugar), it is vitamin C, the salt is sodium, and the cream of tartar is potassium. This is just a homemade energy drink that is not loaded with extra calories, especially as it is such a small amount (only 1/2 cup of OJ).

This is intended to help us through those "lulls". It is designed to keep electrolytes & energy levels up, and to help keep cravings down (sometimes if you cut salt out completely or even just lower it (from limiting processed foods), you'll find yourself feeling not great, or craving more, so the combination of salt and sugar should help with this). Post workout is the most effective time because you would have already expended some salt through sweat and your body absorbs carbohydrates more effectively after you exercise.



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→ FREQUENTLY ASKED QUESTIONS

BENEFITS PERSONAL TRAINING
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Here's a few questions we initially find quite common. Feel free to ask additional questions in the community group. We might not answer them right away but will do a live video addressing all questions on the Sunday before we start. There, we will answer everything.

1. WHEN WILL I GET MY WORKOUT AND NUTRITION PLAN?

You will get your workout plan about 3 days before we begin through the community group.

2. HOW MUCH CARDIO SHOULD I BE DOING?

This all depends on YOUR own personal goals. Anyone looking to lean out, tone up, or have some kind of fat loss should aim to do a minimum of 20 minutes of cardio every few days. This should be more than just walking. When we say cardio (or HIIT, whichever you prefer), we mean moderate to high intensity cardio (you should feel around a 6-8 on a scale of intensity). Because this is a challenge, remember, if you are not pushing yourself, you might not see the best results! Let's put the work in!

3. BUT WHAT IF I JUST WANT TO LEAN OUT WHILE BUILDING SERIOUS MUSCLE?

If you would like to lean out, yet still build muscle mass, try doing 10-15 minutes of cardio or HIIT training on workout days, either before or after. Before allows this to become your warm up. However, this will all come down to diet. Lifting heavier builds muscle, and making sure your nutrition is clean means you do not need to do extra cardio to shed weight. Make sure protein is a priority with every meal and you will begin to see serious muscle growth.

4. IF I FOLLOW MY WORKOUT PLAN, WILL I GAIN CRAZY MUSCLE? I DON'T WANT TO BE "BULKY" .

This challenge has nothing to do with being bulky. Generally what people don't realize is that when there are fat stores within the body, and you gain muscle from working out, without losing fat around the muscle, everything will begin to increase in size (think of fat lying over a muscle, if the muscle increases but fat does not decrease, everything will still appear to grow in size). This can sometimes lead to what people believe as "bulky". Maintaining proper nutrition will ensure you are developing lean muscle, while also reducing overall fat mass.

5. SHOULD I LIFT HEAVY TO TONE UP OR DO LIGHTER WITH HIGHER REPS?

Generally, a good place to start is with 10-15 reps. The weight you choose should be moderate intensity, where the last 2-5 reps are challenging. You will want to provide enough stimulus to your muscles so that they have to grow and adapt. If you go too light you are not going to change. Just a reminder, your nutrition will be key to any kind of physical change (weight loss or muscle tone).

6. WHAT IS A SAFE AND HEALTHY AMOUNT OF WEIGHT TO LOSE IN 5 WEEKS TIME?

While this depends on the person, generally 2 pounds per week at maximum is a healthy and sustainable amount of weight loss. If however you are overweight, you may find that initially your body loses more per week. The leaner you are, the harder it becomes to lose weight (where 0.5 -1 pound weight loss per week is more likely appropriate).

7. HOW ARE THE WINNERS OF THIS CHALLENGE SELECTED?

Winners will be selected by your coaches (Jennifer Lemke & Denise Massey). Winners will be selected based off of measurements and photos (we do want to see some kind of transformation). We will also judge based off of consistency of effort and overall participation. We are looking to see who will transform the most both physically and mentally (in how they approach a healthier, more active lifestyle).

one final note

Prior to our start, we want everyone to know and understand that first and foremost, this challenge is about **changing and benefiting our lives for the better**. The prizes - that is for fun and they are a bonus.

By entering this challenge, you are aware that you will be competing against others and the chances of winning are 1 in (however many enter the challenge). Negative messages or comments about the results of this challenge will result in disqualification and exclusion from future challenges.