

THE FITNESS STUDIO

Boutique Personal Training

Your 28 Day Schedule

Week 1

Days 1 to 2	<p>Breakfast - Enjoy a smoothie from the Healthy living Guide, the choice is yours, Click here to see our Smoothies Page</p> <p>Lunch and Dinner – Make your own healthy choice from healthy living guide. Click here to see our Recipes</p> <p>As soon as you possibly can go out and buy yourself a fabulous item of clothing a size smaller or take out that special outfit and hang it up somewhere you can see it.</p>
Day 3	<p>Breakfast - have a glass of warm water with a slice of unwaxed lemon and choose a breakfast from the healthy living guide, see our breakfast-brunch recipes</p> <p>Lunch and Dinner – Make your own healthy choice from healthy living guide. Click here to see our Recipes</p> <p>Order your shopping for your 3 day eating plan. Click here to view the 3 day eating plan</p>
Days 4, 5 & 6	<p>Follow the 3 day eating plan, you can do this!</p>
Day 7	<p>Start a 2 day food diary, Click here to view/download a 2 day food diary</p> <p>Choose all your own healthy meals and snacks, leave a little food at every meal and put money in a jar, be proud of yourself.</p> <p>Get your item of clothing out hold up to yourself and image how amazing you will feel wearing it very soon.</p>

Week 2

Days 8	<p>Continue your 2 day food diary choosing all your own healthy foods, starting the day with a glass of warm water and a slice of lemon.</p> <p>Make a promise to yourself to change two unwanted unhealthy habits which you no longer want to live with, Click here to see our Changing Habits page</p>
Day 9	<p>Treat yourself to a “Turmeric Coffee with a Twist” Click here to see the Turmeric Coffee Recipe</p> <p>Food – choose all your own healthy meals and snacks Look back at your 2 day food diary and see if you were happy with your choices.</p>

Day 10	<p>Start your day with a glass of warm water with a slice of lemon. Food – choose all your own healthy meals and snacks</p> <p>Do your shopping for the next 5 days, choose any of the 5-day eating plans on our New beginnings Eating Plan Page. Click here to view page</p>
Day 11	<p>You are now on day 1 of your 5 day eating plan.</p> <p>Get your item of clothing out hold it up to yourself and imagine how amazing you will feel and say aloud “I will be wearing this very shortly, I can feel my body changing.”</p>
Day 12	<p>Enjoy day 2 of your 5 day eating plan, you are making massive positive changes to your health and fitness!</p>
Day 13	<p>Day 3 of your of your 5 day eating plan, put £20 in a jar for yourself as a reward for being brilliant and amazing.</p>
Day 14	<p>Day 4 of your 5 day eating plan, you have come this far come on you can do this!</p>
Week 3	
Day 15	<p>It is day 5 of your 5 day healthy eating plan, I know you can do this, I am here for you if you need me.</p>
Day 16	<p>Start a new 2 day food diary, choosing all your own healthy meals and snacks Click here to read our Changing Habits page</p> <p>Before you feel you may eat that unhealthy food then take a picture of the unhealthy food and send it to me (What’s app or email) with yes or no to the choice you made. Why not buy yourself a great book or some music with your £20 from your jar.</p>

Day 17	<p>It is your last day of your food diary; you are making much better choices. We are here for you.</p> <p>Get your item of clothing out hold it up to yourself in front of a mirror and with a big smile on your face imagine how amazing you will feel when you wear it.</p>
Day 18	<p>Breakfast - Choose a smoothie off the Healthy Living Guide and enjoy, Click here to see our Smoothies Page</p> <p>Lunch and Dinner – choose all your own healthy foods.</p> <p>Make 4 healthy snack bags, for a snack during the day, the snack bag contains: a small handful of mixed nuts.</p> <p>Read changing-habits before you feel you may eat that unhealthy food then take a picture of the unhealthy food and send it to me (What’s app or email) with yes or no to the choice you made.</p>
Day 19	<p>have a glass of warm water and a slice of lemon to start the day.</p> <p>Food – Choose all your own healthy foods</p> <p>Have your second snack bag some time during the day.</p> <p>Book yourself a massage.</p>
Day 20	<p>Start you day with a glass of warm water and a slice of lemon.</p> <p>Food – Choose all your own healthy foods</p> <p>Do your shopping for the next 5 days, choose any of the 5-day eating plans on our New beginnings Eating Plan Page. Click here to view page</p>
Day 21	<p>Start day 1 of your new 5 day healthy eating plan.</p> <p>You are amazing!</p>

Week 4

Day 22 It is day 2 of your 5 day eating plan. I am here if you need any support.

Day 23 It is day 3 of your eating plan and you have made massive changes towards lasting change.

Day 24 It is day 4 of 5 of your eating plan, you can do this!

Day 25 Day 5 of 5 it the last day of your healthy eating plan and you're feeling great about yourself.

Day 26 Start another 2 day food diary choosing all your own meals and snacks

Day 27 It is day 2 of 2 of your food diary, choosing all your own meals and snacks

Day 28

Time to start your new chapter making all your own food decisions and it starts today!

See our recipe and batch cooking pages for healthy meal ideas batch-cooking and our lifestyle pages for more advice of living a healthier lifestyle.

[Batch Cooking](#) | [Lifestyle Pages](#)