

# ENERGIZE *Live Energized* FIT

## 8 WEEK CHALLENGE

We are just like you, so let us help transform you into the best version you can be



Gain confidence and optimise your fat-loss with our mind blowing meals & recipes



# CHOOSE YOUR COACH

Here is the fun part, its husband VS wife and to make this challenge more exciting you will be given the opportunity to choose your coach ?

## WHO WILL YOU CHOOSE ??



### Mr Energize

Im your No : 1 Hype Coach and motivator to ensure you succeed and never give up yourself

**WHEN WE ARE NOT COMPETING FOR FITNESS SHOWS WE GENUINELY AIM TO LIVE A LIFE FULL OF VARIETY & BALANCE**

**WE LOVE COOKING TOGETHER, WE TRACK OUR MACROS DAILY & WE LOVE TO EAT OUT ON DATE NIGHTS**



### The 2022 Overall Bikini Champ

Im your No : 1 Hype Girl and Queen of dessert breakfasts,

**FOR OVER 7 YEARS WE HAVE PRACTICED WHAT WE PREACH, AND NOW ITS TIME WE HELP TRANSFORM ANOTHER 100 PEOPLE THIS YEAR AS A TEAM TOGETHER**

# ENTER TO WIN

To be in the running to **WIN First Prize** of this Challenge you must accurately provide & execute the following

**PHOTOS MUST HAVE A CLEAR BACKGROUND**

**FRONT – BACK – SIDES – SAME CLOTHING OR UNDERWEAR**

**LOG YOUR STARTING WEIGHT & CMS IN CHECK IN CHART**

**YOU MUST CHECK IN EVERY WEEK**

**This shows your total commitment over the 8 week period**

**YOU MUST CHECK IN EVERY TUESDAY BEFORE 10AM**

## EXAMPLE OF A PERFECT PHOTO



# YOUR WEEKLY CHECK IN

To give you the best experience we can over the 8 weeks and provide you with superior support we will be checking in with you via voice message

You will be expected to fill out the PILLARS OF HEALTH Chart accurately with all the necessary info so we can see your commitment to the process as well as your results and overall tracking progressions each week

## BENEFITS

Provide detailed feed back ✓

Fast Communication ✓

Easy Pillars of health check ✓

Every Tuesday ✓

**10AM is Cut off** ✓



**OUR JOB IS TO ADVISE,  
SUPPORT & GUIDE YOU  
PLEASE DONT MISS YOUR  
CHECK IN**



# BREAKING IT DOWN

## GOAL SETTING

Thoughts become things when you drive your positive vibe into something

## COVERING THE BASICS

What we suggest you do to execute the perfect 8 Week Challenge

## THE WHAT IF WEEKEND

The most common questions of all when people sign up to coaching, this is what we suggest you follow

## MEAL GUIDES

Breakdown of how the 5 - 7 day meal guide works

## ENERGY EXPENDITURE

Energy output promotes energy and nourishment promotes fuel to perform

## 8 WEEKS OF TRAINING

Exercise, energy output and these structured workouts within this program are your key to maximising body composition results



# CREATING GOALS AND EMBODYING A CLEAR FOCUS



Goal setting is a huge part of creating success for your mindset and focus

- ▶ **Make your goal Clear in your mind**
- ▶ **Write down 3 specific goals you want to achieve over the 8 weeks**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

- ▶ **Why do you want to achieve it**

**Create a small daily affirmation to empower yourself with a positive focus**

"I AM creating a stronger and healthier version of myself to live life to it's fullest potential "

# COVERING THE BASICS

▶ **Meal Guides** are to be followed over a 5 -7 day cycle \_\_ YES THE SAME FOOD FOR 5 - 7 DAYS

This creates exact consistency and results, we are eliminating all possible variables, It's cost affective and creates routine

▶ If you would like to change any of the foods on your meal guide please use the macro cheat sheet provided or use my fitness pal

▶ **Water / Hydration** is a major key to your results please aim to drink 3 - 4L p/day . Can you drink something else YES but please use the Drink and Food suggestions guide below and consider moderation

▶ **Food measurements & weighing meals for prep** ( See guide on page 10 )

Cooking Preference is up to you :

Roast, Grill, Boil, Steam, Mash, Pan Fry (no oil, unless specified)

**TOTAL HEALTH & WELLNESS IS BEING  
IN A CONSTANT STATE OF MIND &  
BODY OBSERVATION**



# IM GOING OUT TO DINNER

The most common thing we hear from our clients

**STOP WORRYING & START FOCUSING ON  
YOUR CONCIIOUS CHOICES**

## STOP WORRYING

Treat your macronutrient intake like a budget and look at spending wisely and make small sacrifices, swap outs and better choices to execute a smart weekend and continue to see result on MONDAY

### Going to the pub for dinner

Choose the Steak & Potato's "not chips"

### Going to Fasta pasta

Eliminate most or all of your carbs for the day to save them for dinner

### Id really like dessert

Skip your treats and snacks off the meal guide, Consume extra water for the day and enjoy x 1 serving of dessert

### I have an event, or wedding and I'd like to drink alcohol

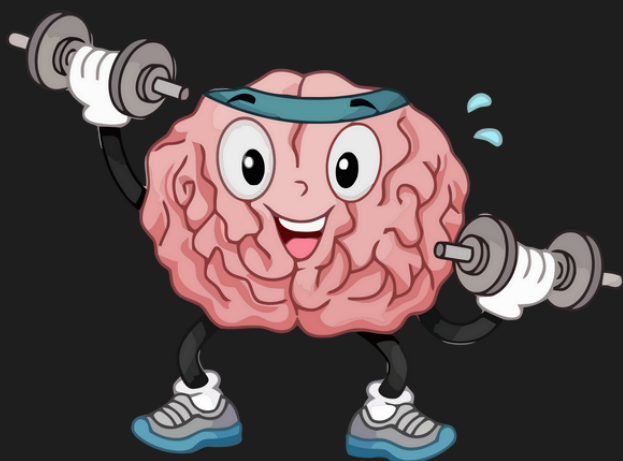
REPEAT above, eliminate calories or foods from your day to allow for cheeky drinks

LASTLY and most importantly

**NEVER SACRIFICE PROTEIN**

as this is the key to

**OPTIMAL FAT LOSS**



RESULTS WITHOUT  
RESTRICTIONS

Creates happiness, consistency &  
a WIRED Brain to stay on track

MIND SET IS EVERYTHING



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# ULTIMATE GUIDE TO OPTIMISE YOUR PROGRESS WHILE ENJOYING A NIGHT OUT

## ***FOLLOW THIS PROTOCOL***

**CONSUME 1L OF WATER WHEN WAKING UP**



**MAKE A HIGH PROTEIN SMOOTHIE OR EGGS  
WITH AVOCADO NO BREAD**



**HAVE 150G OF ANY PROTEIN / MEAT SOURCE  
WITH GREEN VEG OR SALAD OF CHOICE**



**HAVE A PIECE OF FRUIT, PROTEIN SHAKE  
WITH WATER + SERVING OF SPARKLING  
WATER**

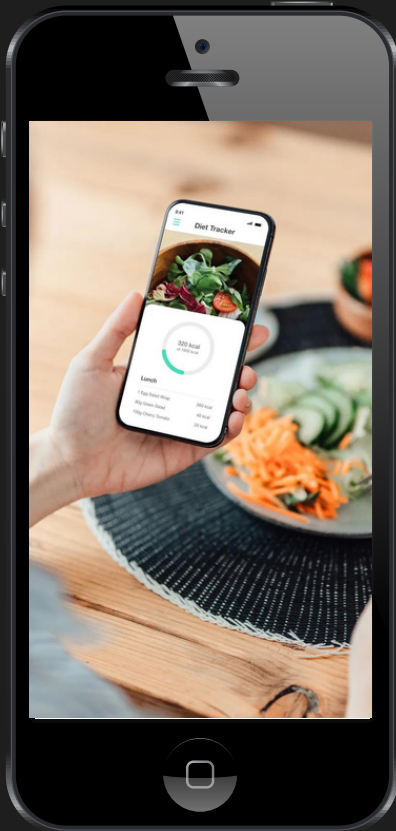
**ENJOY YOUR DINNER WITH FRIENDS**



# THE MEAL GUIDES

The meal guide blueprints that are released each week are for every day over a 5 - 7 day cycle they will vary in calorie zone !

**EVERYONE WILL RECIEVE CUSTOM MACROS To have the option to self track if not using the meal guide**



**EXAMPLE :**  
 Protein 120g  
 Carbohydrates 100g  
 Fat 54g

IF YOU WANT TO CHANGE THE FOOD ALL YOU NEED TO DO IS ADD SOMETHING BACK IN WITH THE SAME MACRO NUTRIENT VALUE / BREAK DOWN

ALWAYS CHEK USING THE NUTRITIONAL PANEL ON THE BACK OF FOODS

**NUTRITION INFORMATION**  
 Servings per package: 8  
 Serving size: 33g

	Per serving	Per 100g
Energy	550kj	1680kj
Protein	2.4g	7.2g
Fat		
Total	3.6g	11.0g
Saturated	1.3g	4.1g
Carbohydrate		
Total	21.5g	55.1g
Sugars	10.1g	30.7g
Dietary Fibre	1.7g	5.1g
Sodium	20mg	70mg

Callout boxes explain: 'Servings per package: 8' (tells you how many serves there are in the whole packet), 'Serving size: 33g' (tells you the size of one serving of this food), 'Per 100g' (tells you the nutrients in 100g of this food, the best way to compare similar products), and 'Per serving' (tells you the nutrients in a single serve of this food, in this case, it's per 33g).

## Meal Guide Exmample below

Your Meal Guide >					
<b>Breakfast &gt; Turkey &amp; cheese toasted muffin</b>					
Woolworths Free from gluten - English muffin, 1 muffin	155	25	3	4	226
Turkey breast - Deli turkey breast, 80 gram	72	2	0	16	768
Woolworths Select - Swiss Light Cheese Slices, 30 g	83	1	5	9	152
	<b>310</b>	<b>28</b>	<b>8</b>	<b>29</b>	<b>1,146</b>
<b>Lunch &gt; Chicken Buddha Bowl</b>					
woolworths - nutritional yeast, 7 gram	25	1	1	3	0
Mingle - Spicy Mexican Seasoning Blend, 5 gram	16	2	0	1	93
Fresh Cucumber - Cucumber 50g, 100 g	16	4	0	1	2
Chicken Breast 100 Gr Cooked - Chicken Breast 100g Cooked, 100 grms	0	0	3	30	43
Heinz - Seriously Good Aioli Lite (Aus), 20 mls	64	2	6	0	152
Tesco - Sweet Potato, 150 g	147	32	0	2	0
Avocado - Avocado, 50 gram	80	5	8	1	0
	<b>348</b>	<b>46</b>	<b>18</b>	<b>38</b>	<b>290</b>
<b>Dinner &gt; Chicken * Cheese pizza</b>					
Helgas - Low Carb Wrap, 1 wrap	150	17	5	7	225
Leggo's (Aust) - Pizza Sauce With Garlic, Onion & Herbs, 25 g	18	3	0	1	140
Mt Barker - Roast Chicken Breast, 60 gram	75	1	1	15	72
Red Capsicum - Red capsicum, 20 g	5	1	0	0	0
Spinach - Baby Spinach, 20 gram	5	1	0	0	15
Woolworths - Shredded Light Tasty Cheese, 35 gram	118	0	8	10	218
Spud Lite - Low Carb Potato, 100 g	50	9	0	1	10
	<b>421</b>	<b>32</b>	<b>14</b>	<b>34</b>	<b>680</b>
<b>Dessert * Choc Banana Smoothie * Fruit</b>					
Streets - Paddle Pop - Chocolate, 54 grams	79	14	2	2	30
Vitasoy Coconut Milk - Coconut Milk, 150 ml	46	12	3	0	0
Dymatize Iso 100 - Hydrolyzed Whey - Fudge Brownie, 45 g	155	3	1	35	225
150g Banana - Banana, 60 g	54	14	0	1	1
Nutella Aus - Nutella, 20 g (1tbs)	108	11	6	2	7
Tesco - Watermelon Fingers Per 100g (Correct Values), 100 g	33	7	0	0	4
	<b>475</b>	<b>61</b>	<b>12</b>	<b>40</b>	<b>267</b>
<b>Totals</b>	<b>1,700</b>	<b>167</b>	<b>52</b>	<b>141</b>	<b>2,383</b>

# MEAL GUIDE - INFO - SWAPS

You will receive a full meal guide which are to be followed over a 5 -7 day rotation,

WHY **BECAUSE IT WORKS!!!!**



Snacks are NOT options, they are all to be consumed

All and any of the meals listed can be consumed in any order, as meal timing is irrelevant to fat loss

Each meal will have a description or heading, with notes below to guide you through the meal

**WE HAVE PROVIDED YOU WITH A MACRO CHEAT SHEET, HOW TO USE MY FITNESS PAL VIDEO AND WE WILL BE ON THE GROUP CHAT TO ANSWER ANY QUESTIONS**

**MACRO SWAP OUT EXAMPLE, NOT ONE FOOD IS BETTER THEN THE OTHER, IT'S YOUR CHOICE & MACRONUTRIENT VALUE THAT WILL FIT WITHIN YOUR DAY**

Coconut yogurt & muesli combo

**3g PROTEIN**  
**31g CARB**  
**18g FAT**

**328 Calories**



Poached egg, avocado x 1 slice GF toast

**11g PROTEIN**  
**34g CARB**  
**18g FAT**

**355 Calories**



+ 100g Pineapple



# COOKING - FOOD - DRINK

Below we are covering the basics of weighing & measuring your foods along with some guidance behind drinks & alcohol choices

**YOU WILL NEED  
FOOD SCALES**



## Protein

You can weigh out your meat after cooking, however if its raw weight listed in a meal guide or recipe please measure accordingly



## Rice & Veg

Weigh out cooked rice to eat, NOT dry weight as rice doubles. Veg can be weighed out cooked



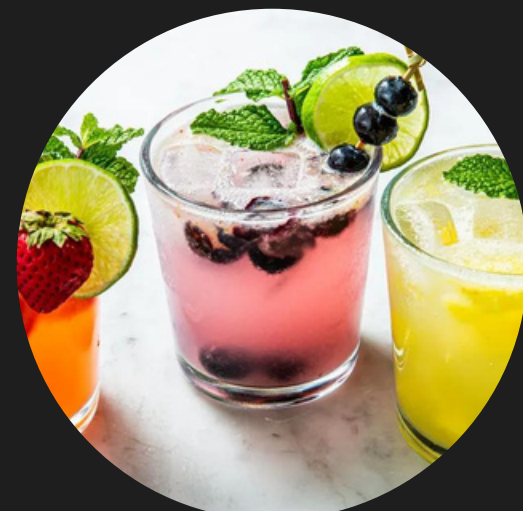
## Pasta

Pasta is to be weighed out RAW before cooking to ensure your serve is accurate

## What can I DRINK

Obviously water is the key element to weight loss but you can still drink things you enjoy from the list below

**Sugar free powerade, Sugar free energy drinks , any herbal or blacks teas, Coke Zero, sparkling water , Diet Rite Cordials, Kombochas " Lowest Cals possible"**



## Alcohol

For OPTIMUM results we recommend cutting completely, however you can still drop weight drinking alcohol in small serves with smarter choices

**Gin and light tonics , sparkling water and vodka, sugar free mixers, all low carb options**

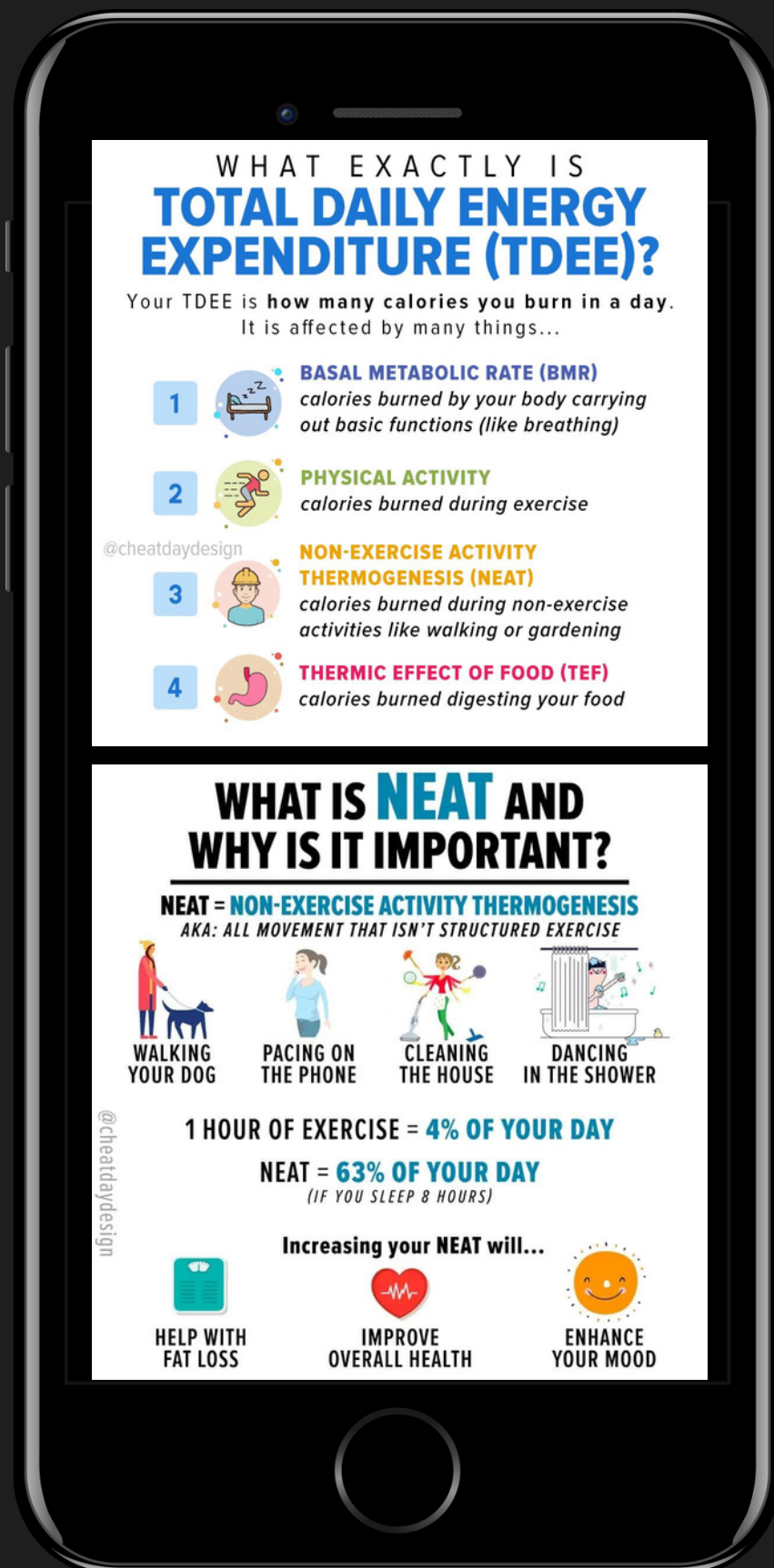
# ENERGY EXPENDITURE

Energy promotes energy & nourishment promotes fuel to perform so over this 8 Weeks aim to be more active than you normally would.

Walk on your lunch breaks, park further away than you normally would, add extra Sessions to your daily / weekly routine & aim to make your weekends more energy expenditure based over a 7 day period instead of just 3 - 5

**AIM TO**

**INCREASE YOUR NEAT & ENERGY OUTPUT**



**THE MORE CALORIES YOU POTENTIALLY BURN**

**THE BETTER BODY COMPOSITION YOU CAN ACHIEVE**

**THINK OF ENERGY OUTPUT AS A LAYER SYSTEM**



# CREATE THE ULTIMATE DAY OF FAT LOSS

We understand this is not always achievable pending everyones time & lifestyle. However YOU CAN control what goes in your mouth by staying on track with your Nutrition & Meal Guide and implementing the following below

## **YOUR DAILY ENERGY OUTPUT TARGETS**

### **HOW TO CREATE LAYERS & OPTIMAL HEALTH**



**MINIMUM 10K + STEPS P/DAY**

**MINIMUM 3 – 5 TRAINING SESSIONS P /WK**

**7 – 8 HOURS SLEEP**

**3 – 4+ L WATER P/DAY**

**EXTRA CARDIO ON TOP OF ABOVE**

**10 – 15 MINS SUN EXPOSURE**

**DAILY AFFIRMATIONS**

**BEING MINDFUL OF YOUR MIND & BODY**

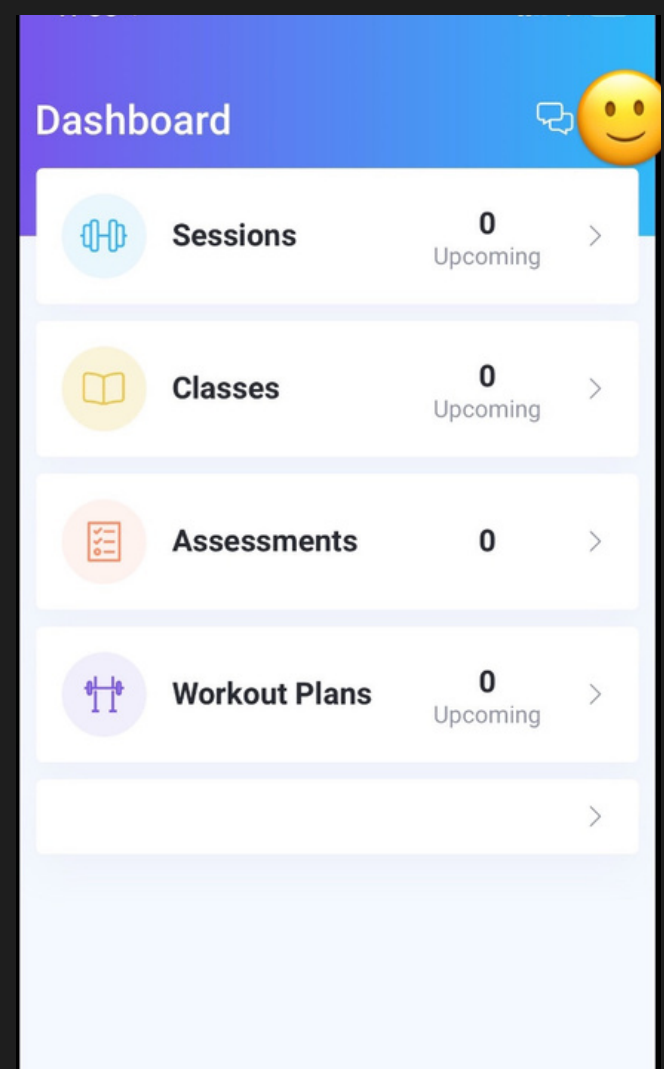
THIS WOULD BE THE PERFECT DAY LOL BUT WE ARE  
OBVIOUSLY REALISTIC ABOUT EVERYONES LIFE & TIME  
RESTRICTIONS

# 8 TRAINING VIA THE TRAINING APP

You will have an account with the PT Minder APP  
this is where all your workouts will be logged.  
Everyday over the 8 Weeks

## Beginner - Home Workout & Cardio

Suited to people with no gym membership & wanting to still optimise their results



## Advanced - Gym Programs & Cardio

Great for people who have a gym membership, understand the basics of weight training and want to create a better schedule to set them up for maximum results and body composition change.

# THE WORKOUTS

We are here for you every step of the way but we  
CANNOT DO THE WORK FOR YOU !!

The only thing that BURNS FAT is MUSCLE so our goal  
over the next 8 Weeks is

**FEED THE MUSCLE  
BURN THE FAT**



**HOME WORKOUTS**



**WEIGHT TRAINING**



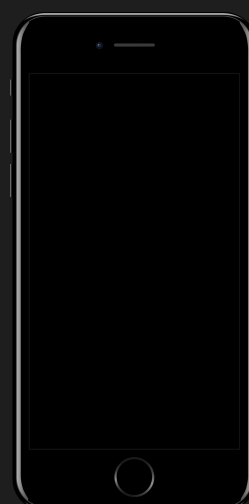
**CIRCUITS**



**HIIT**



**TRACK YOUR  
WORKOUTS VIA THE  
APP**



**WHAT YOU WILL NEED FOR  
HOME WORKOUTS**

SMALL SET OF DUMBBELLS  
BOOTY BAND OR THERA BAND  
MEDICINE BALL  
KETTLE BELL  
SWISS BALL

**FOLLOW THIS TO GET OPTIMAL RESULTS**

Execute regular 10/10 in your Pillars of Health check list

+

Complete & log the daily workouts

+

Stay compliant to your nutrition & meal guides





# SUPPLEMENTS

We believe that its important and beneficial to supplement for your lifestyle and symptoms

Below are some of the great supplements we believe and use personally that will help you optimise your health over the next 8 Weeks

USE CODE WITH THE LINK BELOW TO  
GET A FREE GIFT

## ENERGIZE10



## Vital greens

x 1 Scoop per day mixed with a water to help boost your micronutrients, optimise your health and help give you that extra boost of energy while incorporating our coaching guidelines



## Optimal sleep

Whether you have kids or not, It's important to prioritise your sleep as It's the Key to optimal health and fat loss

x 1 Scoop of Adrenal Switch or Night ops before bed will help you increase your sleep REM & DEEP allowing you to wake up re freshed and energetic



## Protein

Protein is the Key nutrient to recover, promote muscle gain and support fat loss we suggest using Rule 1 for its flavours and cost p / serve

CLICK THE LINK



<https://massivejoes.com/> GET YOUR FREE GIFT



# GROUP PAGE & 24/7 LIVE CHAT

You have been given the opportunity and access to our knowledge. Over the 8 weeks and even after there is a group chat you can ask questions

## KNOWLEDGE IS POWER

The more questions you ask, the more knowledge you acquire to help you succeed



**EXCITING FEATURE WE  
HAVE FOUND INCREDIBLE  
BENEFICIAL**



# GROUP CHAT

The Facebook group page and chat is open for Q&A, support, communication, message sharing and discussions

Please use this CHAT & group page with discretion and always apply positive vibes and good energy

Please ensure you have **READ ALL THE INFO ON THIS DOCUMENT** before pumping in too many questions

**SHOW US YOUR MEALS ON INSTA & THE GROUP PAGE**

Tag us on instagram  
#8WeekChallenge  
#FlexibleDieting #EnergizeFIT

