

Health

30-DAY WEIGHT LOSS CHALLENGE

➤ Jump-start your weight loss with 30 days of expert tips, meal plans, and workouts. Go to Health.com/weight-loss-challenge for daily instructions. Check off each day as you complete the challenge. Then say hello to a slimmer, healthier you!

DAY 1 <input type="checkbox"/> Set a weight-loss target	DAY 2 <input type="checkbox"/> Clean out your fridge	DAY 3 <input type="checkbox"/> Stock up on superfoods	DAY 4 <input type="checkbox"/> Assess your personality	DAY 5 <input type="checkbox"/> Find time for fitness
DAY 6 <input type="checkbox"/> Cut your portions	DAY 7 <input type="checkbox"/> Do a strength workout	DAY 8 <input type="checkbox"/> Eat more fat-burning foods	DAY 9 <input type="checkbox"/> Drop bad workout habits	DAY 10 <input type="checkbox"/> Toss these low-fat foods
DAY 11 <input type="checkbox"/> Do this 15-minute workout	DAY 12 <input type="checkbox"/> Eat a high protein breakfast	DAY 13 <input type="checkbox"/> Go vegetarian—for a day	DAY 14 <input type="checkbox"/> Do this fat-burning workout	DAY 15 <input type="checkbox"/> Curb post-workout snacking
DAY 16 <input type="checkbox"/> Control cravings	DAY 17 <input type="checkbox"/> Sculpt your butt, legs, and core	DAY 18 <input type="checkbox"/> Search for hidden sugar	DAY 19 <input type="checkbox"/> Skip packaged foods	DAY 20 <input type="checkbox"/> Slim down your home
DAY 21 <input type="checkbox"/> Unleash your inner animal	DAY 22 <input type="checkbox"/> Turn up your metabolism	DAY 23 <input type="checkbox"/> Boost good bacteria	DAY 24 <input type="checkbox"/> Make a few servings of quinoa	DAY 25 <input type="checkbox"/> Do this ballet-inspired workout
DAY 26 <input type="checkbox"/> Weigh yourself	DAY 27 <input type="checkbox"/> Do this jump-rope workout	DAY 28 <input type="checkbox"/> Discover your fifth taste	DAY 29 <input type="checkbox"/> Try these plank variations	DAY 30 <input type="checkbox"/> Get inspired!

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JS Bruner



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