

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

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