

## 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](http://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!

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

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**Carrie Carter**

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