

## 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!

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

# Weight Loss Plan Guide Same Day Delivery

**Michael Hoelscher**

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linda pastan is an american poet of jewish background from 1991 1995 she was poet laureate of maryland she is known for writing short poems that address topics like family life domesticity motherhood the female experience aging death loss and the fear of loss as