

Weight Loss

THE ONE WEEK CHALLENGE



138.5 - July 6th
goal is:
130 by July 15th

Weight Loss

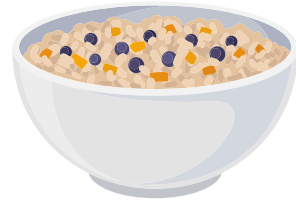
THE ONE WEEK CHALLENGE



137.2 - July 7th
goal is:
130 by July 15th

Menu for July 7th

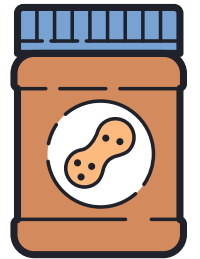
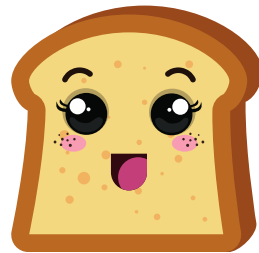
steel cut oats - 1/4 cup
pumpkin pie spice
1/2 banana



chamomile tea



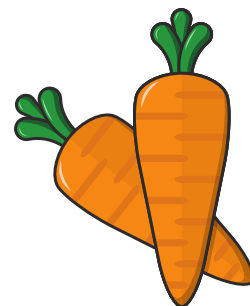
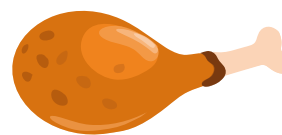
one slice of toast
crunchy peanut butter
1/2 banana



chamomile tea



chicken leg (air fryer)
wild rice
carrots



Exercise for July 6th

300 jumping jacks
100 at a time



75 bent rows
with resistance
25 at a time



150 free weight bicep
curls
to tricep pump
50 at a time

