

# 21 DAY **BODY TRANSFORMATION**PROGRAM

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## SHAREY CURY SHOUNDERS SHOUNDERS

These next 21 days are all about you and the more you commit to this program, the more incredible your results will be!

No matter your fitness level, I am going to push you harder, and farther than you've ever been pushed before.... all to give you the body of your dreams! Stick with me, and give it your all every day, and you'll see amazing, body-sculpting results!







The first step to achieving any goal is setting your goals! Writing out your goal helps to set it in your mind and helps you to stay focused!

Get that goal down on paper for these next 21 days!

WHAT IS MY GOAL	٧	VH	ΑT	IS	MY	GO	ΔĽ	?
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Be as specific and as realistic as you can. This is where you state your intention!

#### WHY DO I WANT THIS?

What is your true reason? This is important as it will keep you motivated throughout these next 21 days!

WHAT ARE OVERCOME	MY ROA E THEM	ADBLO ?	CKS AN	ND HOV	W WILL	_ I
HOW WILL	I MARK	MY PR	OGRES	SS?		
Now that you know your journey. Every and just use your s	ybody is dif	ferent and	fallbacks are	e going to l	nappen. It is	s natural
TAKE YOUR						
For the measurem	ents, please	use a meas	suring tape:	:		
	DAY1	DAY 7	DAY 14	DAY 21	CHANGE	
CHEST						
WAIST						
HIPS						

PowerAbs!

THIGHS

#### YOUR VISUAL JOURNEY

BEFORE PROGRAM DAY 7

ADD YOUR PHOTO

ADD YOUR PHOTO

DATE

DATE



#### YOUR VISUAL JOURNEY

**DAY 14** 

**DAY 21** 

ADD YOUR PHOTO

ADD YOUR PHOTO

DATE

DATE



#### YOUR VISUAL JOURNEY

**BEFORE** 

**AFTER!** 

ADD YOUR PHOTO

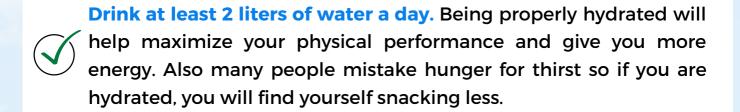
ADD YOUR PHOTO

DATE

DATE



### TIPS & TRICKS lips & livices



- Start your morning with a glass of water. Over the night, we lose a lot of water so it is good to rehydrate first thing in the morning.
- Clean out your fridge and pantry from unhealthy items that will tempt you over the next 30 days. This will help to set you up for success from the beginning.
- Choose whole foods as much as possible. This means fruits, vegetables, whole grains, lean proteins, nuts, and other unprocessed foods.
- Include vegetables with each meal. Do not be afraid to try new vegetables as well. You never know if you may find a new one that you will enjoy!

### TIPS & TRICKS lipis & livicks

On your rest day, get in a little movement. A light walk will get some blood flow going and help with recovery. It will also give you a little more energy for the day. I personally like adding in short walks everyday to get those steps in but at least make sure you do it on your rest day. This doesn't have to be going for a walk, it can be cleaning, a bike ride, or anything else that will get the blood flowing.

Limit your alcohol intake. Ideally you will cut it out for the full 30 days but I know some people really enjoy it over the weekend or at social events. I am suggesting reducing it. Instead of two drinks, try just one. Or instead of drinking 5 nights during the week, try 2.

Get at least 7 hours of sleep a night. Sleep is one of the most underrated recovery tools out there. Not only does it help you feel better and think clearer, but if you are well rested, you will be less likely to mindlessly snack at night when you get tired. Plus it will help to regulate your hormones so you look and feel your best!

Consistency is key. None of us are perfect so do not let one mistake ruin your 30 days. If you miss a workout or have a bad meal, just get right back on track after.

Give it your best. We will be doing two 10 minute workouts so I want you to really push yourself and do your best. I know some days you will not feel great but just give what you can on those days. Remember, those are the ones that matter the most! You got this.



Every day is another chance to get stronger, to eat better, to live healthier and

MY DAILY CHECKLIST	BREAKFAST
START MY DAY WITH WATER!	
SET MY DAILY INTENTION	
ADD A VEGGIE AND PROTEIN TO EACH MEAL	
SPEND SOME TIME OUTSIDE	LUNCH
POSITIVE INNER DIALOGUE	
GOT PLENTY OF SLEEP	
CRUSHED MY WORKOUT!	
MY NOTES	SNACK
	SNACK
	DINNER

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to be the best version of you!

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Power∆bs!

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