

A group of people in athletic wear are starting a race on a grassy field. They are in a starting crouch, with their hands on the ground and heads forward. The background is a bright, sunny outdoor setting.

30 DAY WEIGHT LOSS

CHALLENGE

 **group hiit**

**WORKOUT
CALENDAR**



30 Day Guide

Let's Get Started!

We're so glad you joined Group HIIT!
Use this guide to get started and to track your progress.

Workout videos can be found here:

www.grouphiit.com/collections/30-day-weight-loss-challenge

If you have any questions on modifications or need help getting started, please email us at contact@grouphiit.com.

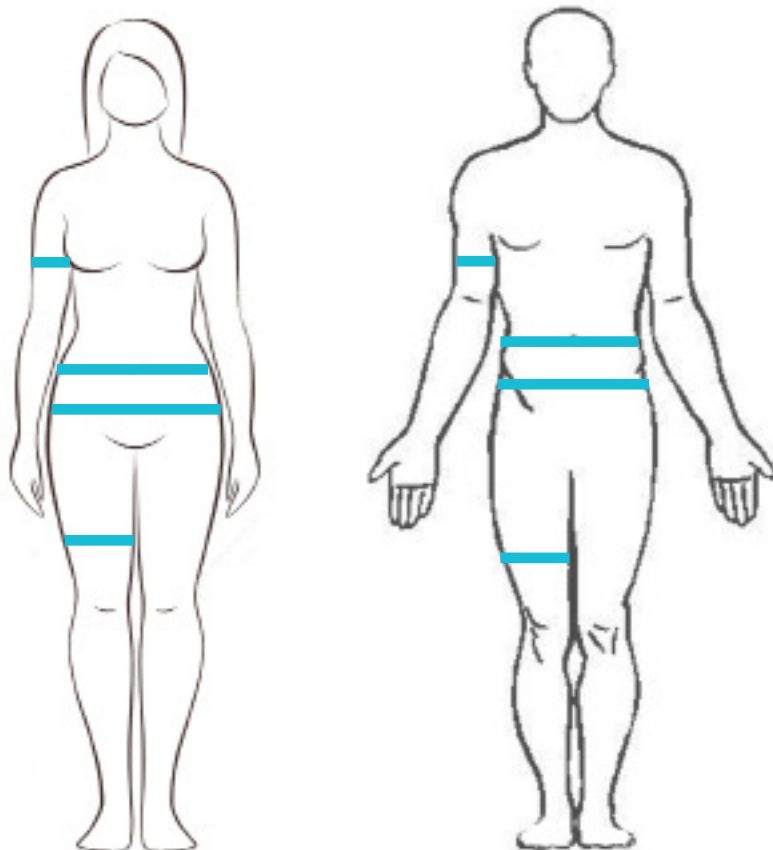
Day 1: Measurements

The most important part of taking your measurements is making sure they are in the same spot each time. Take a photo to help you remember where you measured.

Take these measurements weekly.

1. Weight: Use the same scale each time
2. Waist: Measure at navel
3. Thigh: Measure 6 inches above knee
4. Hips: Measure across hip bones
5. Bicep: Measure half way between armpit & elbow crease

Take your before photos to track your progress! Try to take a weekly picture in the same setting each week.



Week 1

Start by filling out your start date and days of the week.

Day 2: Fat Burner

Date: _____

Day: _____

Notes:

Day 3: Cardio

Date: _____

Day: _____

Notes:

Day 4: Strength

Date: _____

Day: _____

Notes:

Day 5: Endurance

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.

Follow us:

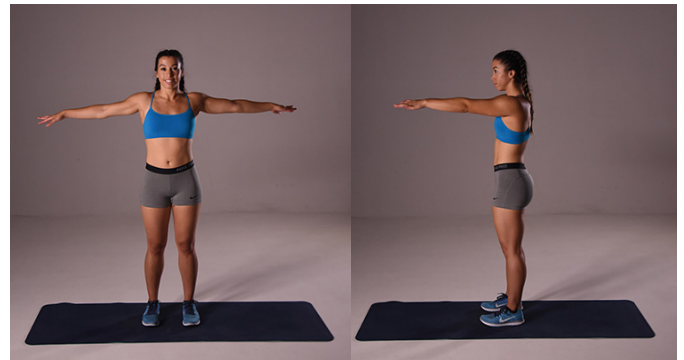
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Day 6: Core

Date: _____

Day: _____

Notes:

Day 7: Restore

Date: _____

Day: _____

Notes:

Day 8: Rest Day

Date: _____

Day: _____

Notes:

Congratulations on completing Week 1!

What's your level of motivation to meet your goal?

Low Medium High

Week 2

Add weights to basic movements to increase intensity.

Day 9: Fat Burner

Date: _____

Day: _____

Notes:

Day 10: Cardio

Date: _____

Day: _____

Notes:

Day 11: Strength

Date: _____

Day: _____

Notes:

Day 12: Endurance

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 13: Core

Date: _____

Day: _____

Notes:

Day 14: Restore

Date: _____

Day: _____

Notes:

Day 15: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 2!

What is your level of motivation to meet your goal?

Low Medium High

Week 3

You should start feeling your strength increase!

Day 16: Fat Burner

Date: _____

Day: _____

Notes:

Day 17: Cardio

Date: _____

Day: _____

Notes:

Day 18: Strength

Date: _____

Day: _____

Notes:

Day 19: Endurance

Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 20: Core

Date: _____

Day: _____

Notes:

Day 21: Restore

Date: _____

Day: _____

Notes:

Day 22: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 3!

What is your level of motivation to meet your goal?

Low Medium High

Week 4

Push hard! These intervals are tough.

Day 23: Fat Burner

Date: _____

Day: _____

Notes:

Day 24: Cardio

Date: _____

Day: _____

Notes:

Day 25: Strength

Date: _____

Day: _____

Notes:

Day 26: Endurance

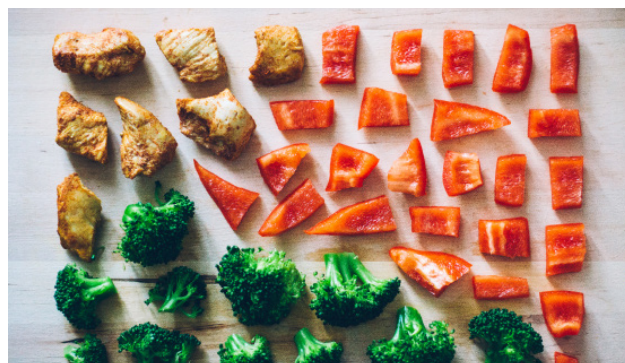
Date: _____

Day: _____

Notes:

Photos

Take a progress photo at the end of each week.



Day 27: Core

Date: _____

Day: _____

Notes:

Day 28: Restore

Date: _____

Day: _____

Notes:

Day 29: Rest

Date: _____

Day: _____

Notes:

Congratulations on completing Week 4!

What is your level of motivation to meet your goal?

Low Medium High

Day 30: Results

Congratulations, you finished the 30 Day Weight Loss Challenge!

Take your measurements and see your results. If you love Group HIIT workouts, go to grouphiit.com to start another program.

Proud of your results? Send them to us or tag us on social media.

Instagram: [instagram.com/grouphiit](https://www.instagram.com/grouphiit)

Pinterest: [pinterest.com/grouphiit](https://www.pinterest.com/grouphiit)

Facebook: [facebook.com/grouphiit](https://www.facebook.com/grouphiit)

Twitter: twitter.com/grouphiit

YouTube: [youtube.com/grouphiitworkouts](https://www.youtube.com/grouphiitworkouts)

Tag a friend on social media and challenge them to complete the 30 Day Weight Loss Challenge!

