

*Let's Get*

# LEAN BY LABOR DAY

3 WEEKS OF FITNESS CHALLENGES,  
NUTRITION SUPPORT & FUN!



AUGUST 17TH - SEPTEMBER 7TH

# LET'S GET STARTED!

## STEP 1:

Print out the challenge calendar



## STEP 2:

Schedule your workouts



## STEP 3:

Plan out your meals



## STEP 4:

Get to work!



# **WORKOUT GOALS**

**AT LEAST 1 PSF WORKOUT/DAY FOR AT LEAST  
18 DAYS (8/17-9/7)**

Follow our accountability & keep up your intensity!

**TAKE A VARIETY OF CLASSES**

Mix in core, sculpt, kickbox, barre & more!

**STAY CONSISTENT BY NOT GIVING UP & ADDING  
TO THE GROUP BY MOTIVATING OTHERS!**

Post photos and tag @virtualpsf

**FOR FASTER RESULTS, COMPLETE EACH DAY'S  
BONUS EXERCISE!**

Find them at

<https://bit.ly/lean-bonus-exercises>

# **NUTRITION GOALS**

## **WATCH YOUR PORTION SIZES**

Quantity matters...  
thoughtfully nourish yourself

## **EAT A VARIETY OF FOODS!**

Don't get stuck in a rut - enjoy your meals &  
follow our awesome tips

## **PLAN AHEAD & MEAL PREP USING OUR GUIDELINES & RECIPES**

Find our weekly meal plans at  
[powersculptfitness.com/blog](http://powersculptfitness.com/blog)

## **FOLLOW US ON SOCIAL MEDIA FOR DAILY TIPS, TRICKS & BONUS RECIPES**

Instagram @virtualpsf and  
@psfbeyondthestudio

# ACCOUNTABILITY GOALS

## RECORD YOUR WORKOUTS

Comment on any Virtual PSF workout video you take & record on your calendar (don't forget to post your calendar!)

## KEEP TRACK OF YOUR FOOD INTAKE

Avoid mindless consumption & take control

## CELEBRATE ANY VICTORY & DON'T LET SETBACKS DERAIL YOU!

Stay focused on your big end goals

## PARTICIPATE WITHIN YOUR DM CHAT GROUP & SHARE ON INSTAGRAM

Post pics and tag @virtualpsf