



Slim Thick Challenge

**DON'T FORGET TO TAKE YOUR
'WEEK 0' PROGRESS PHOTOS!**

DISCLAIMER:

SOfit Challenges include workouts designed to be used independently at your own pace and risk. This program is not intended to treat or cure any illness and results will vary per participant. Please consult with your physician before beginning any new health and fitness regimen. By purchasing this program, you do not hold **SOFIT GLOBAL VENTURES LTD** and its employees liable for any injuries.

THIS PROGRAM ENDS OCTOBER 11th

YOUR WORKOUT GUIDE

You will be training four days a week for the next 4 weeks. Monday-Thursday with Friday, Saturday and Sunday as your set active rest days. This means there will be NO VIDEOS provided on these days. These days are meant for rest however you are encouraged to perform light physical activity like walking, swimming, jogging.

Your workout videos are sent in the WhatsApp group each night for the next day **at no specific time**. Videos will not be sent individually to any person unless you've joined the challenge after the start date.

SOfit challenges are flexible and designed so you can work out at your own convenience. For example if you wish to follow the workouts day to day that's fine OR if you have a crazy week and aren't able to catch up you can catch up whenever you're free to do so. If you have access to the gym feel FREE to use the gym training video option.

Your workout videos will include video demonstrations for a 30 minute- 1 hour routine that can be added to any fitness regimen covering all muscle groups, or used as your only workout (beginners). **You are required to perform 3-4 rounds of each exercise given at a standard of 10-**

12 reps each! Feel free to go higher if you feel you can push yourself to do more reps.

YOUR WORKOUT

There is no “best time” to work out. Whether it’s morning, afternoon, evening or at night it’s completely up to you. Time is not a factor for your results. The most important thing is that you get your training done! You do not need to check in with me as this is a volume challenge with over 200 people. If you have any questions, allow 24-72 hours for a response or ask a SOFIT team member.

Please download the videos onto your phone and save for future use. I will not be re sharing videos to anyone after the program ends! Back up your videos on your phones or computers. The WhatsApp group **WILL BE DELETED AFTER THE PROGRAM ENDS** so these videos will not be available once the challenge is over.

Please keep in mind this is a volume program which means this program is not customized! The workouts and meal guide are just to guide you on how to

structure your training. No individual services will be provided for any client.

WARM UPS & STRETCHES

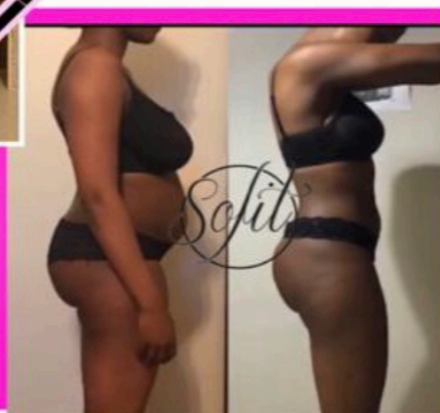
There are no warm up or stretch routines provided for this program. You are free to go online or on YouTube at your own convenience. As a warm up you can run, jog, skip, treadmill etc for a few minutes (15-30) before you start your workouts.

REAL PEOPLE, REAL RESULTS!

For a successful fitness journey you have to be consistent over a period of time in order to get the best results. 4 weeks is not enough and your fitness journey doesn't end after one SOfit Challenge. Endeavor to sign up for more challenges after this to keep you refreshed and accountable to your goals. The reason why so many women have succeeded with my programs is because they remained consistent not just with the exercises and the nutrition but with their self motivation & mind set. By pushing themselves and knowing that success doesn't happen overnight. To get the best results i advise you to continue this program even after 4 weeks.

Real People

Real Results!



8 tips to stay motivated during this program;

1. Take it one day at a time and understand that 4 weeks isn't enough to reach your fitness goals.
2. Surround yourself with positivity.
3. Create a vision board.
4. Create a mental image of a future you.
5. Make specific, realistic goals with deadlines.
6. Remember to credit yourself.
7. Be kind to yourself and acknowledge your positive attributes, as well as progress.
8. Never compare your progress with anyone else's!

TOOLS YOU MAY NEED FOR THIS PROGRAM

This is a Home and Gym based program so you may use/need:

- Resistance bands (you will see me using my SOfit bands: latex booty bands, cotton bands and pull up bands, in my demo videos. If you live in Nigeria or South Africa and are interested in buying bands feel free to send me a DM or an Email) you can also buy resistance bands at any sporting goods store near you.
- Jump rope- my Sofit jump ropes are N2,300

Meal Plan

Your eating habits are very important! In order to burn fat or gain weight, you must eat and you have to eat healthy. You should aim for 4-6 meals a day and this includes 2-3 healthy snacks. Try not to go more than 3 hours without eating.

Keep your meals healthy, what you put into your body determines what it's going to look on the outside. No amount of cardio and weight training can out-work a bad eating habit. So I created some challenge rules to help you get the best out of this program. For this specific one month program guide **NO CHEAT MEALS ARE ALLOWED!**

I've done my best to make sure that this meal guide is easy to follow. No macro counting, no calorie counting, no measuring foods, just you making healthier and CLEAN food choices and swapping A for B. What do I mean by eating clean and having no

cheat meals? This means not eating foods that have little to no nutritional value. Here are my challenge nutrition rules:

1. NO sweets (no cake, no chocolate, no cookies or biscuits, no candy etc.)
2. NO saturated fats (fast foods, KFC, chips, burgers, if it's fried say bye- bye)
3. NO Fried foods PERIOD
4. NO sodas, alcohol or juices (if the juice isn't 100% fruit with no artificial ingredients then throw it away)
5. ANYTHING with the ingredient 'High Fructose Corn Syrup' is a big No No!
6. NO teas (if it's green tea and coffee it must be taken black, without sugar or any sweetener) Milo and Bournvita is not tea!

The next few parts of this guide contains your FOOD OPTIONS from each food group – Protein, carbs & grains, Healthy Fats, Fruits, Nuts and, Beverages. A healthy diet constitutes of a balanced diet. Go through your options and buy your favourites. You don't have to eat everything in this list. If you don't like eggs for example, go to the protein chart and pick a different replacement. If you want to substitute what's not on the list, do your research. Read your nutrition labels and decide what's good or bad. Also

feel free to add any item not mentioned in the list.
Must be a healthy choice!

Shopping list

Your food shopping list includes items I recommend you purchase for each food group. You are NOT required to eat every thing in this list! Choose only items that you like and can find in your area. If you can't find specific items, you are free to use what you can just keep in mind what's most important is moderation. Anything in moderation is fine. Too much of anything is not good for you. Please don't send me pictures of specific food items asking if you can eat this or that. If you're not sure about a food item, READ THE NUTRITION LABELS, go online and do research on what to look out for.

PROTEIN

- Egg whites
- Chicken Breast
- Turkey Breast
- Lean Turkey
- Tuna in water
- Salmon and **any white fish**
- Quinoa
- Chickpeas

FRUITS

- Grapes
- Granny Smith Apples (Green apples)
- unsweetened applesauce
- grapefruit
- oranges
- banana
- Papayas
- Strawberries
- Blueberries
- Watermelons

Feel free to add to this list

ESSENTIAL FATS

- Olive Oil

(TRY TO STAY AWAY FROM VEGETABLE OILS)

10-15 Unsalted peanuts or seeds 10-15 Olives

- Avocados
- Cashews
- Peanut Butter
- Olive oil
- Coconut oil
- flax seeds
- Nuts

BEVERAGES

- Coffee (black)
- Green Tea
- Water

VEGETABLES

Buy steam bag vegetables (ex. broccoli, string beans..) this will help you when you don't have time to cook - spring mix, or spinach salad (already washed in a bucket or bag for convenience) iceberg lettuce is not high in nutrition

- Tomatoes
- spinach
- cucumber
- carrots
- ugwu leaves

- broccoli
- cabbage
- lettuce
- Corn

and whatever else veggies you like. Don't go too crazy in this category, as fresh veggies expire rather quickly.

CARBS & GRAINS

- Rice (brown, basmatic, white)
- -Yams, Garri, Semovita
- Oatmeal
- Whole Wheat Bread
- Whole Grain Pasta
- Sweet Potatos

DAIRY: ** I do not recommend any milks in Satchets

- Soy milk
- Almond milk (unsweetened)
- Fat free milk
- Coconut milk

HOW TO FOLLOW YOUR MEAL PLAN

Your meal plan is divided into 1 week you can recycle this food guide and use the shopping list to add variety. With the shopping list given to you above, you can replace food items daily or weekly so that you don't get bored or feel like you're repeating the same meals every day. You are required to meal prep! Food shop for each week and cook your meals before the start of each week. This will help you stay on track with your diet and prevent you from unhealthy snacking and unhealthy eating. **KEEP IN MIND THIS MEAL PLAN IS SUGGESTED. THE TIMING OF YOUR MEALS SHOULD DEPEND ON YOUR SCHEDULES.** Aim for 4 meals a day and two snack periods.

DAY 1

BREAKFAST

You can have a protein shake as a pre workout meal before working out if you train in the morning.

OPTION 1: protein pancakes (3 flaps) with a side of egg whites and spinach.

OPTION 2: Quaker Oats with your choice quantity of milk, a side of 3 boiled eggs, sliced avocados and any one fruit of your choice.
glass of water, tea or coffee.

LUNCH

1 ½ cup of rice and stew, a side of veggies (can be uguwu leaves boiled with carrots and cabbage) any protein of your choice (chicken, fish, beef (boiled NOT FRIED)

Water

DINNER

Boiled/baked potatoes or Boiled Yam with vegetable sauce cooked with no oil just water. Glass of water -

SNACK

1 Green apple with 1 tablespoon of peanut butter, half a slice of Avocado

DAY 2

BREAKFAST

A bowl of oatmeal with 1 banana and scrambled eggs.
Drink water

- 1 or 2 wraps of moi moi with a side of diced veggies and a bottle of water

LUNCH

A palm sized portion of pasta (spaghetti, rice) with your choice sauce, a side of boiled/grilled fish, chicken, or salmon

Or you can have a salad bowl. Drink water

DINNER

Fist size portion of swallow with your choice soup.

(This is a heavy carb meal. Have this before 8pm)

Bottle of water.

SNACK

1 green apple with peanut butter or any fruit of your choice with Almonds.

DAY 3:

BREAKFAST

Egg whites (or 2 boiled eggs) with sliced avocados, 2 slices of wheat bread and 1 banana.

LUNCH

Palm-sized portion of rice and stew, a side of veggies (can be ugwu leaves boiled with carrots and cabbage) any protein of your choice (chicken, fish, beef (boiled NOT FRIED))

Water

DINNER

Few slices of boiled yam (about 3) with veggie sauce and fish.

SNACK

Optional protein shake OR 1 apple with 1tbls peanut butter OR sliced pineapples and watermelon.

DAY 4:**BREAKFAST**

3 Slices of wheat bread, a side of egg sauce, with diced pineapples. - 139 calories

LUNCH

1/2 cup of white rice and choice lean protein with a side of vegetables (could be boiled and sauced ugu leaves)

DINNER

A Bowl of porridge beans with a glass of water.

SNACK

You're free to select a snack option from any other days.

DAY 5:**BREAKFAST**

Scrambled egg whites with 2 slices of bread (preferably wheat), 1 orange, and some water

LUNCH

beef, boiled chicken breast or grilled Salmon or fish with palm sized portion of pasta (spaghetti, rice)

DINNER

Sautéed veggies (carrots, cucumbers, broccoli etc) with chicken breast and 1 cup of brown rice.

SNACK

Sliced pineapples and a handful of cashew nuts. OR you can have a bowl of strawberries, blueberries and a spoon of Greek yogurt.

DAY 6:

BREAKFAST

A bowl of oatmeal, or whole grain cereal (like Alpen), scrambled egg whites and 1 medium banana. With a glass of water

LUNCH

Grilled Salmon or chicken breast with a side of boiled and seasoned assorted veggies (corn, green peas,

tomatoes and spinach/ugwu leaves), ½ a cup of brown rice.

DINNER

A few slices of yam or sweet potatoes (boiled, grilled) with veggies and a glass of water

SNACK

OPTION 1: Usalted, Unsweetened popcorn

OPTION 2: Cucumber slices, canned tuna mixed with mashed avocado

DAY 7

For this day I want you to use your knowledge so far, plus the shopping list to draft your meal for the day!

TRACKING YOUR PROGRESS/ HOW TO TAKE YOUR 'WEEK 0' PHOTO?

When taking your progress pictures it's very Important to understand that these photos are for checking your PROGRESS! Don't submit gym selfies, fully clothes images or pictures only showing your tummy. Progress is made everywhere- your arms, back, waist, legs, etc especially when you're on a fat loss journey. Please submit FULL LENGTH pictures preferably with you wearing shorts and a sports bra. Images should be a front, back and a side angle. If you're uncomfortable about showing your face, you can cut that out. I'm interested in seeing your progress! Your SOfit photo cards are below you can print them out and take your photos as exemplified below:



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WEEK 0



WEEK 4

DON'T FORGET TO CONNECT WITH ME BY:

Subscribing to my Youtube Channel-

<https://www.youtube.com/channel/UCN4BnJ2FpCbPk5GOZgNLeTQ>

Following me on Instagram-

https://instagram.com/sofit_ng?utm_source=ig_profile_share&igshid=1eabq7f3jevin

Read my latest blog!

www.sofitness.ng.com

www.sandraokekefit.com

