

# 7 Day Challenge



	Day 1 Actual Count	Day 2 Actual Count	Day 3 Actual Count	Day 4 Actual Count	Day 5 Actual Count	Day 6 Actual Count	Day 7 Actual Count
Water 300-500 ml every waking hour through to 5 hours before your bedtime (maximum 5 litres per day)							
Alcohol - leave it if you can or record the number of standard drinks consumed							
Unlimited herbal teas, maximum 3 cups of coffee or tea, preferably without sugars or sweeteners of any kind							
7 or more serves of vegetables and fruits (salads, sides, snacks) as close as possible to their original form, raw is best where appropriate							
Toning or Strength Training - 30 minutes or more							
Cardio - fast walking, jogging, cycling etc. - 30 mins or more							