



## **Day 1: Take a check**

**What is your goal in 3 weeks?**  
(be very specific and realistic)

**How will you feel when you achieve your goal?**

**Current measurements:**  
Measurements taken on (date): \_\_\_\_\_

Waist:

Weight:

Picture  
Front

Side:

### **Good luck! You got this!**

Don't forget to share your progress and your results on your Hoola Members group (<https://www.facebook.com/groups/hoolanationmember>).

We always love hearing your success stories – they are an inspiration to us all!

Sasha and Hoola Nation Team  
xxx

**Week 1**

Aim of the week:

- 1 daily activity (with 1 rest day)
- Nutrition: Hydrate with at least 2 litres of water per day

| <b>Monday</b>         | <b>Tuesday</b>  | <b>Wednesday</b>                | <b>Thursday</b>                                  | <b>Friday</b>   | <b>Saturday</b>       | <b>Sunday</b> |
|-----------------------|---|---------------------------------|--|---|-----------------------|---------------|
| <b>10 min Hooping</b> | <b>20 min activity of your choice</b><br><i>(e.g. yoga, walk)</i> | <b>Hoola Class* (beginners)</b> | <b>Short targeted hoola workout 5 – 10 min**</b> | <b>20 min activity of your choice</b><br><i>(e.g. yoga, walk)</i> | <b>10 min Hooping</b> | <b>Rest</b>   |

\*Hoola Class, level beginners is on live every Wednesday at 7pm in your "Hoola Nation Members" group on Facebook

\*\* You can find "Short targeted workouts" on hoola members web page or under "topics" section in your members Facebook Group

**YOU GOT THIS!**

**Week 2**

Aim of the week:

- 1 daily activity – total time raised: 2 hours per week
- Nutrition: Lower your carbohydrate intake and eat only to 80% full

| <b>Monday</b>            | <b>Tuesday</b>  | <b>Wednesday</b>               | <b>Thursday</b>                                | <b>Friday</b>   | <b>Saturday</b>       | <b>Sunday</b> |
|--------------------------|---|--------------------------------|--|---|-----------------------|---------------|
| <b>15 min of hooping</b> | <b>30 min activity of your choice</b><br><i>(e.g. yoga, walk)</i> | <b>Hoola Class (beginners)</b> | <b>Short targeted hoola workout 5 – 10 min</b> | <b>20 min activity of your choice</b><br><i>(e.g. yoga, walk)</i> | <b>15 min Hooping</b> | <b>Rest</b>   |

\*Hoola Class, level intermediate, is on live every Wednesday at 7pm in your Hoola Nation Member group on Facebook

\*\* You can find "Short targeted workouts" on hoola members web page or under "topics" section in your members Facebook Group

**Get up every morning and remind yourself:  
"I CAN DO THIS!"**

**Week 3**

Aim of the week:

- 1 daily activity – total time raised: 2.5 hours per week
- Nutrition: No sweets or sugary drinks and eat only to 80% full

| <i><b>Monday</b></i>                    | <i><b>Tuesday</b></i>   | <i><b>Wednesday</b></i>         | <i><b>Thursday</b></i>                                       | <i><b>Friday</b></i>  | <i><b>Saturday</b></i> | <i><b>Sunday</b></i> |
|---|---|---------------------------------|--|---|------------------------|----------------------|
| <b>30 min of Hoola or Hoola Class**</b> | <b>30 min activity of your choice</b><br><i>(e.g. yoga, walk)</i> | <b>Hoola Class* (beginners)</b> | <b>Short targeted hoola workout</b><br><b>5 – 10 min ***</b> | <b>30 min activity of your choice</b><br><i>(e.g. yoga, walk)</i> | <b>20 min Hooping</b>  | <i>Rest</i>          |

\*Hoola Class, level beginners, is on live every Wednesday at 7pm in your Hoola Nation Member group on Facebook

\*\* You can simply spin the hoop for 30 min while watching TV or follow any of the 30min classes in the HN Members Facebook Group

\*\*\*You can find "Short targeted workouts" on hoola members web page or under "topics" section in your members Facebook Group

**IF YOU CAN DREAM IT,  
YOU CAN ACHIEVE IT!**