



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:

Week 1

Aim of the week:

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

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

*Hoola Class, level intermediate is on every Monday at 7pm in your "Hoola Nation Members" group on Facebook

** You can find "Short targeted workouts" on every Thursday in your "Hoola Nation Members" group throughout November

YOU GOT THIS!

Week 2

Aim of the week:

- 1 daily activity every day – total time raised: 2 hours per week
- Nutrition: Lower your carbohydrate intake

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

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

** You can find "Short targeted workouts" on every Thursday in your "Hoola Nation Members" group throughout November

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

Week 3

Aim of the week:

- 1 daily activity every day – total time raised: 2.5 hours per week
- Nutrition: No sweets or sugary drinks

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

*Hoola Class, level intermediate, is on every Monday 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 every Thursday in your "Hoola Nation Members" group throughout November

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