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01

THE 5 DAY

**GUIDED
SHREDDED
STARTED**

BODY CHALLENGE

SET A BODY GOAL

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THE 5 DAY

SHREDDED

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BODY CHALLENGE

CREATE YOUR PERSONAL 4 WEEK FAT LOSS PLAN IN JUST 5 DAYS

DAY 1: SET A BODY GOAL

Welcome to Day 1 of The 5 Day Shredded Body Challenge!

Just this morning I received a DM on Instagram from a woman.

Can you please help me? I'm 100lbs overweight and I'm determined to lose it. I want to lose it fast. Please can you tell me how?

Every day I'm bombarded with messages from women who are fed up being unhappy and overweight. They know that to lose fat they should eat less and exercise more. But how much less? How much more?

That's why I created this 5 Day Challenge. To give you the exact tools you need to craft a personalised plan that will get you quick results and encourage you to keep going on your body transformation journey.

Just look at some of the incredible results our members have achieved, once they decided that enough was enough.

This can be you too! All you have to do is decide.

What do you WANT to look like?

If you want to get somewhere you first need to know where you're going. While it's great to say "I want to lose 20lbs", it's not enough. You need to be specific.

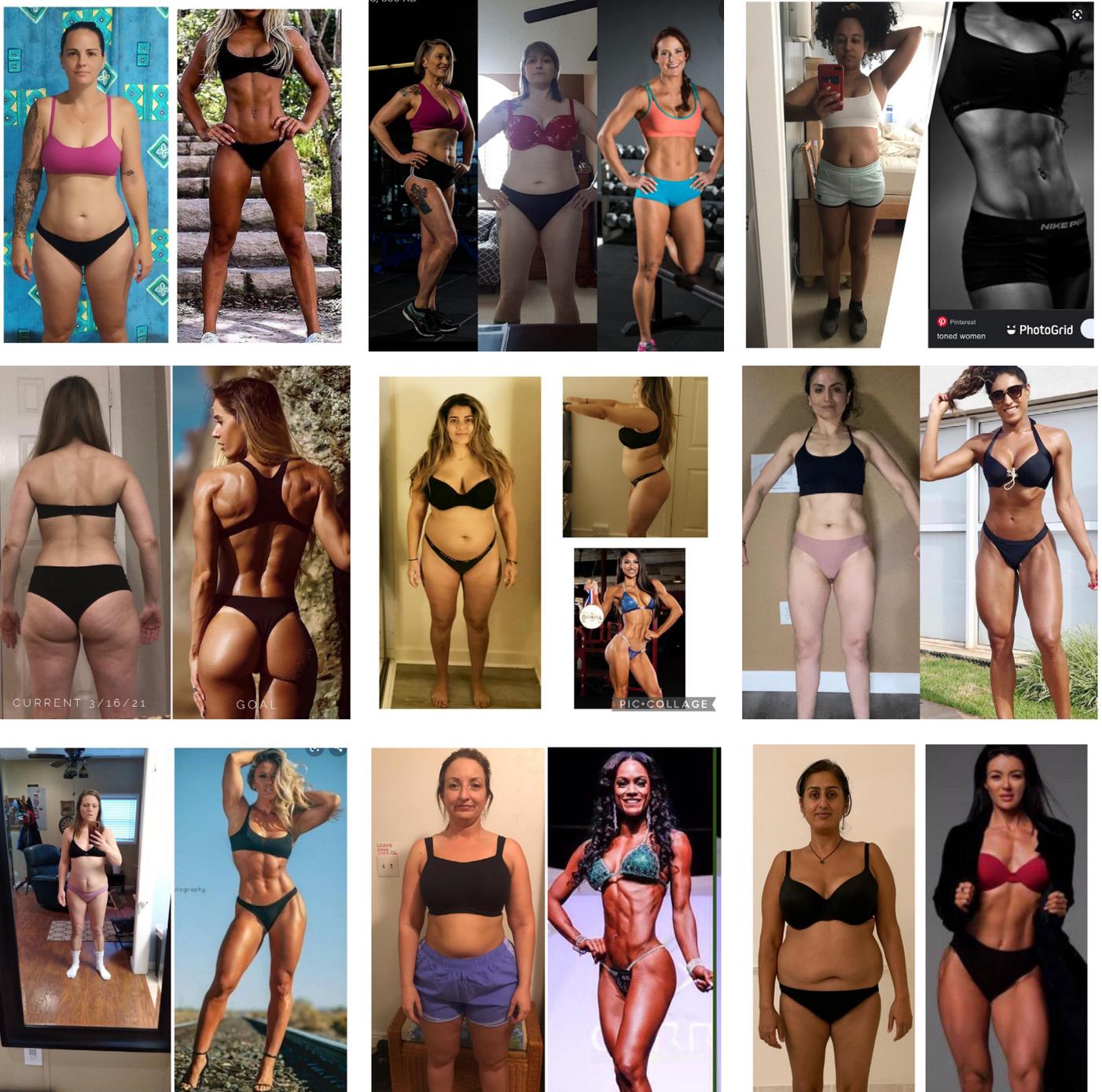
20lbs is just an arbitrary number that doesn't mean anything. How do you know that when you reach your 20lb fat loss goal that you'll look how you want to look? You don't.

Instead of having a weight loss goal, I instead want you to set a body goal.

A body goal is a picture of the body that you would love to have. It's not even important that it's realistic. You may be 60 and your body goal is 26. That's fine. The goal isn't to actually look exactly like your body goal, it's to have something to aspire to!

Once you have chosen your body goal, the next step is to put it side by side with your own body. This is so you have a comparison of where you are now against where you want to be.

Here are some of the body goals posted by previous challengers.



Now it's your turn!

Follow these simple steps to find your ideal body goal

1. On social media, such as Instagram or Facebook, or in the Google search engine, spend some time looking up different body types that inspire you, move you, and motivate you. Use these steps to help you:

Download the app [Instagram](#) and create an account, if you haven't already.

Go to the search bar (on a mobile device it's the magnifying glass at the bottom) and search for various hashtags such as #fitnessmodel, #fitnessphotoshoot, #fitness, #fitnessmotivation, #gymlife, #fitnessaddict, #getstrong, #weightlifting, #transformationtuesday, #fitnessgoals, #fitspo, #gym, #bodybuilding, #womenwholift

Open Google, navigate to the search bar and type in various words, like "fit body", "strong body", "Fitness model" "Bikini athlete" or even use the hashtag words above (without the hashtag sign). Then click on the "images" tab at the top of the screen to see all the different pictures.

2. Screenshot the images you like best, and save them to your device. Try to find a full-body shot that you can put next to your own side-by-side.
3. Take a selfie with your smartphone or camera. Either snap it in the mirror, or set the timer on your phone. You want this to be a "warts and all" photo. Don't flex, tense or try to suck in your stomach. Let it all hang out. You need to see the reality of your situation! Take a front, back and each side photo.

*Note - No one will ever see this photo unless you decide to share it with them.

4. Download a picture collage app such as Layout from the app store. Insert your before photo on the left and your body goal "after photo" on the right.

Complete this next important step to stay in the challenge!

Upload this picture [by clicking here](#) before the start of the live broadcast at 4 pm UK tomorrow. Remember, no one will see this photo and it will never be shared publicly. This is for your own accountability. If you can't do this first, simple step you will never be able to achieve your body goal.

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