

24 Day Challenge Tips/Suggestions

1. Create baggies for each meal; use galloon size bags for those meals that you might put your food in plastic containers
2. Double check the name of supplement before putting it in a bag
3. Keep a small notebook and write out your meals; there is no way to remember everything you have eaten for the day at the end of your day
4. Pre-plan; prepare your baggies the night before
5. Drink fiber drink quickly after mixing it
6. Meal replacement shakes tastes really good with very cold water. Put a water bottle in freezer for an hour and then mix it.
7. Plan out your exercise (on your non-boot camp days; it is much easier to workout with a friend)
8. Peel your hard boiled eggs the night before at home so you don't do it at work and smell up the entire place!
9. When you take something out of a baggie (spark, fiber drink, supplement) go ahead and put a new one in for the next day so you don't have to fill all your baggies the night before. (Saves time later!)
10. Pre-cook on weekends or whenever you have time; measure out servings; store in plastic containers (boil several eggs ahead of time, veggies, etc...)
11. Use a small, soft cooler and always have a healthy snack available!
12. Always keep measuring cups with you in your cooler
13. Glad-ware makes a salad container where a small container snaps into the lid for dressing
14. Salmon and tuna come in individual servings pkgs that can be torn open by hand
15. Use proportioned servings when available. (i.e. single serving hummus, tuna, nuts, etc)
16. Read through the next days supplements/meals to make sure you know exactly what to do
17. Mix SPARK with your Fiber Drink to help it taste better
18. Use just enough water to mix the Fiber Drink thoroughly. Then chug it!:)
19. Set reminders in Outlook or iCal when to take supplements and eat meals
20. Journal your meals, exercise and mood every day!