



**FIND FIT PEOPLE**  
**CHALLENGE**



**Small Steps, Big Changes**

# INTRODUCTION



## Welcome to the challenge

**Welcome!** The FFP Challenge is your opportunity to take control of your lifestyle by losing that extra fat and improving your muscle activity - enabling you to do more of things you love in life.

How does it work?

We challenge you to be consistent for only 30 days, and will show you how to implement new healthy habits into your lifestyle, all you need to do is follow the easy steps that will guide you along the way.

There is information available in the pack that teaches you how to improve your way of life or find solutions to problems you may face. Make sure you take these learnings and keep applying them until they are a part of your daily routine.

How to increase likelihood of success?

- Do it with a friend
- Form a WhatsApp group to communicate daily
- Set times to do training together
- Meet once a week to share troubles and triumph
- Follow each other via the mobile applications

Need additional help?

There is all the information here to help you succeed, however some of us need that friend, a fresh environment or the security of a professional to provide more specific guidance - you will find virtual options for further assistance or professional service can be made available.

Here is what you can expect over the next 30 Days

## 30 Day Challenge Plan

DAY  
1

**Change:** The first day can be the hardest as you need to break the old habits and do things differently starting from today. Understand to change your current state you need to change your daily routine.

**Track:** After day one your focus is simply to make a habit of completing all your daily 7 tasks - using the tracking sheet at the back of this document

DAY  
2-3

DAY  
4-7

**Discipline:** Your main focus during the first week the aim is to understand your current active levels and eating habits. This can get harder for most as the excitement wears off and a new reality sets in - this is where you keep your purpose in the front of your mind so you complete your tasks even on busy or lazy days.

**Progress:** In week 2 the focus is about volume, intensity, or speed of progress. This means amplifying the good habits for better outcomes

DAY  
8-14

DAY  
15

**Check-In:** At the start of week 3 you are half way through the first 30 days and will notice your first definitive results as your body starts to adapt. Your current outcome is a result of your consistency from the last 14 days - how consistent are you?

**Consistency:** In week three the focus is all about staying consistent! This is where many fail, you will need to call on the support of your network to keep up the momentum.

DAY  
15-30

DAY  
22-30

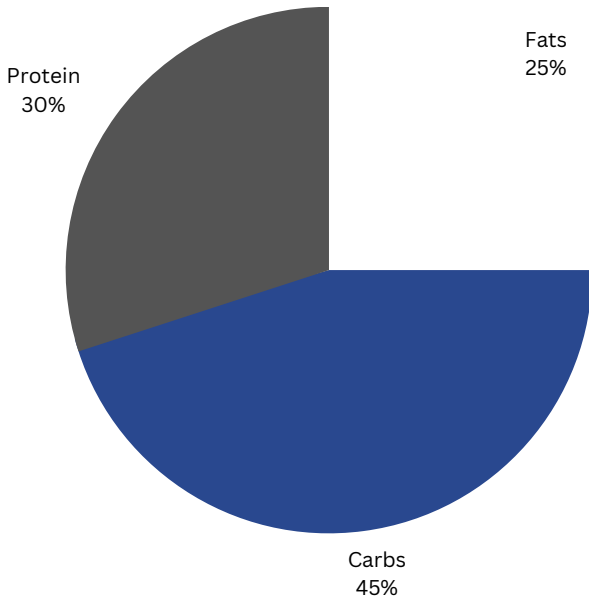
**Prepare:** You are nearing the end of the 30 day cycle and will either be at your sub-goal or main goal outcome. Keep adapting your resistance, distance, nutrition intake to improve the outcome. Find ways to keep improving.

**Congratulations!** You have successfully completed 30 days. Enjoy the efforts it has taken and the changes you have made. The key now is to continue your new lifestyle by choosing your next goal or your larger outcome

DAY  
30

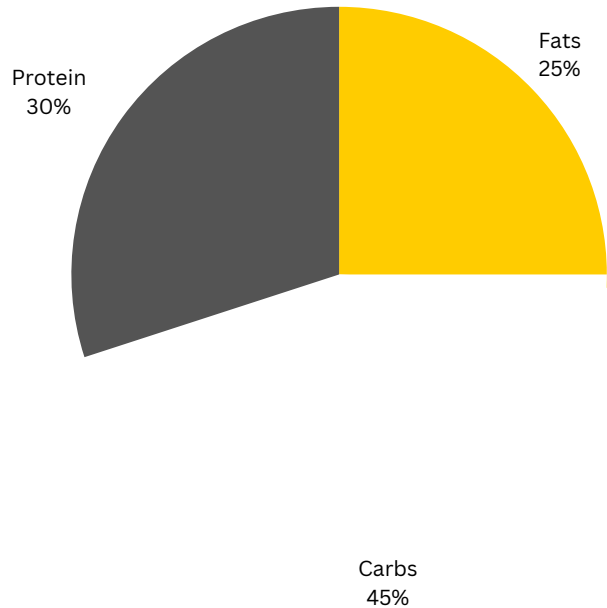
# Weight Loss / Gain Basics

All diets or eating plans are based on calorie surplus/deficit - increase/decrease carbs/fats/portion size.



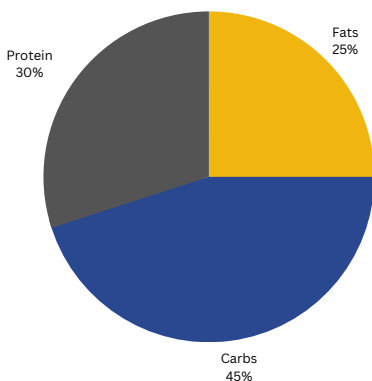
## No Fat Diet

Takes away the calories from fat



## No Carbs Diet

Takes away the calories from Carbohydrates



## Fasting

Reduces total amount of calories taken in



## Why some do not lose weight?

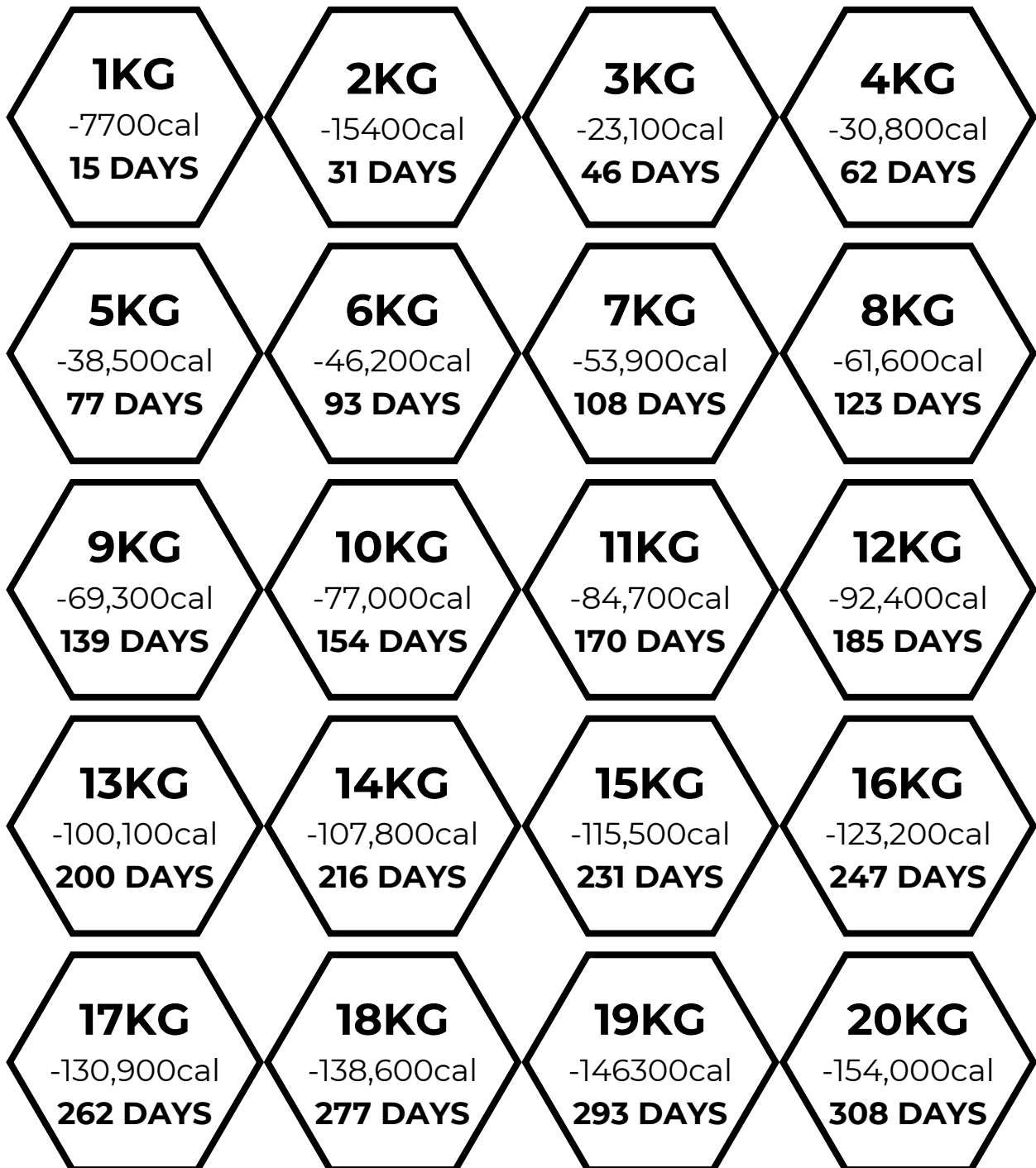
People usually add calories to the other two macronutrients, meaning the calorie are still the same.

# Weight Loss Timeline

Based on an average 500 calorie daily deficit



NOTE: 100g of Fat = 770 calories



The above timeline is based on making small changes over time in order to be sustainable for life. Yes, someone could reduce their weight much faster or potentially slower, but this is a base target that most will find easier to achieve.

# WHAT IS YOUR GOAL

Write down what you would like to achieve?

Name:

Date:



**EXAMPLE GOAL: To be able to run 2.5 kilometers**

Achieve By Date: Dec 31st 2023



Goal One

Achieve By Date:



Goal One

Achieve By Date:



Goal One

Achieve By Date:

# YOUR BARRIERS

What is currently stopping you right now from result?

**Name:**

**Date:**

Write down here a reason you feel you are not getting results...

What solution do you feel is required?

Write down here a reason you feel you are not getting results...

What solution do you feel is required?

Write down here a reason you feel you are not getting results...

What solution do you feel is required?

# TRACK YOUR PROGRESS

Let's keep track of your progress

## CONNECT WITH US



@ffp.fitness

www.FFP-FITNESS.com



## DOWNLOAD THESE APPS



**FFP LEARN**  
Educational  
Video Support



**FFP FITNESS**  
For workout  
options



**MyFitnessPal**  
For tracking food  
intake



**Garmin  
CONNECT**  
For tracking  
activity

## USE ANY DEVICE TO TRACK YOUR ACTIVITY



## WE RECOMMEND A GARMIN WATCH FORERUNNER 265

This will collect the data  
Heart rate, Steps, Calories, Sleep, Stress

HOW TO USE: [https://youtu.be/EOemVB\\_wcBk](https://youtu.be/EOemVB_wcBk)



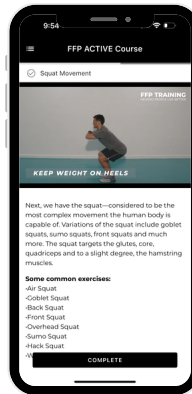
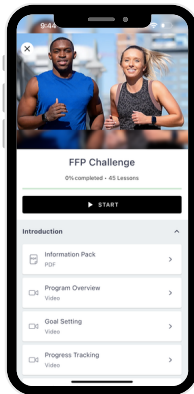
# DIGITAL SUPPORT

Each app offers you support on your journey



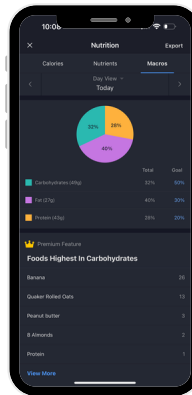
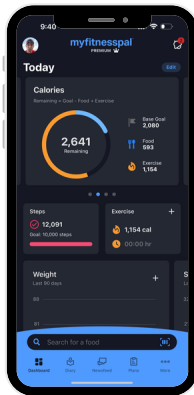
## FFP LEARN (Free)

FFP Challenge Program  
Video Support



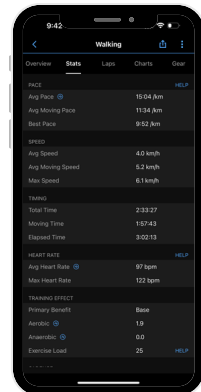
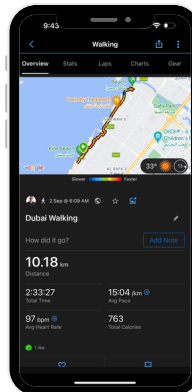
## MyFitnessPal (Free/AED189 per year)

For tracking you daily  
food & liquid intake



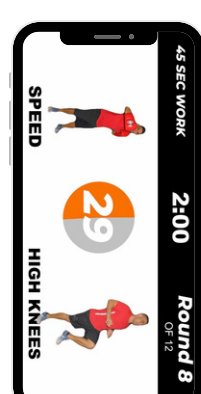
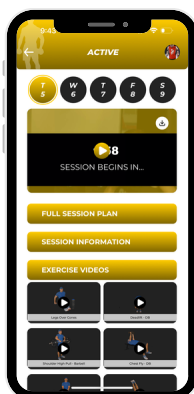
## Garmin CONNECT (Free)

For tracking activity  
duration and intensity



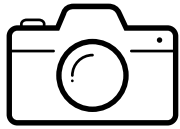
## FFP FITNESS (\$29/month)

Various daily workout  
options



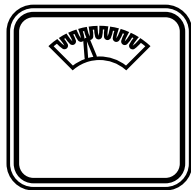
# TAKE VISUAL PROOF

Taking photos is perfect way to see progress



## Photo of all food eaten in a week

This is to help you become more aware of your calorie intake and find opportunities to make better choices.



## Daily Morning weigh-in

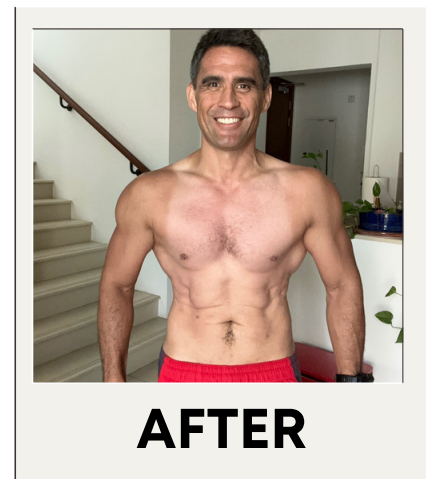
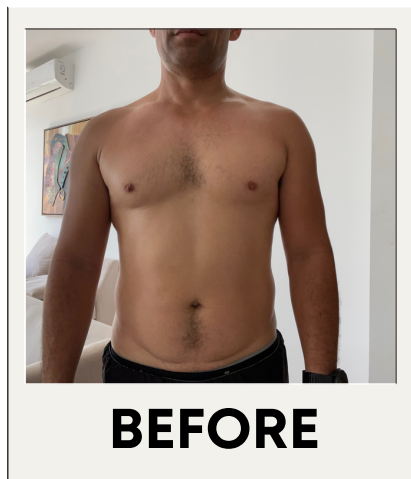
Same time in the morning immediately after waking and going to bathroom. Wear the same clothing or ideally naked



## Weekly photo - morning

Once per week on the same day, time and ideally in the same place

DAY - 1, 8, 15, 22 & 30



# OPTIONALS EXTRAS

For those that want a little more guidance and support



## Join the whatsapp group

Join our community WhatsApp group



## Accountability Coach

Have one of our professionals to reach out to when you need them or just need some extra guidance/motivation



## Nutrition Consultation

Ask one of our specialist to provide you with a customized plan to help you deal with specific needs and requirements.



## Personal Coach

Sometimes we just feel more comfortable and accountable having a professional by our side to ensure maximum efficiency from our workouts



## Virtual Workouts

Our mobile app provides you with a variety of workouts for everyday of the year, no need for thinking - just push play and workout.



## Small Group Sessions

Some of us are more motivation and will be more disciplined when we workout with others. If this is you, we will let you know which group are available near you.



## Clear Mind

Before your journey can begin you need to clear your mind of negative thoughts and focus on productive positivity



## Direction

A clear direction will provide you with a purpose to confidently keep stepping forwards



## Self Health

Being healthy allows you to help others, and the healthier you are the more you can help.



## Discipline

Having the ability to do those non-negotiable tasks when you really don't want to - is what will make you successful



## Time Management

Healthy and productive people have better time management and they also know when to say NO.



## Appreciation

Always take time to appreciate where you are at because then you are aware of opportunities for you to grow



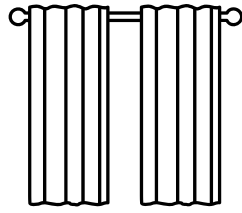
## Small Wins

Showing respect to all the little wins along the way that allow you to win big - this is a huge motivator



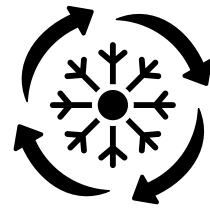
## Routine

Going to sleep and waking up at the same time improves your sleep quality



## Dark

The darker the better as it helps to ease your mind



## Cool

Ideally the room temperature will be between 15.5-20 degree Celsius



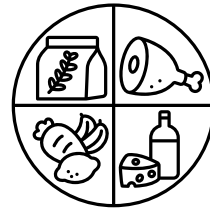
## Relax

Putting the body in a state of relaxation prepares the mind for sleep



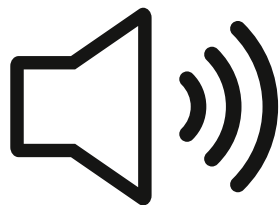
## Screens

Avoid Screens for 1 hours before bed, as they will activate the brain, making it hard for you to sleep.



## Food

Try avoiding food 2 hours before sleep so you body is less active



## Noise

Find ways to make the room as quiet as possible to help relax your hearing sensors

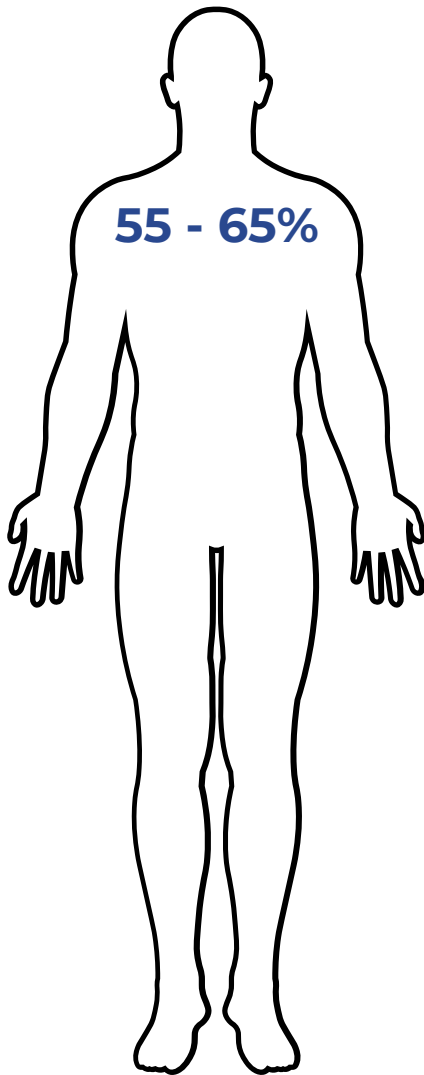


## Naps

These can disrupt your sleep cycle. Only nap if sleep deprived.

# HYDRATION

The majority of our bodies is made up of water



**Brain - 75%**



**Eyes - 95%**



**Blood - 83%**



**Heart- 79%**



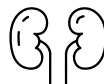
**Bones - 22%**



**Muscles - 75%**



**Liver - 85%**



**Kidneys - 83%**

## IMPORTANT NOTE

Most mature adults lose between 2.5 - 3 liters of water / day, this is why we need to replace water in order to keep our bodies functioning properly.

### **We lose water from:**

Urine = 1500ml, Breathe/sweat 800ml, Stool 200ml

### **We gain water from**

Drinking Water = 1500ml, Food 800ml, Metabolism 200ml

# TARGET DAILY STEPS

Estimated number of calories burnt by steps taken

Use the below to help you better understand the additional amount of calories you could burn in your day

**30K**

**28K Estimated total: 1,201 - 1,500 cal**

**26K**

**24K**

**22K Estimated total: 901 - 1,200 cal**

**20K**

**18K**

**16K Estimated total: 601 - 900 cal**

**14K**

**12K**

**10K Estimated total: 301 - 600 cal**

**8K**

**6K**

**4K Estimated total: 0 - 300 cal**

**2K**

# DAILY CALORIE INTAKE

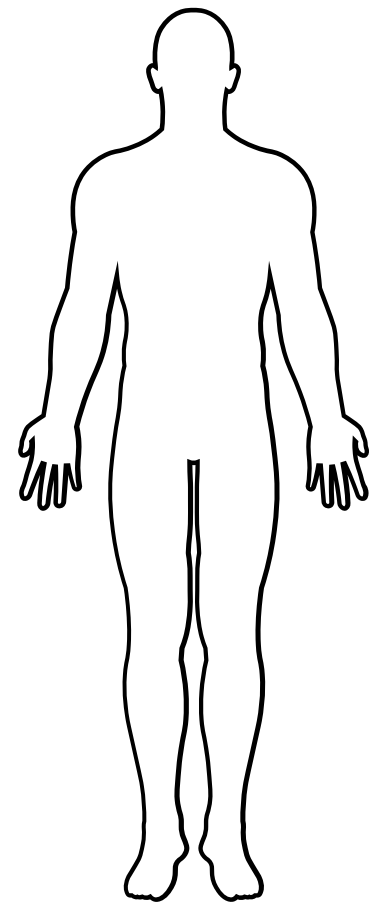


## FIND YOUR TARGET CALORIE INTAKE

Your weight in pounds x (Choose number below)

*Converting Kilos to Pounds = Kilograms x 2.2*

21	} <b>Extreme Weight Gain</b>
20	
19	
18	} <b>Moderate Weight Gain</b>
17	
16	
15	} <b>Weight Maintenance</b>
14	
13	
12	} <b>Moderate Weight Loss</b>
11	
10	
9	} <b>Extreme Weight Loss</b>
8	
7	



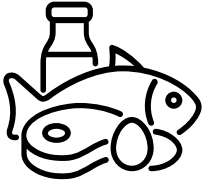
EXAMPLE: A 78kg / 174lb person

174 x 12 (For moderate weight lose) = 2,088 calorie intake daily

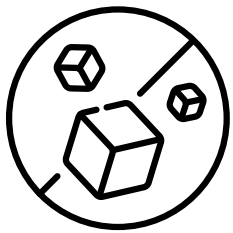


# TARGET NUTRIENT INTAKE

Take control of food and your life



**1g of protein for every lbs of bodyweight**



**No more than 50g of sugar per day**

For every 100g of food, the sugar intake should be under 5g



**No more than 25g of saturated fat per day**



**3-7g per kg or 225-325g per day**



**Protein**



**Carbs**



**Fats**

Portion Sizes per meal:  
1x for female, 2x for male

# TRY THESE MEAL OPTIONS

Try these meal options



## **BREAKFAST CALORIES = 495**

40g Porridge (1 cup) = 180 cal

1x Tbsp Peanutbutter = 95 cal

1x Banana = 90 cal

1x Protein Powder (30g) = 130 cal



## **LUNCH CALORIES = 405**

100g Organic Acai = 65 cal

1x Banana = 90 cal

1x Protein Powder (30g) = 130 cal

250ml Plant milk = 120 cal



## **DINNER CALORIES = 270**

100g Chicken Breast = 160 cal

1x Cooked Rice = 110 cal

Steamed Veggies - 0 cal



## **SNACK IDEAS**

Protein Bar = 200 cal

20x Almonds = 140 cal

Quinoa Chips = 140 cal

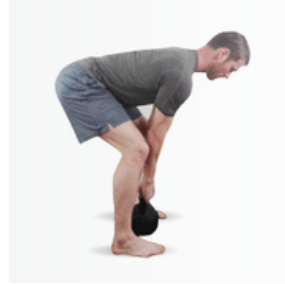
Complete 3x 12 reps

Choose 1x +exercise each body part - at 70% effort



## SQUAT

Sitting motion with chest upright



## HINGE

Moving at hip only - keeping back and legs long



## PUSH

Using chest and arms to push away



## PULL

Using arms and back to pull into your body



## ROTATE

Twisting and rotating through the middle of body



## LUNGE

Stepping or movement on one leg



## GAIT/CARRY

Walking, Jogging, running, sprinting with good posture

# RESISTANCE TRAINING

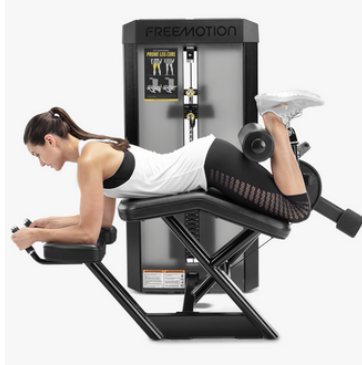
## Workout 1

Complete 3x 10-12 reps  
Complete each exercises at 70% effort



### Leg Extension

For Quadrics



### Leg Curl

For Hamstrings



### Chest Press

For chest / pictorials



### Seated Row

For upper back



### Lat Pulldown

For upper back



### Walking Lunges

For Glutes and Legs



### Russian Twist

For core strength



### Prone Plank

For core strength

# DUMBBELL WORKOUT

## Workout 2

Complete 3x 8-10 reps  
Complete each set at 70-80% effort



### DB Goblet Squat

For Quadriceps



### DB Deadlift

For Hamstrings



### DB Bench Press

For chest / pectorials



### Singel Arm Row

For upper back



### Banded Chin Up

For upper back



### DB Walking Lunges

For Glutes and Legs



### Reverse Crunch

For core strength



### V-Sit Ups

For core strength



# BARBELL WORKOUT

## Workout 3

Complete 3x 6-8 reps  
Complete each set at 70-80% effort



### Back Squat

For Quadriceps



### Deadlift

For Hamstrings



### Bench Press

For chest / pectorials



### Bent Over Row

For upper back



### Pull Up

For upper back



### DB Walking Lunges

For Glutes and Legs



### Hanging Wipers

For core strength



### Toe To Bar

For core strength

# WORKOUT PLAN

Create your own workout routine

Name:

Date:

	1	2	3	4
Squat Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hinge Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Push Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pull Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunge Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Twist Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Core Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Optional Extras

Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





