

# CRAVEN LEISURE

## Fitness Challenge Programme

### 90 DAY CHALLENGE TOP TIPS



- You must drink 2-3 Litres of water EVERY DAY
- You will need to eat 3 main meals per day. Breakfast 400, Lunch 600, Dinner 600kcal: [www.nhs.uk/oneyou/be-healthier/eat-better/](http://www.nhs.uk/oneyou/be-healthier/eat-better/)
- Check your calories here: <https://www.nhs.uk/Tools/Pages/Calorie-checker.aspx>
- Meal ideas here: <https://www.nhs.uk/Tools/Pages/easy-meals.aspx>
- Use the NHS Food and Activity Chart to track how you are doing (copy provided)
- You will need to work-out for:-
  - Aerobic moderate exercise: 150 mins per week
  - Aerobic vigorous exercise: 75mins or a combination of both
  - Strength Exercises: 2+ days per week
  - Balance /Flexibility/Stretch: - 2+ days per week
- Avoid/limit Alcohol
- Avoid Processed foods high in sugar or salt
- Aim for 7+hours sleep per night and limit caffeine to before 6pm



	Week 1	Difference	Week 4	Difference	Week 8	Difference	Week 12	Difference
Date								
Photo								
Height								
Weight								
BMI								
Body Fat %								
Water %								
Visceral fat index								
Bone weight								
Basal metabolic rate								
Metabolic age								
Muscle mass								
Fitness Instructor's Signature								
Name					Age		Gender	
Contact Email								
Contact telephone								

## 12 Week Challenge Log Card

If you would be willing to share your challenge results/photos with Craven Leisure for publicity purposes, please tick here

