


<p>Pre-Season 1</p>	<p>Welcome to the 21 Day Bombshell Challenge group!!</p> <p>In order to make this group a success, I NEED your help! Please read and then comment below if you are committed!</p> <p>You'll need to send me a front photo, side photo, and back photo of yourself in a bikini and your starting weight. I'll have you weigh yourself and send me new progress photos once a week right when you wake up (on an empty stomach, after you've gone to the bathroom etc). The photos are so important. We base your progress on how your body looks not how much you weigh!)</p> <p>I will need you to log into the group daily to confirm that you have completed your workout- accountability is KEY in your success and the success of this support group!</p> <p>You can contact me whenever you need throughout the week if you have any questions - text, call, skype. I encourage you to post in here OFTEN!!!</p> <p>Some of my challengers post or contact me daily, and some only check in with me once a week. It really depends on how involved you want me to be, but I find that the stronger relationship a challenger makes with me and the group, the MORE dedicated and accountable they feel, and the better results they see.</p> <p>Every week I'll change up the sample meal plan so that you don't get bored...BUT it is so important that you don't cheat or miss workouts, and if you do (I'm not being unrealistic, it happens to all of us!), then you need to tell us</p> <p>POST BELOW if you are "ALL IN"!</p>	 <p>The graphic is a blue-themed poster with a decorative background. At the top, it says 'Welcome to the Bombshell Challenge' in a cursive font. Below this is a crest featuring a shield with the letters 'B' and 'D' and a crown on top. Underneath the crest, there is a list of instructions: '*Log into the Group daily to Check in', '*Help support other members by commenting & posting', '*Submit Weekly progress Pics', '*Follow the Meal plan & Drink plenty of water', and '*Reach out if you need motivation!'. At the bottom, the URL 'katieheifner.blogspot.com' is written in a small font.</p>
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PS2

Planning and preparation is so important! If you FAIL to PLAN...you PLAN to FAIL! You joined this group for a REASON! Don't leave your workouts and eating healthy to chance and circumstance!

1) Get all of the junk out of the house! Especially your trigger foods! I hate donuts...so I'm not tempted by them...but if there is ice cream in the house... I will DEVOUR it! So don't play with fire! GET RID OF IT! If you have family members who eat that stuff...simply ask them to support you and help you stay on track from refraining from that stuff for the next 3 weeks. Or if that doesn't work...Have them get snacks you can't stand lol


2) I prep all of my meals at the beginning of the week- get the grunt work out of the way so that when I'm strapped for time during the week...I just grab my meals...Heat & eat baby! REMEMBER...MOST of your results come from your DIET!



3) Imagine yourself in 21 days. What do you feel like? How do you look? Do you have regrets <<OR>> or are you a better version of yourself, with an accomplishment of going through a legitimate 21 days of eating, exercising, and experiencing COMMUNITY. KNOW when you are going to get your workout in and THINK about the sense of accomplishment you will feel in 21 days! Will you make your future self PROUD?

4) Water! DRINK IT PEOPLE! **A good rule of thumb...Take your weight...divide by 2. That will give you the Ounces you need to drink daily (Example: $140 \text{ lbs} / 2 = 70 \text{ oz}$)


5) It is time for you to snap the dreaded BEFORE pics... but I don't want you to get discouraged or put them off because these are the pics are but a mere reflection of your PAST decisions... From this point forward... these are your GOODBYE pictures... because you are about to CHANGE into a reflection of the daily decisions you make over the next 21 days... and let me just tell you... You are going to WANT to have these goodbye pics to show people (and yourself) HOW FAR YOU HAVE COME at the end of this challenge!!! Make sure you save them on your computer or camera so that we can compare them to your NEW SHOTS on day 7, 14 & 21!!



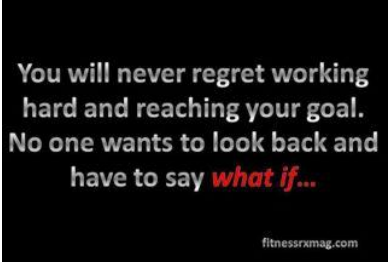
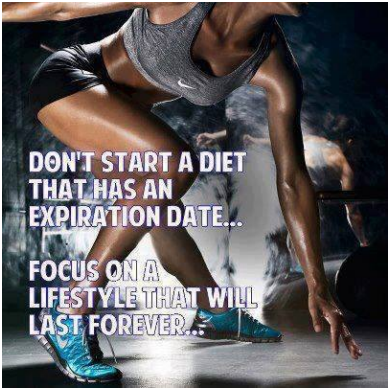
	<p>EVERYDAY the decisions you make regarding exercise and food will have everything to do with how you feel come day 21. And these 3 weeks are going to pass whether you commit to yourself and the group or not. Why not dig deep and see what you're made of!? Are you with me??</p> <p>That's the magic of Team Beachbody. You and Me. If we want to be an instigator for change, let it begin with us!</p>	
PS3	<p>Let's talk about PORTION SIZES! Does this sound familiar? "I'm eating clean! Im eating the right foods every few hours and I don't even indulge in "Happy Meals" (aka Cheat meals) BUT I'm not seeing any results!!!??? **ripping hair out**</p> <p>That was ME until I realized that I was part of the "Over Eaters Anonymous"</p> <p>Even though you are making healthy choices, you cannot eat an infinite amount of food. Even HEALTHY foods can be converted to the "F" word....yes FAT...If you overflow your "gas tank" Get in tune with your body and learn to LISTEN! Are you hungry or THIRSTY?</p> <p>Be mindful of your portion sizes. MEASURE everything out until you get a good idea for how much you should be eating and soon it will become 2nd nature!</p> <p>Good Rule of thumb...use your hands to eyeball the measurements!</p> <p>Protein Serving Size =Palm of your hand Complex Carbs = 1 Cupped Hand Veggies = 2 Cupped Hands</p>	 <p>Portion Distortion</p> <p>What you're served vs. What's one serving</p> <p>DID YOU KNOW?</p> <ul style="list-style-type: none"> ■ Americans are the heaviest of people in developed countries. The U.S. consumes 35% more food than the rest of the world. ■ Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds. ■ Every gram of carbohydrate or protein results in 4 calories. ■ The number of calories people in the world - 3.5 billion - can sustain the number of undernourished people. ■ 400 each decade as we age, we need 1,000 fewer calories per day. ■ Eating 1/2 cup of the smaller 9 ounces. ■ 100 calories a day is hard enough of managed energy intake in an obese person.


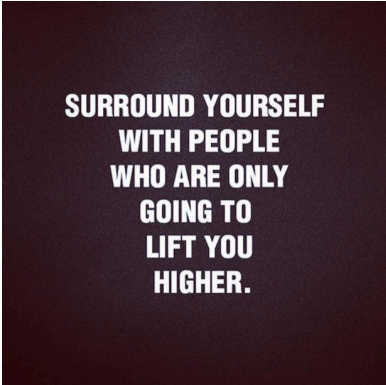

PS4	<p>Let's talk about the #1 Reason MOST people don't achieve their goals (weight loss or otherwise) Can anyone guess what it is? Watch this video- don't worry it's only 4 min long! and post the assignment below! http://youtu.be/HdFFdsTPmJk</p>	
PS5	<p>You cannot change your destination overnight, but you can change your direction overnight. -Jim Rohn</p> <p>You have the POWER to change your future! How amazing is that?! But let's be honest...how many times have you THOUGHT you were going to do something and then a week later...fell off the bandwagon? *Raises hand* Guilty! You have the best intentions..but then somewhere along the way...you lose motivation.</p> <p>Let's CHANGE that! The easiest way to figure out where you will end up is by DECIDING where you want to go (set goals) and be held ACCOUNTABLE to them (don't break out in hives!)</p> <p>So I want you to set some REALISTIC attainable goals for yourself and SEND THEM TO ME by simply filling this out -->>http://katiheifner.wufoo.com/forms/challenge-group-week-1-identify-goals/</p> <p>It will help me get to know you AND show me where your ship is headed so I can guide you along the way. I can't do the work for you...but as a TEAM we can be here to support you and remind you of your goals.</p> <p>REMEMBER that while this is only a 21 day Challenge...it is NOT a quick fix where you abandon everything you have learned and "go back to your old ways" It's about creating a LIFELONG commit to your HEALTH!</p>	



	Comment below with "I LOVE MY GOALS" once you have completed the Goals Questionnaire!	
PS6	<p>Tomorrow is the BIG DAY! Plan for success!! I know some of you might be afraid of failure- HUSH that voice inside your head! From this point forward, EMBRACE it and use it to fuel your fire! "Only those who dare to fail greatly achieve greatly. If you have never failed you have never lived"</p> <p>When you want to give up because you think you don't have what it takes, remember how many people are turned down, fired, let go, dismissed each day and decide that it won't define you! It will EMPOWER you to keep going and live your passion for life!</p> <p>http://youtu.be/Y6hz_s2XIAU</p> <p>Your assignment for tomorrow is to post your SWEATY POST workout PICTURE as your way of sharing your 1st day with the group!</p>	



1	<p>GOOD MORNING! Happy DAY ONE! AHh I am so excited!! When I first started this huge life change it was a little scary. I was so afraid to fail because I'd been uncomfortable in my skin for so long. But what was a little more scarier was feeling uncomfortable forever. I can't even express how grateful I am to have found these challenge groups and have the opportunity to help others meet their goals! I love being a part of this, and I know you will too. SO..to maximize your results....</p> <ol style="list-style-type: none"> 1. Post and participate daily! Remember to post your sweaty workout pic today! 2. Be in the moment in your life and your workout. It's therapy, I swear! Make the most of every workout. If that means you get up at 5 am...we are here with you! 3 Embrace the power of positive thinking. Encourage others. Love your body and STOP comparing it to others. There is no one in the world like you. 4. Smile. It makes you prettier. It attracts people toward you and makes them think their own positive thoughts! 	
2	<p>You DID it! You survived the first day! How are you ladies feeling? Sore? Tired? GOOD! That means its working...and that's ALL the more reason to make sure you get your workout in today. Get the blood flowing and it will alleviate some of the soreness. Remember, being sore is NOT a bad thing (unless it's due to an injury) Being sore means your body is CHANGING...growing, shaping and getting STRONGER!</p> <p>Your workout schedule is set up by the pros- they know how to work your body so that you aren't over-training any of your muscle groups so make sure you FOLLOW THE SCHED!</p> <p>Remember, this is your journey- your success story! You hold the pen, you determine how this story ends...so make it a good one!</p>	<p>SORE? TIRED? OUT OF BREATH? SWEATY? GOOD. ITS WORKING.</p>

3	<p>I prefer not to think of yummy fattening foods as "cheat meals" It sounds like you're doing something bad. Instead, I like to think of them as Happy meals!! You don't have to give up everything you love to be healthy/fit...it's all about MODERATION and Balance people! Live a little! But eat happy food within means. I don't have a happy DAY...just a fun lil happy meal to keep my body guessing AND to keep me SANE haha</p> <p>But MODERATION IS KEY!!! Find healthy alternatives to some of your favorite happy meals! I love 0% greek yogurt with a scoop or Vanilla protein powder, my shakeology!! for my chocolate fix and FRUIT is like nature's candy! What are some of your favorite Happy meals?</p>	
4	<p>I know that things come up, life happens and we can tend to get derailed on the weekends...It's a great time to relax but its also a time when most people throw in the towel and let their guard down with their diet! The weekends can quickly sabotage your weekly efforts so make sure you are tracking your food. Schedule in your 1 Happy meal for the week and have a game plan in place. Check out the restaurant menus that you are going to or pre-eat before you go to a party. That way you are never caught in a moment where you have to eat garbage!</p> <p>Please post if you need any suggestions for how to get through the weekend! That's what we are here for!</p>	
5	<p>Day 5! Can you believe the week is almost over?! http://keepingitcleanorg.blogspot.com/2011/04/breaking-down-eating-clean-lifestyle.html. Check out this great blog on the basics of clean eating! Rate yourself on a scale of 1-5 with how well you have been sticking to your meal plan this week</p>	

6	<p>Ok ladies, we are about to start week 2! This is when reality sets in and you are tired! There are no excuses! You are accountable to each and every person in this group and to yourself! So let's get serious, have a plan and execute it! Do you have it written in your planner when you are working out, do you have your meal plan ready, and have you reached out to your accountability partner?! Make sure your mind is in the right place and you are prepared for the week! POST BELOW if you are ready to rock week 2!!?!?!?!?</p>	
7	<p>*** PLAN to SUCCEED! Plan out my meals, workouts and work week! Sit down, set goals... and come up with a plan of attack! You ladies have been kicking butt so be PROUD, but don't get LAZY in ALL areas of your life and sabotage all the HARD WORK you put in these past 6 days! REST your BODY... but work on your MIND-SET and PLAN to SUCCEED in week TWO (THE toughest week for people to make it through statistically)... BUT NOT YOU... NOT THIS TIME!!! We are going strong and I will NOT let you forget WHY you are here... This is what I need you to do:</p> <p>#1 - RE-VISIT your WHY and remember WHY you are committed to this!</p> <p>#2 - PLAN your meals for the week! (go shopping for healthy WHOLE foods & get RID of any temptations!</p> <p>#3 - Post ONE thing you will do BETTER in week TWO than what you did in week ONE.</p> <p>and LASTLY, PAT YOURSELF ON THE BACK!!! YOU JUST COMPLETED WEEK ONE!!! WHOOO HOOOO!!!</p> <p>REMINDER! Tomorrow is picture day!</p>	

8	<p>Stay strong this week and remember your goals! This journey might not be easy...in fact...it can be a bit difficult...challenging...and it will test you. BUT I want you to keep your goals in front of you and USE this group...form friendships with your fellow challengers and encourage one another through those tough times!</p> <p>***EMAIL ME YOUR PICTURES AND YOUR WEIGHT***</p>	
9	<p>Day 9 I know everyone is sore and tired this week but view WEEK 2 AS A TEST! Are you IN THIS til the end? Will you be the NEXT AMAZING transformation? I believe you CAN BE! I believe 2013 is YOUR YEAR!! How AMAZING would it be we end this challenge with everyone MORE committed than ever?!. How COOL would it be to have the women in this group for constant support and encouragement...not only in your health and fitness journey but in LIFE in general!!!! P90X got me in the best shape of my life...It transformed my body, but it has been this amazing beachbody "family" that has changed me on the inside and made me so much of what I succeed at possible!!</p> <p>So PRESS PLAY today, CONFIRM BELOW that you have finished day 9 and then message one of your teammates to make sure THEY DID TOO! No challengers are left behind!!!</p>	
10.	<p>Ever feel like sometimes we are surrounded by negativity everywhere we go?! Negativity from others OR from ourselves can be POISON! It can talk you out of your dreams, it can make you want to give up....</p> <p>You are in this challenge because you want to get healthy and fit...and that is not just limited to what you look or feel like...it's ALSO about having a healthy, positive mind!</p> <p>So today let's take a second to focus on the positive! Let's pay some attention to the things that we love about ourselves and why we are PROUD of ourselves!!</p>	

	<p>***Post below with your favorite feature about yourself and why? And what have you done lately that you are super proud of?***</p> <p>I LOVE my arms/shoulders. I think they are the perfect mix between STRONG and sexy AND it makes me want to wear dresses & tanks to show them off. I am super proud of sticking with my meal plan! That's not always easy for me so...BOOM! I did it!</p>	
11.	<p>SHAKE THAT! Boom boom pow! Post a pic of your Shakeology today along with the recipe you used to make it!</p> <p>I love sharing recipes and ideas to keep things interesting!</p>	
12.	<p>Today we are going to hold ourselves accountable to what we are eating.</p> <p>Today's assignment is to snap as many pictures of your food that you can.</p> <p>Everyone should be aiming to eat every 2 1/2 to 3 hours. Let's see how many food pics we can have up on our wall! Ready, SET, GO and have fun!!!</p> <p>Can u make ur food look fancy?!</p>	

13.	<p>So yesterday we posted all of our food and I am sure that we did learn some things about what we are eating! So today is all about water! How many ounces of water can you drink in a day! What is YOUR daily recommended intake of water! Here is your assignment! I want you to take your body weight and divide that in half. That is how many ounces you should aim for each day. Figure that out and drink away! Post a picture of your water bottle and every time you finish a glass let me know!</p> <p>Now I will be posting right along with you! Here we go!!! Workout water and clean eating! It's gonna be a good day!!!!</p>	
14.	<p>A new day, a new opportunity to get out there and reach new heights. We may not ALWAYS "feel" like getting up and getting after it, and that's ok. Just know that some days you're gonna have to push yourself a little bit harder and do a little or a lot more to talk yourself into doing what you KNOW needs to be done. One bad day, not a bad life, push through the challenging times and you will be victorious!</p> <p>REMINDER: Tomorrow is picture day!</p>	

15.

We all want to know, how long will it take until I see results.

-When you begin to follow the Eat Clean lifestyle, you will find almost immediately you have more energy and your skin and hair become lustrous and healthy looking. This is the first sign that you are making a positive change in your health.

Each person will experience a different rate of weight loss. This is due to a number of different factors such as starting weight, genetics, the implementation OF EXERCISE AND HOW MUCH YOU DEDICATE YOURSELF TO EATING CLEAN!!!!

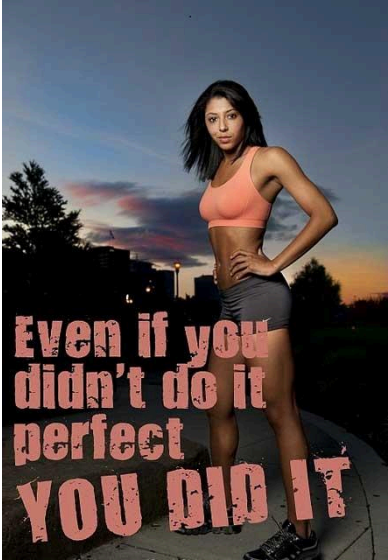
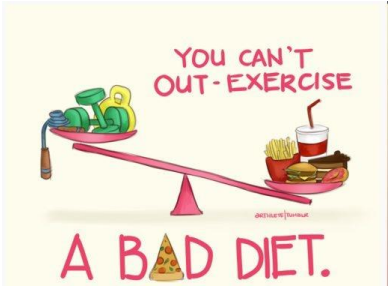
Healthy weight loss occurs at a rate of 2 to 3 lbs per week. Some weeks you will lose more, and some weeks you will lose less and some weeks you might not see any movement at all. But don't let this discourage you! Have faith in the temporary stall and focus on the other positive changes that are taking place within your body!!!


Losing weight at a healthy rate has numerous positive benefits. It helps your skin adjust, which minimizes any excess skin you might have after you finish losing. Your heart, lungs and muscles also need a chance to catch up!



-Have a wonderful day and remember that your weight loss is 80% nutrition! So if you are feeling frustrated what do you feel is holding you back from propelling forward in your weight loss?



EMAIL ME YOUR PICTURES AND YOUR WEIGHT



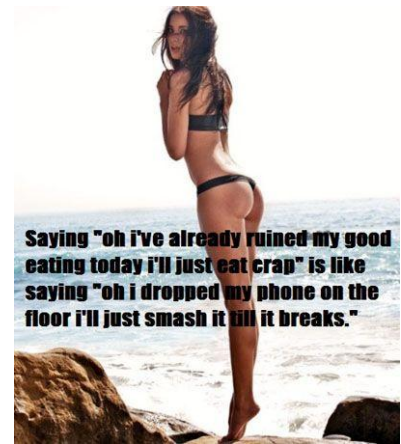
<p>16.</p>	<p>You did it!!!! whether or not you have been PERFECT... or have had a couple slip ups... YOU ARE STILL HERE... READING THIS... Which means that you are STILL in the GAME and wanting to change your LIFE for the BETTER!!! That alone is a HUGE accomplishment!!! So, first, I want you to give yourself a pat on the back and take a second to be PROUD of yourself... (even if you weren't as perfect as you may have hoped you'd be)</p> <p>THE BEAUTIFUL thing about this journey... is that you are on it to GET BETTER!!! You are setting a NEW STANDARD for your entire LIFE, not just your body and the way that you "look". You will end the challenge a better person... a better friend... a better role model... AND YOU WON'T STOP THERE!!! Think of ALL of the people you stand to INSPIRE!!! so let's push play, lets work hard and lets make it a good day!!!</p>	 <p>Even if you didn't do it perfect YOU DID IT</p>
<p>17.</p>	<p>How many times should I aim to have a Happy meal (cheat meal)?</p> <p>ANSWER- once a week! So when you do your weekly planning sit down and schedule out your Happy meal! Write it in your planner and that will make you more likely to stick to your clean plan the rest of the week! But here is the catch! If you slip up when it's not your cheat meal or snack then you don't get to take that 2nd cheat day! It's one or the other so choose wisely! Too many cheats can lead you to weight loss plateau and frustration! Right now you are 17 days into this challenge and you are still finding your way and struggling to break those bad habits so you might not be able to make it the entire week, but it's ok! Just keep working at it and start to fight those urges to splurge! If you want something sweet, drink a large glass of water, wait 20 minutes! Go outside and get busy, play with the dogs, go for a walk! The urge will usually pass! A lot of times your hunger is caused by thirst. Maybe you didn't drink enough water today. Lastly, green tea does help to</p>	 <p>YOU CAN'T OUT-EXERCISE A BAD DIET.</p>

	stave off hunger!! I keep it on hand at all times!!!	
18.	<p>- Each one of us are driven by different things, so today I want to know, "How important is the number on the scale to you?"- post below!</p> <p>I have learned to only weigh myself once a week at the same time and first thing in the am. Your body weight fluctuates so much from day to day based on water, sodium and just life so I really encourage you not to step on each day! I also encourage you to not let that drive how you feel. Let your body and your clothes tell the story!</p> <p>-I have 2 quotes that made me think of my own impatience in my weight loss journey! I really struggled with not seeing immediate changes. I remember how painful it was each day to look in the mirror and sometimes not see anything different. But I had this faith that I was going to be different and the scale wasn't going to wreck me! I learned to only get on once a week! I literally had to talk myself out of stepping on it, but it was worth it because I learned how to control my eating and exercise harder to step on the scale to see results. If it didn't change, then I would not give up but do my research and change either my diet or the intensity of my workouts!!! :) You ladies are all doing great!!! :)</p>	

19.	<p><i>Only a COUPLE of days away from our FINAL pictures!</i> an I just say that I am super proud of all of you! Even if you haven't been able to get your workout in each day you are still sticking to your clean eating and making good choices! That makes me so proud! I LOVE that you are each reaching out and sharing in the support group, it makes this thing work!!!</p> <p>*** YOU are CHANGING!!! Whether or not you see if on the scale or measuring tape yet...you have been eating clean and pressing play you are already BETTER, STRONGER, FASTER, and most importantly, HEALTHIER than you were a couple of weeks ago!!! POST BELOW at least ONE THING that you can DO NOW that you couldn't do on DAY 1!!!</p>	
20.	<p>Physical Hunger vs Emotional Hunger? Ever notice that there are times when you are more likely to emotionally eat. Maybe you are bored? have more down time? quick access to snacks? Be very mindful of when you eat and LISTEN to your body! Make sure you are drinking that H2O!</p> <p>Recognize the signs of emotional vs true hunger! What are your #1 triggers or times you tend to emotionally eat?</p>	

21.	<p>WELCOME TO DAY 21! A MOMENT OF TRUTH! Today I want you to take your pics and measurements and email them to me at heifnerk@gmail.com. Then, i encourage you to share your transformation so far with the group! Go to www.picmonkey.com and create a free photo collage and post in our PRIVATE group! (Optional) Sharing is a great way to gain support, confidence and motivation to keep going and finish the challenge strong!</p> <p>You were made for something GREAT don't let yourself be your own worst enemy! Get up with fire in your belly each and everyday, press play, eat clean and make today a day to live life to the fullest!</p> <p>What is one thing that has surprised you about yourself in the first 20 days?</p> <p>***EMAIL ME YOUR PICTURES AND YOUR WEIGHT tomorrow Morning!***</p>	
22.	<p>Make a list of what you are grateful for and what it is that you truly want in life. Make those desires the focus of your existence and you will lead a life of gratitude and ambition! Please post below!!!!</p> <p>Take the time to reflect on your progress and where you want to go from here! Sometimes we let life and reality slip away! So let's refocus and center ourselves this week in addition to continuing our commitment to our health and fitness!!</p> <p>***EMAIL ME YOUR PICTURES AND YOUR WEIGHT***</p>	
23.	<p>You ladies have rocked this challenge! I feel honored to have you on this journey with me!</p> <p>Who on your journey have you inspired? How did that make you feel?</p>	

Additional Pic Ideas

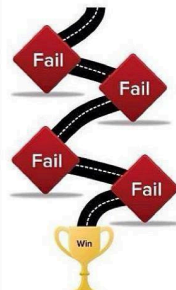


Saying "oh i've already ruined my good eating today i'll just eat crap" is like saying "oh i dropped my phone on the floor i'll just smash it till it breaks."

What Most People Think



What Successful People Know



A setback is when you slip up, get busy, or become distracted from your goals.

A failure is when you decide your health isn't worth the effort.