

# ~Fit Chicks Boot Camp at KTC~

## 6 Week Eat Clean, Train Mean, & Get Lean in 2018 TEAM Challenge!

**Includes: 6 Weeks of Workouts, Meal Plans, Weekly Grocery Lists, Recipe Guide, Success Manual, Nutrition Seminar with a Registered Dietitian, Challenge Workout Tank, tons of motivation and accountability, plus BIG Prizes and MORE!**

### What's This All About?

#### **Improving Your Health, Fitness & Nutrition**

This transformation challenge is designed to promote good nutritional habits, eliminate "portion distortion," and drive your fitness and health numbers to new and improved levels!

#### **Team Work**

We are most successful when we have someone holding our feet to the fire while providing encouragement, motivation, and accountability. This TEAM-BASED Challenge will have you partnering up (two Chicks per team), so you won't be left to work through this on your own.

### Why Join This Challenge?

- Transform Your Nutrition
- Lose 5-24 Pounds\*
- Lose 2-8% Body Fat\*

- Take Your Fitness to the Next Level
- Boost Your Metabolism
- Increase your Accountability
- Kick Your Cravings
- Improve Your Boot Camp Attendance
- Break Through a Plateau

\*Based upon last year's averages and high achievers

## How Does it Work?

Accept the Challenge & Choose a Partner! To form your team, choose a partner who will keep you motivated, inspired, and accountable during this Challenge. Next, decide on a fun team name that best represents your goals, team personality, mantra, etc. If you want to participate but you don't have a partner, just let me know and I will set you up with one!

## When Does It Start?

**The Challenge kicks off on Monday, February 5th and concludes on Friday, March 16th. Registration is NOW OPEN and closes at midnight on Sunday, January 28th. Registration details are included below.**

## *Here's What's Included in Your 6 Week Transformation TEAM Challenge!*

### Meal Plans and Recipes!

You will receive 6 weeks of meal plans along with a Recipe Guide. Each meal is designed to promote whole foods-based nutritional choices, right-size portions, and proper eating frequency. The best aspect of these meal plans is that they are reasonable and sustainable, so that your nutrition transformation lasts long after the Challenge ends.

## **Weekly Print-n-Go Grocery Lists**

To help keep you organized and simplify shopping, each weekly meal plan will come with a grocery list. All you will need to do is take it to the store with you!

## **Delicious & Easy-to-Make Recipes**

Also included, is a robust list of simple and delicious recipes focused on providing your mind and body what it needs: whole foods-based meals!

## **FREE Seminar with a Registered Dietitian, Specializing in Sports Nutrition!**

Have you noticed the emphasis on nutrition? No? Keep reading...This challenge will also include a 1 hour seminar with a Registered Dietitian who will address how to fuel your body properly and who will address any questions you may have. This component alone would cover your cost of participating in this Challenge!

## **Eating Clean When Eating Out Guide**

Ideally, you will be eating most of your meals at home. If that is not an option, this guide will give you the tools you need to be successful when dining out!

## **A Specially Designed Workout Tank**

Everyone participating in the Challenge will receive a specially designed Eat Clean, Train Mean, Get Lean workout tank! Wear it with pride!

## **Complete Success Manual**

You will receive a comprehensive success manual that includes educational and useful information about nutrition and what it takes to live a healthy lifestyle. This manual is loaded with success tips and strategies to help you get the best results possible from this 6 Week Challenge!

## **Goal and Intention Setting Guide**

A goal without a plan is just a wish. Here, you will need to give thoughtful consideration and put pen to paper to get focused and ensure that you are giving yourself the best opportunity to succeed by learning to set goals the RIGHT way!

## **Private Facebook Group**

Your very own Eat Clean, Train Mean, Get Lean (ECTMGL) Facebook page to share encouragement, support, your daily and weekly "wins", and even some friendly competition! This is always a big hit last and teams really came together in this space to help each other through their daily victories and struggles. This Private Group page will also serve as a central repository of resources related to the Challenge.

## **Complete Getting Started Checklist**

This checklist will outline everything you need in order to set yourself up for success for this 6 Week Challenge! It covers everything from preparing your pantry, goal setting, putting aside time to grocery shop and meal prep, as well identifying that one favorite article of clothing that you want to fit into at the end of this 6 Week Challenge!

## **Daily Motivational & Inspirational Emails**

Designed to keep you motivated, focused, and on track with your goals!

## **Post-Challenge Celebration!**

Let's celebrate your 6 week journey with a special gathering where we will announce and recognize those teams who finished at the top in the two competitive categories as well have the raffle drawing for the Perfect Attendance contenders!

## **Measurement Components for the Challenge:**

For those who are "in it to win it," there are two primary measurement components.

**1) Degree of Change in Health Numbers:** Overall percent of change includes: improvement in percent of change for fat loss / weight loss and lean tissue gain, as well as body circumference measurements.

**2) Degree of Improvement in Fitness Level:** We will have Challenge Fitness Tests during the first and last week of the Challenge to assess the greatest degree of overall improvement.

**YES, there are PRIZES!!!**

Everyone who truly commits themselves to the workouts and nutrition will achieve the best possible reward: improvements in their health and fitness! But let's keep it real; who doesn't want to be recognized as a high achiever and win cool stuff?!

### **Perfect Attendance Leader Board & Dining In with Katie & Micquela!**

To keep you motivated and coming to camp (don't leave your partner hanging!), there will be a 6 Week Challenge Attendance Leader Board. Top teams with Perfect Attendance will have their name in lights! At the end of the Challenge, those teams who achieved Perfect Attendance for 6 weeks will be entered into a raffle drawing and the winning team will enjoy a nutritious and delicious meal prepared for them by Katie & Micquela!

## **GRAND PRIZES!**

- 1) The team who achieves the greatest degree of change in their body measurements and weight loss / fat loss will be awarded ==> **6 FREE WEEKS OF BOOT CAMP!**
- 2) The team who achieves the greatest degree of improvement in the Fitness Assessments will also bag ==> **6 FREE WEEKS OF BOOT CAMP!**

***Are You Ready to Focus on YOU and Make Some Permanent Changes this Year?***

***Do you Need a Little Help From a Friend to get Motivated and Stay Accountable to your Fitness Goals?***

**Join the Eat Clean, Train Mean, & Get Lean Challenge!**

**YES, SIGN ME UP! What's the cost and how do I register my team?**

**=>Team registration fee: \$300 (\$150 per partner)**

**REGISTRATION CLOSES AT MIDNIGHT ON SUNDAY, JANUARY 28TH!**

**EMAIL: [Katie@FitChicksBootCamp.com](mailto:Katie@FitChicksBootCamp.com) to complete your registration**

**Here's to 6 Weeks of Eating Clean, Training Mean and Getting Lean!!!**