GET INSPIRED and join me on my 12 week fitness journey…

I’m here to share with you my story, my meals, my training programs, and everything else that goes along with it – good, bad, happy, sad!

1 week ago from today I signed myself up for a 12 week fitness challenge. As a personal trainer and fitness instructor, I’ve been questioned as “WHY would YOU want to join a challenge….you don’t need to lose weight etc.” well like everyone else we all have our reasons. My 2 main reasons are:

1. Personal Reasons – Almost 1 year ago, my fitness company took over a fitness studio in Stratford, ON. Being a busy business owner trying to balance “working” with clients and classes, conducting my own marketing, advertising, and bookkeeping (and the list goes on and on), it’s been a struggle to create balance for myself. I use to go to the gym 4-5 times per week with my partner in crime Paul, but now I’m lucky if I see myself there once per month. Yes, I work out in my classes but I feel like I’ve lost a bit of me. I miss feeling strong, lifting heavy, and personal time with Paul performing a hobby we both share. I don’t feel as lean as I use to due to a lack of my traditional and consistent weight routine. This is why I PERSONALLY have joined the 12 week challenge.
2. To INSPIRE others and my clients. Blogging about my journey holds me accountable to not only myself but all of you! I’m a firm believer in practice what you preach. How can I demand excellence and hard work, dedication and determination from all my clients when I can’t do it myself? I want to lead by example and inspire others by giving them strength when they’re feeling weak. Anyone reading this knows no one is perfect, not me, not you, not anyone, BUT you need to be committed to yourself and determined to work hard towards your goal…and ANYTHING is POSSIBLE! I hope you continue to join me throughout my 12 week fitness journey and I hope to inspire you in one way or another☺.

My Fitness Routine…Keeping it real– the original fitness regimen that I wanted to follow had me weight training 6 days per week. Instead of setting myself up for failure, I adjusted the plan to make it realistic for my life. I put myself on a 3 day strict weight training routine and possibly adding a 4th day on weeks where I can. This is realistic for me. I will perform something cardiovascular or fat burning at least 6 days a week with having 1 rest day. I placed all my workouts into my schedule. I booked my training times around my weekly clients and classes. If clients want to book last minute for their appointments, they will be booked around those training times. I will book other personal appointments and tasks around these times. I also tried hard to choose times and days that I would also work with Paul’s schedule…again, adding to my WHY ☺. ***TIP*** – you’re more likely to stay on track if you book in your workouts in your schedule.

Nutrition – Dialing it in – As a personal trainer I always ate relativity great, however, it’s time to dial it in. How much fat, protein, carbs, calories should I intake every day? Thanks to Paul’s Precision Nutritional Course, we are working away to find me the perfect meal plan. I didn’t realize before now how much tweaking can be done with your nutrition…what an AWESOME process! My goal for nutrition is roughly 1700 calories per day (each day will be different) with a split of 30% fat, 40% carbs, 30% protein. Any “fluids” I’ll be drinking this time frame will either be water or no calorie drinks, no alcohol etc unless indicated on nutrition chart. At this point after treat myself to a glass of juice after heavy weight training days to help replenish glucose levels. ***TIP*** – Start keeping yourself accountable with your nutrition by writing down everything you eat each day!

**MY WEEK 1 JOURNEY** – Week 1 was fabulous and awful all at the same time. It was fabulous because it felt so incredible to hit the weights again and get my body back into its old routine. The awful part is that unfortunately I fell ill this same week. Some days were worse than others. The contest started on a Wednesday so I wanted to get in 3 weight training days by the weekend (Wednesday, Thursday & Friday). Well, to be completely honest, I couldn’t make my weight workout on Friday. I was too sick, weak and exhausted. With my immune being low I didn’t want to push it, overdue it and make myself even more ill, so I gave my body the time it needed to rest. Fortunately by Friday night I was feeling a bit better and I was able to push out 53min of fat burning cardio at the gym which made me feel better than not doing anything☺. Below is week 1’s fitness routine and nutrition ☺

**DAY 1**

**Workout**- Chest, Triceps & Abs (Wednesday, July 15th)

Bench Press 4 sets X 9-11reps (each set followed by 1min skipping)

Incline Dumbbell Press 3 sets X 9-11reps (each set followed by 1min step ups)

Decline Bench Press 3 sets X 9-11reps (each set followed by 1min squat jumps)

Dips 4 sets X 9-11reps (each set followed by 1min burpees)

Close-grip Bench Press 4 sets X 9-11reps (each set follow by 1min step ups)

Cable Crunch 2 sets 9-11reps (each set followed by 1min squat jumps)

**Nutrition** (some of the items are estimated)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ITEM | CALS | FAT | PROTEIN | CARBS |
| Breakfast |
| 1 piece bacon | 115 | 11 | 4 | 0 |
| 1 ½ eggs | 120 | 9 | 10 | 1 |
| ¼ cup egg whites | 30 | 0 | 7 | 0 |
| 1 piece P28 HPB | 130 | 0 | 14 | 12 |
| Lunch |
| 2 cup cobb salad | 320 | 24 | 16 | 11 |
| 1 scoop whey | 120 | 3 | 24 | 5 |
| Post workout  |
| 1 banana | 105 | 0 | 1 | 27 |
| ½ cup blueberries | 40 | 0 | 0 | 10 |
| Dinner |
| 1 cup of Extra Lean Ground Beef (ELB) | 331 | 21 | 31 | 0 |
| 1 wrap | 105 | 3 | 2 | 16 |
| **TOTAL FOR DAY** | **1416** | **71** | **109** | **82** |

\*HPR – High Protein Bread

Conclusion: Day 1 my fat content was too high. My fat was sitting at 45% instead of 30%, my protein was bang on but my carbs were only 25% not 40%. Work in progress.

**DAY 2**

**Workout -** Shoulders, Traps, Legs (Thursday, July 16th)

Barbell Shoulder Press 4 sets X 9-11reps (each set followed by 1min skipping)

Alternating Dumbbell Presses 3 sets X 9-11reps (each set followed by 1min step ups)

Upright Rows 3 sets X 9-11reps (each set followed by 1min burpees)

Squat 4 sets X 9-11reps (each set followed by 1min skipping)

Deadlift 3 sets X 9-11reps – super set with walking lunges

Walking Lunges 3 sets 9-11reps

Standing Calf Raise 3 sets 9-11reps (each set followed by 1min skipping)

**Nutrition**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ITEM | CALS | FAT | PROTEIN | CARBS |
| Breakfast |
| 1 eggs | 80 | 6 | 5 | 0 |
| ¼ cup egg whites | 30 | 0 | 7 | 0 |
| 1 piece P28 HPB | 130 | 0 | 14 | 12 |
| Snack |
| 1 pack oatmeal | 170 | 0 | 0 | 33 |
| 1 scoop protein | 120 | 3 | 24 | 5 |
| Snack |
| ½ bag of veggies | 50 | 0 | 0 | 10 |
| Lunch |
| ½ cup of Xlean Beef | 150 | 10 | 15 | 0 |
| Post workout |
| 4tbsp iced tea | 160 | 0 | 0 | 40 |
| 2 tbsp of greek yogurt | 60 | 0 | 9 | 6 |
| 1 scoop protein | 120 | 3 | 24 | 5 |
| Fruit | 80 | 0 | 0 | 20 |
| Snack |
| 1 pack oatmeal | 170 | 0 | 0 | 33 |
| 1 scoop protein | 120 | 3 | 24 | 5 |
| 1 bag veggies | 100 | 0 | 0 | 20 |
| Dinner |
| 1 piece HPB | 130 | 0 | 14 | 12 |
| ½ cup of Xlean beef | 150 | 10 | 15 | 0 |
| **TOTAL FOR DAY** | **1820** | **35** | **148** | **201** |

Conclusion: Day 2 my fat content was too low and protein was way too high. Still a work in progress.

**DAY 3**

**Workout –** 53min cardio on treadmill (Friday, July 17th) – Feeling ill

**Nutrition**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ITEM | CALS | FAT | PROTEIN | CARBS |
| Breakfast |
| 1 ½ eggs | 120 | 9 | 7 | 0 |
| ¼ cup egg whites | 30 | 0 | 7 | 0 |
| 1 piece bacon | 115 | 11 | 4 | 0 |
| Snack |
| 1 pack oatmeal | 170 | 0 | 0 | 33 |
| ½ scoop whey | 60 | 1 | 12 | 2 |
| Snack |
| ½ handful of nuts | 100 | 10 | 3 | 5 |
| Lunch |
| ½ cup of Xlean Beef | 150 | 10 | 15 | 0 |
| 1 wrap | 105 | 3 | 2 | 16 |
| Dinner |
| 1 large sweet potato | 159 | 0 | 3 | 37 |
| Veggies | 100 | 0 | 0 | 20 |
| 5oz chichen | 230 | 5 | 43 | 0 |
| Tbsp. of olive oil butter | 91 | 10 | 0 | 0 |
| **TOTAL FOR DAY** | **1430** | **59** | **96** | **113** |

Conclusion: Day 3 – this day was pretty bang on!

**DAY 4**

**Workout –** 70min walk with friends (Saturday, July 18th) – Recovering from being sick

**Nutrition**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ITEM | CALS | FAT | PROTEIN | CARBS |
| Breakfast |
| 1 egg | 80 | 6 | 5 | 0 |
| ¼ cup egg whites | 30 | 0 | 7 | 0 |
| 1 piece bacon | 115 | 11 | 4 | 0 |
| Snack |
| 1 protein shake | 120 | 3 | 24 | 5 |
| Lunch |
| 1 protein bar (promax) | 290 | 7 | 20 | 37 |
| Dinner with a Friend at Pickle Barrel  |
| 1 wrap w beef & spinach | 680 | 20 | 52 | 75 |
| Sweet potato fries | 435 | 31 | 2 | 36 |
| Snack |
| 1 protein bar (promax) | 290 | 7 | 20 | 37 |
| 1 piece of cheese | 100 | 8 | 6 | 0 |
| **TOTAL FOR DAY** | **2140** | **92** | **140** | **189** |

Conclusion: Day 4 – WOW! Way too many calories and everything else from going out for dinner. ***TIP*** – next time eating out…get a nutritional guide before you order. I asked for one but never did receive it and looked up nutritional value when I got home. For the next time…

**DAY 5**

**Workout –** REST DAY (Sunday, July 19th) – Recovering from being sick

**Nutrition**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ITEM | CALS | FAT | PROTEIN | CARBS |
| Breakfast- shake |
| 2 tbsp of greek yogurt | 60 | 0 | 9 | 6 |
| 1 scoop protein | 120 | 3 | 24 | 5 |
| Fruit | 80 | 0 | 0 | 20 |
| Lunch |
| ½ cup Xlean Beef | 150 | 10 | 15 | 0 |
| 1 wrap | 105 | 3 | 2 | 16 |
| Snack |
| 1 piece of HPB | 130 | 0 | 14 | 12 |
| Dinner with a Family |
| 2 lightly seasoned chicken burgers (no buns) | 300 | 14 | 18 | 0 |
| Snack |
| 2 small Homemade Choc chip cookies | 100 | 6 | 0 | 7 |
| **TOTAL FOR DAY** | **1045** | **36** | **82** | **66** |

Conclusion: Day 5 – calories seem low however I did not do much physical activity other than house cleaning and mowing the front lawn.

**DAY 6**

**Workout**- Chest & Triceps (Monday, July 20th)

Bench Press 4 sets X 6-8reps (each set followed by 1min burpees with bosu)

Incline Dumbbell Press 3 sets X 6-8reps (each set followed by 1min step ups)

Decline Bench Press 3 sets X 6-8reps (each set followed by 1min burpees with bosu)

Dips 4 sets X 6-8reps (each set followed by 1min burpees with bosu)

Close-grip Bench Press 4 sets X 6-8reps (each set follow by 1min mountain climber on bosu)

**Nutrition**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ITEM | CALS | FAT | PROTEIN | CARBS |
| Breakfast |
| 1 pack oatmeal | 170 | 0 | 0 | 33 |
| 1 scoop protein | 120 | 3 | 24 | 5 |
| Lunch |
| 2 pieces of bacon | 230 | 22 | 8 | 0 |
| 1 HPB | 260 | 7 | 28 | 25 |
| 2 eggs | 160 | 12 | 10 | 0 |
| ½ cup egg whites | 60 | 0 | 14 | 0 |
| Snack |
| 1 piece of HPB | 130 | 0 | 14 | 12 |
| Post Gym – Juice and protein shake |
| 1 glass iced tea (4 tbsp) | 160 | 0 | 0 | 40 |
| 1 scoop protein | 120 | 3 | 24 | 5 |
| 2 tbsp Greek yogurt | 60 | 0 | 9 | 6 |
| Fruit | 80 | 0 | 0 | 20 |
| Dinner |
| ½ cup Xlean Beef | 150 | 10 | 15 | 0 |
| 1 wrap | 105 | 3 | 2 | 16 |
| **TOTAL FOR DAY** | **2155** | **60** | **148** | **162** |

Conclusion: Day 6 – high calorie day! I did a fabulous weight training workout along with 5 fitness classes this day with somewhat moderate effort.

**DAY 7**

**Workout -** Shoulders, Traps, Legs (Tuesday, July 21st)

Barbell Shoulder Press 4 sets X 6-8reps (each set followed by 1min skipping)

Alternating Dumbbell Presses 3 sets X 6-8reps (each set followed by 1min step ups)

Upright Rows 3 sets X 6-8reps (each set followed by 1min mountain climber on bosu)

Squat 4 sets X 6-8reps (each set followed by 1min skipping)

Deadlift 3 sets X 6-8reps – super set with walking lunges

Walking Lunges 3 sets 10reps

**Nutrition**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ITEM | CALS | FAT | PROTEIN | CARBS |
| Breakfast |
| ½ cup Xlean Beef | 150 | 10 | 15 | 0 |
| 1 wrap | 105 | 3 | 2 | 16 |
| Snack |
| Bag of veggies & fruit | 80 | 0 | 0 | 20 |
| 1 oatmeal pack | 170 | 0 | 0 | 33 |
| ½ scoop protein | 60 | 2 | 12 | 3 |
| Snack |
| ½ scoop protein | 60 | 2 | 12 | 3 |
| Post Workout |
| 4 tbsp of iced tea | 160 | 0 | 0 | 40 |
| Cobb Salad | 320 | 24 | 16 | 11 |
| Snack |
| 4 mini carrots | 20 | 0 | 0 | 5 |
| ½ cup Xlean beef | 150 | 3 | 2 | 16 |
| 1 wrap | 105 | 3 | 2 | 16 |
| **TOTAL FOR DAY** | **1380** | **47** | **61** | **163** |

Conclusion: Day 7 – calories are a little low for what I would have liked and carbs a big high.

**WEEK 1 CONCLUSION:** See no one is perfect! I had one day that was pretty bang on for the exact amount of carbs, fats, proteins and calories…SO it’s back to the drawings boards. I will take my results from the week back to Paul so we can consult on where and what I need to adjust. It’s always a work in progress because not every day is exactly the same! My goal by the end of this is to have three nutritional plans for myself to follow – one for rest or low caloric output days, one for medium and one for high caloric output days. I am also taking ItWorks multivitamins and Fat Fighters throughout the day and BCAA’s during my workouts at the gym. Thanks for following me this week….BRING ON WEEK 2!