

Challengers,

Our first week of tracking is almost over. I hope you've been keeping up with your daily checks on the sheet. If not, give your **tracking sheet** some attention, and get it up to date.

Your next **meal prep** is due before this coming Monday 1/30.

I hope you've been completing your **Minutes in Zone 2** as well. You should complete a **combined 30min** by the end of Saturday 1/28. List your combined minutes from this week on your tracking sheet. Next week's total will be a combined 45min.

### Meal Prep 2

Our content this week is focused on improving your meal prep, and the healthy food options you have available during the week.

First, check-out this [Example Day of Healthy Eating](#) for healthy meal ideas and how to space your meals throughout the day.

Then if you need more meal prep ideas. Check-out this page of [healthy recipes from Healthy Steps Nutrition](#).

### Quantity

Don't get too hung up on quantity. This is the hardest part of eating to master. It's easy to get confused or frustrated when estimating quantities, which can leave you feeling unmotivated to stick to your diet.

During the challenge I hope you'll get a better understanding of how much protein, carb, and fat you need each day. What's more important however, is doing the things that are foundational on a consistent basis, like:

- Put in the shopping and prep work up front.
- Eat a healthy meal consisting of protein, carbs, and fat 3-5x a day.
- Cut out snacking between / after meals.
- Work toward consistent meal times each day.

Consistently fueling your body with healthy calories and balanced macronutrients will help control hunger, energy, and swings in blood glucose. This also helps your body send proper hunger signals, and helps you trend toward a daily intake that's right for your body size and movement needs.

While the quantity piece is important, you'll naturally get closer to the proper amount for your body by sticking to the basics above. Work toward getting better at using the plate method, hand method, or weighing and measuring, but know that most of us would see the biggest improvements in our diets and body composition simply by sticking to the basics above for the long term.

### Tasks for the Upcoming Week

- ☐ Keep tracking sheet up to date
- ☐ Complete Meal Prep 2 before Monday, 1/30
- ☐ Complete 45 combined minutes of Zone 2 exercise between Sun, 1/29 & Sat, 2/4.
- ☐ Keep checking into class & recording your scores