

DREAMFIT TRAINING AND WELLNESS



8 WEEK MCPS

SUMMER KICKOFF

CHALLENGE

YOUR JOURNEY TO WELLNESS STARTS JUNE 17



EXERCISE PLAN

Follow the workout calendar below. Workouts will change every week, but the calendar will stay the same.

LEVEL BEGINNER INTERMEDIATE EXPERT

MONDAY

TOTAL BODY
STRENGTH

TUESDAY

WEDNESDAY

UPPER BODY
AND CORE
STRENGTH

THURSDAY

FRIDAY

SATURDAY

LOWER
BODY
STRENGTH





NUTRITION

CALCULATIONS

Good Nutrition is KEY to achieving your goals. During this challenge, we will be focusing on the following daily targets: Calories, Protein, and Fiber. Calculate YOUR daily target for each below:

CALORIES

To calculate your daily calorie target range, complete the following equation:

GOAL weight X 10 = _____ = minimum calories

GOAL weight X 12 = _____ = maximum calories

PROTEIN

To calculate your daily protein target in grams, complete the following equation:

GOAL weight X .8 = _____ = minimum protein

FIBER

WOMEN fiber = 25g +

MEN fiber = 35g +





DAILY GOALS

WATER



Drink half your body weight in ounces of water every single day.

WALK



Go for a walk every single day (even on the days that you have workouts scheduled)

TRACK



Track your food every single day

SLEEP



Make sure you're sleeping at least 7 hours every single night

CALM



Set aside 10 minutes every single day to spend in calm. This can be reading, praying, meditating, etc.





ACCOUNTABILITY

CHECK-IN



Daily check-ins in a private Facebook group

COACHING



Weekly coaching calls to discuss a different wellness topic to keep you on track

PRIZES



Prizes awarded to the participants that are the most engaged (more details to follow)

You must be an employee of Montgomery County Public Schools to participate.

To join, please contact Stephanie Bumgarner dreamfittrainingandwellness@gmail.com and/or Lisa Cooperstein at Lisa_G_Cooperstein@mcpsmd.org



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