DREAMFIT TRAINING AND WELLNESS



8 WEEK MGPS SUMMER KICKOFF



YOUR JOURNEY TO WELLNESS STARTS JUNE 17

8 WEEK MCPS SUMMER KICKOFF CHALLENGE





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

LEVEL SEGINNER INTERMEDIATE EXPERT

MONDAY

TOTAL BODY STRENGTH

TUESDAY

WEDNESDAY

UPPER BODY AND CORE STRENGTH

THURSDAY

FRIDAY

LOWER BODY STRENGTH **SATURDAY**











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 +



www.stephaniebumgarner.com







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.

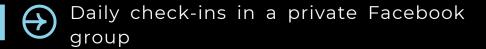




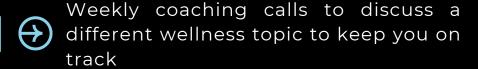




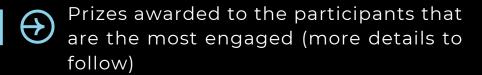








PRIZES



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



