



## 28 Day Program

**Our Mission:** to get 10k people over the next 24 months to understand how different food effect their body and to take them from inertia to real action

### What to expect

Each week you will eliminate a food group from your diet and learn how these food groups affect the body and mind. You'll be given alternatives to the foods you have to remove and psychological tips to get through it

### What else you can expect

- Important information
- Daily motivation quotes and tips,
- a support group,
- daily tasks to complete,
- tips and tricks to help you on your journey

Week 1: Sugars

Week 2: white foods

Week 3: Dairy products

Week 4: Meats



## Week Four

### Day 28

SO YOU'VE MADE IT TO...

Time to start thinking about what has changed and what has remained the same. What things you intend to do differently and what you would like to incorporate into your daily lifestyle.

This challenge has been a prelude and preview of the SiMB program.

What has been excluded is the personal training and most of the psychological aspect. What do you get with the SiMB program?

1. 1- 2- 1 personal or online training sessions x 2 + progression
2. Access to additional online sessions
3. Physical & cognitive assessment
4. Nutritional consultation
5. Daily cognitive support
6. Short/long term goal setting
7. Support community (optional)

If you would like to take this challenge one step further visit [caribsafitness.com](https://caribsafitness.com) and book an appointment.

<https://caribsafitness.com/bookings/>

Please go to the WhatsApp group one final time and let me know what you thought about the challenge.

What you liked and/or didn't like. Thank you for taking part and...

...VERY WELL DONE FOR MAKING IT ALL THE WAY THOUGH!

Always Strive for Progress Not Perfection

