

# Welcome to the Challenge!

I'm incredibly excited to see that you've chosen to invest in yourself by joining this challenge! The work you'll be doing during this 30-day challenge will give you the skills and knowledge you'll need to make solid progress going into the summer months.

Most importantly, you'll be learning tools and strategies which will help you continue making progress well after this challenge is over.

This resource will serve as a quick start – a cheat sheet if you will – to make sure you have everything set up and ready to go for when the challenge starts.

## **One note before you dive in...**

You have all the time you need to reach your goals and learn the habits and systems to stay there.

## **But it starts with setting realistic expectations.**

Like I mentioned, the strategies you will be learning throughout this challenge will help you lose weight as quickly as possible, but they'll also teach you how to navigate social situations, which is essential for long-term success.

Depending on your starting point, **you can expect to lose around 0.5-1.5% of your total body weight per week, on average**, which for most people could be around 6-10 pounds or more!

Chances are, some people will read those examples and think that it's slow progress...

But the truth is that it's actually **FAST** progress.

And most importantly, it's sustainable.

So with that being said, let's get into the Quick Start Guide so you can have everything set up as quickly as possible.

# The QuickStart Guide

**Step 1)** Read the Welcome Message (you just did this!)

**Step 2)** Use the [Nutrition Calculator](#) to figure out your maintenance and deficit calorie ranges and set your protein goal based on the Eating Guide instructions

**Step 3)** Use the Eating Guide to determine which Lifestyle Eating Strategy you'll use, and read through the extra tips and strategies outlined.

**Step 4)** Choose one of the workout programs from the Exercise Guide and set your activity goals based on what's realistic given your current level of activity.

**Step 5)** Write down your starting weight and measurements, and take your Day One progress photos based on the Progress Update Guidelines PDF.

**Step 6)** Comment on the Featured Challenge Post in the [Summer Shed Facebook Group](#) introducing yourself and following the super secret instructions on the post ;-)