

KICK-START



7 POINT NUTRITION KICK-START CHALLENGE

28 Day Mindset & Nutrition Challenge

7 Point Nutrition
www.7PointNutrition.com

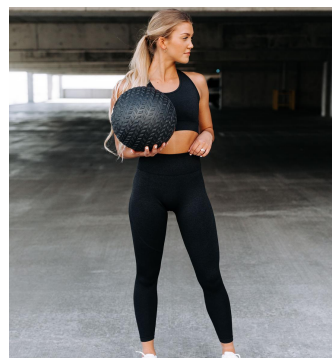
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Hello and welcome to the **7 Point Nutrition: Kick-Start Challenge!**

We are so excited to have you join us.

7 Point Nutrition is a Utah based Nutrition-Lifestyle Coaching Team. Our goal is to Inspire Healthy Living through a balance of our 7 Points of Health: Mindset, Nutrition, Hydration, Sleep, Exercise, Hormones and Support/Environment.

We believe healthy living and achieving any weight goal you may have is not about the meal plan! It begins with your MINDSET, then you must build healthy BEHAVIORS and have CONSISTENCY! (That's our 'M.B.C' Principle!)

This Challenge is all about your M.B.C.! We will focus on 4 behaviors to help you Kick-Start your healthy living! Week 1 starts with MINDSET, then we move into 3 weeks of Nutrition focused behaviors. This challenge is packed with tools to help you stay on track and learn new healthy habits! It's going to be AMAZING!

Focus on the behaviors, with consistency, and see how good you feel in a short 28 days!

www.7pointnutrition.com | @7pointnutrition

Join our Public FB group: '7 Point Lifestyles - Healthy Living'



Please note the above is for informational purposes only. Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.

A top banner image featuring a halved avocado on the left and a smoothie in a glass jar with a straw on the right, both set against a light teal background. The text 'WEEKS AT A GLANCE' is centered in a dark green, sans-serif font. Below it, '7 POINT KICK-START' is written in a larger, bold, dark green font.

WEEKS AT A GLANCE

7 POINT KICK-START

The purpose of this challenge is to encourage and support you to ditch some unhealthy nutrition habits to kickstart a healthier, more amazing lifestyle while setting you up for future success!

We're not expecting you to give these things up forever, just give us a month and you be the judge as to how fantastic you feel! Each week builds on the previous week's habit(s) so week 1's tasks will be continued all 28 days!

Here's the 4 week agenda.



WEEK 1: TRAIN YOUR BRAIN

1

Your MIND is so powerful! What happens inside your mind can literally make or break any goal you set for yourself. Week 1 we will focus on Mindset and give you some tools and daily actions that set your day up for success and train your brain!

WEEK 2: LIQUID ZERO

2

Ditch the high calorie drinks! Drinks can have so many hidden calories! This week we'll focus on removing calories from our drinks and replacing them with zero-low calorie options.

WEEK 3: THE GREEN DREAM

3

Add in a green smoothie or green veggies! This week's focus will be on adding in some good, rather than taking anything away. Tons of recipes and ideas provided!

WEEK 4: GET THE WHITE OUT!

4

Limiting 'white' foods is a great way to start feeling better fast! A lot of white foods cause inflammation and digestion issues. Not to mention impact mood, focus and more! We'll focus this week on swapping out and limited white foods; especially sugar and gluten. All this will lead to a healthier gut!

HOW IT WORKS

THINGS TO DO CHECKLIST

Below is an outline of your "To Do" list. All items can be found in the Tool Kit

1

WEEKLY FOCUS

Each week will be a different challenge to help you build behaviors that focus on mindset, managing calories, detox and adding nutrients to your daily diet. Each week builds on the next.

2

CHALLENGE FLOW

Each weekly challenge will have a corresponding Module in this Portal that will walk you through each weeks focus. There will be an overview video from one of our Coaches, an educational guide and a Tool Kit where you'll find your tools for that week's challenge activities.

3

JOIN IN ON THE FUN

The challenge is hosted in the Facebook group! You'll have more fun and get better results by becoming an active member of the Kick-Start Challenge group! We encourage you to post inside the Facebook group often for accountability, support and camaraderie with our community!

JOIN THE PRIVATE FACEBOOK GROUP



Challenge guides and materials will be here in the 7 Point Academy Portal, but the actual Challenge will be hosted inside our private FB Group. Join now if you haven't!

<https://www.facebook.com/groups/mbkickstartchallenge/>.

GOALS AND PICTURES!



It wouldn't be a Challenge if you don't have some goals and pictures!

Write out your goals for this Challenge and take a picture and share them in the Facebook Group. There is a downloadable Goal Sheet in the Welcome Tool Kit.

GET YOUR HABIT TRACKER



Download the 'Habit Tracker' from the Welcome Tool Kit to track your weekly habits for the entire 28 Day Challenge. Make sure to submit this at the end of the Challenge to be eligible for the GIVEAWAY!

OFF TO MODULE 1!



Once you have your goal sheet and habit tracker, continue on to Module 1: "Train Your Brain" and prepare for Day 1 of the Challenge!

1

2

3

4



IT WOULDN'T BE A
CHALLENGE WITHOUT A

! GIVEAWAY !

At the end of the Challenge we will be giving away multiple
8 Week One-One Coaching Programs!!

1

STEP ONE

Write down your goal for the Challenge and share it to the Facebook group. Use the goal sheet in the Welcome Tool Kit or just write it down and post it! Let's support each other!

2

STEP TWO

Take beginning photo or inventory. Take some notes about how you feel with energy, sleep, mood, focus etc. This will allow you to compare at the end of the challenge! Keep to yourself or share it in the FB group!

3

STEP THREE

Fill in "Habit Tracker" for all 28 days and turn this in at the end of the Challenge! Instruction coming on how!

NEXT STEPS

1

JOIN THE FACEBOOK GROUP:

Here is where all the action is taking place! Get over there!

<https://www.facebook.com/groups/mbckickstartchallenge/>

2

TOOLS:

Go to the Took Kit and download your:

- Goal Sheet
- 28 Day Habit Tracker

3

COMPLETE WEEK 1 MODULE:

Continue on to the next Module and learn all about Week 1 and get ready to Train Your Brain!

4

HAVE FUN!

Hang out in the FB group and come back here each Friday for the following week's Challenge guide and tools.

