



LIGHTERLIFE 6 WEEK CHALLENGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					20TH JULY Prepare yourself to smash the LighterLife 6 Week Challenge!	21ST JULY Order your Foodpacks for the next 2 weeks <small>USE free delivery code: JULY (minimum spend of £50)</small>	22ND JULY Set your goals
WEEK 1	23RD JULY Ask someone to take a full length photo of you 	24TH JULY Plan your meals	25TH JULY Invest in a good water bottle to keep yourself hydrated	26TH JULY Watch your favourite DVD 	27TH JULY Use smaller food plates. Refer to portion control if on Lite Plan	28TH JULY Try a new Foodpack flavour	29TH JULY Enjoy a shot of coffee in your Vanilla Shake
WEEK 2	30TH JULY Introduce your loved ones to a new exotic fruit 	31ST JULY Keep going. You're doing a great job!	1ST AUGUST Go swimming with some friends 	2ND AUGUST Order your Foodpacks for the next 2 weeks. Remember to include our Raspberry Jelly.	3RD AUGUST Get that favourite dress you aspire to fit into again, and hang it on the wardrobe door.	4TH AUGUST Enjoy your favourite LighterLife bar	5TH AUGUST Go on a 20 minute incline walk 
WEEK 3	6TH AUGUST Download your free meal planner at https://bit.ly/2tBOWxX	7TH AUGUST Add some pepper to your savoury Foodpack 	8TH AUGUST Enjoy a relaxing bath 	9TH AUGUST Drink plenty of water (add our Drink Mixes) 	10TH AUGUST Get a full 7 hours sleep tonight zzzzz	11TH AUGUST Go on a nature walk	12TH AUGUST Go on a picnic today & pack your Light Bites Popped Chips
WEEK 4	13TH AUGUST Go on a 30 minute incline walk 	14TH AUGUST Enjoy a handy FastPot today	15TH AUGUST Order your favourite Foodpacks	16TH AUGUST Make your own LighterLife jelly	17TH AUGUST Spice up your savoury Foodpack with a splash of Tabasco	18TH AUGUST Take 10 minutes of "you time" 	19TH AUGUST Start your day with a Porridge FastPot
WEEK 5	20TH AUGUST Your body achieves what your mind believes!	21ST AUGUST Go for a 20 minute power walk 	22ND AUGUST Enjoy your favourite Light Bites Popped Chips as a snack	23RD AUGUST Have a long cool shake with crushed ice	24TH AUGUST Drink plenty of water 	25TH AUGUST Enjoy a black coffee	26TH AUGUST Go for an afternoon stroll 
WEEK 6	27TH AUGUST Almost there! You've got this!	28TH AUGUST Introduce your loved ones to a new leafy green 	29TH AUGUST Be mindful about what you're eating	30TH AUGUST Go for a 30 minute incline power walk 	31ST AUGUST Enjoy a Butterscotch Mousse	1ST SEPTEMBER Ask someone to take a full length photo of you 	2ND SEPTEMBER Congratulations, you did it! How much did you lose? Send us your before & after pictures

TAKE PART IN OUR 6 WEEK CHALLENGE AND KEEP US UPDATED WITH **#LL6WK**

