

Mind.Body.Reset

BY

skinnyfito

Mindset Makeover

WEEK 4

Welcome to your fourth and final week of the 28-Day Mind-Body Reset Challenge!

First and foremost, congratulations on making it this far! You've learned so much and made incredible progress over the last three weeks, but it's time to take what you've learned and make sure it sticks with you for years to come.

Oftentimes when you're on a newfound journey to better health, maintaining the healthier habits over the long-term can be a huge challenge.

Your success is largely dependent on your mindset—it can either be your best friend or your worst enemy. So this week, you're getting a mindset makeover! And by the end of this challenge you will learn how to overcome any limiting beliefs that prevent you from living your best life so you can look and feel beautiful, confident, and happy from the inside out, every day!



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Train My Brain Worksheet 💛 Guided Reflection 💛 Daily Tracker

5 New Recipes 7 3 New Workouts 7 Self-Care Tips

"The mind and body are not separate. What affects one, affects the other."





SHARE YOUR BEFORE & AFTER PHOTOS WITH US AND YOUR FAVORITE THING ABOUT THE CHALLENGE!



Post your submission inside the

Facebook Community Group or
on your wall using the hashtags

#SkinnyFitLove and #SkinnyFitChallenge



Post your submission on your feed or your story using the hashtags #SkinnyFitLove and #SkinnyFitChallenge

Week 4 is yours! Let's do this!



Trackers & Activities

This week we have one very important activity for you. Believe it or not, the most common factor that prevents most people from reaching their goals is, well, themselves! How you see yourself and what you tell yourself on a daily basis plays a major role in whether or not you will reach your goals. Your mindset can be your best friend or your worst enemy, but YOU have the power to choose to listen to the negative or the positive.

The activity for this week is going to help train your brain to develop a mindset of growth and prosperity rather than having a limiting, fixed mindset. You will transform the negative thoughts and limiting beliefs that weigh you down and hold you back from reaching your goals into powerful motivators that put you on a path toward success!

Your mind is a powerful tool and we'll show you how to use it to your advantage!

"What you think you become.
What you feel you attract.
What you imagine you create."





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EXAN	NPLE	DAY	22
✓ Daily SkinnyFit ✓ Fat Blaster Workout ✓ No Processed Foods / Sweets □ Avoid Alcohol	✓ Drink 6-8 Glasses of Water✓ Eat Fruits / Veggies□ Eat Healthy Carbs□ Eat Lean Proteins	Daily SkinnyFitFat Blaster WorkoutNo Processed Foods / SweetsAvoid Alcohol	Drink 6-8 Glasses of WaterEat Fruits / VeggiesEat Healthy CarbsEat Lean Proteins
□ Self-Care Bonus: Watch a doc	cumentary	□ Self-Care Bonus: Watch a doc	umentary
DAY	23	DAY	24
 Daily SkinnyFit Pick Your Own Workout No Processed Foods / Sweets Avoid Alcohol 	 Drink 6-8 Glasses of Water Eat Fruits / Veggies Eat Healthy Carbs Eat Lean Proteins 	 Daily SkinnyFit Flab-Be-Gone Workout No Processed Foods / Sweets Avoid Alcohol 	Drink 6-8 Glasses of WaterEat Fruits / VeggiesEat Healthy CarbsEat Lean Proteins
□ Self-Care Bonus: Take a break	k from social media	□ Self-Care Bonus: Make a plan	to volunteer
DAY	25	DAY	26
 Daily SkinnyFit Stretch & Recovery Day No Processed Foods / Sweets Avoid Alcohol 	 Drink 6-8 Glasses of Water Eat Fruits / Veggies Eat Healthy Carbs Eat Lean Proteins 	Daily SkinnyFitOh My Quad WorkoutNo Processed Foods / SweetsAvoid Alcohol	 Drink 6-8 Glasses of Water Eat Fruits / Veggies Eat Healthy Carbs Eat Lean Proteins
□ Self-Care Bonus: Create or rev	view your budget	□ Self-Care Bonus: Take a relaxi	ng bath
DAY	27	DAY	28
 Daily SkinnyFit Try A New Workout No Processed Foods / Sweets Avoid Alcohol 	 Drink 6-8 Glasses of Water Eat Fruits / Veggies Eat Healthy Carbs Eat Lean Proteins 	 Daily SkinnyFit Fit Test: Calorie Crusher Workout No Processed Foods / Sweets Avoid Alcohol 	
□ Self-Care Bonus: Explore a ne	w place	□ Self-Care Bonus: Create a bud	cket list
WEEKLY GOALS: Fill in the blanks with your goals	Train My Brain Worksheet Try A New SkinnyFit Recipe	Guided Reflection Sheet Enter Social Media Giveaway	



Train My Brain "A NEGATIVE MIND WILL NEVER GIVE YOU A POSITIVE LIFE"

A negative mindset often leads to an undesirable outcome. Use this list of common limiting beliefs to train your brain to stop thinking with a fixed mindset and start thinking with a growth mindset! Fill in the blanks with your own limiting beliefs and how you can change your mindset.

Instead Of Saying This:	Say This:
"I am not good at this."	"What am I missing?"
"I'm not motivated."	"How can I stay on track?"
"I don't have time."	"This is important to me, I will make the time."
"I don't know where to start."	"What's one thing I can do right now?"
"I can't do this."	"I believe in myself and I will keep trying."
"I don't know what I'm doing."	"Who can I ask for help?"



Weekly Workouts



Throughout this challenge, we've built up your stamina, your muscular endurance, and your strength—and now, it's time to put it all to the test! This week you'll tap into all three training styles to overcome plateaus and challenge yourself!

On the very last day of the challenge, you will repeat the very first workout you did on Day 1, Calorie Crusher. Compare your times to see how your performance has improved over the last 28 days! This is your last chance to really push yourself so make sure to give it everything you've got!

Here's some quick info about this week's workouts:

- You will need lightweight dumbbells, a step stool or stairs, and a timer. If you don't have dumbbells you can use large water bottles or even a couple of milk jugs.
- HIIT stands for **High Intensity Interval Training** and is known to burn more fat calories. By pushing yourself to perform the listed exercise at the highest intensity possible (for just a short period of time) you can burn more fat calories at rest.

 20 seconds on, 10 seconds off, and then repeat.





*An alternative version of this exercise is listed on the Workout Cheat Sheets (pages 12-13).













SQUAT JACKS - ALTERNATING FLOOR TOUCH ALTERNATE SIDES







SPEEDY TOE TAPSALTERNATE SIDES









BURPEES - PUSH-UPS

DAY 22 DETAILS

- Step Stool or Stairs & Timer
- HIIT Exercises

(Perform 20 seconds of the exercise at maximum intensity, rest for 10 seconds, and then complete 8 rounds of that exercise before moving to the next exercise. 4 minutes total per exercise). Repeat for all exercises.

BEGINNERS: Low-moderate intensity

Day 23

PERSONAL MOVEMENT GOAL

Today you can pick your own workout or movement goal! Fill in the blank below. (i.e.: Jogged around the park, stairmaster for 15 minutes, etc.)











FLAB-BE-GONE

*An alternative version of this exercise is listed on the Workout Cheat Sheets (pages 12-13).







BENT OVER ROWS







DAY 24 DETAILS

- Light Dumbbells & Timer
- HIIT Exercises

(Perform 20 seconds of the exercise at maximum intensity, rest for 10 seconds, and then complete 8 rounds of that exercise before moving to the next exercise. 4 minutes total per exercise). Repeat for all exercises.

BEGINNERS: Low-moderate intensity













WEIGHTED CRUNCHES*











STRETCH & RECOVER

Perform 10 - 20 minutes of easy stretching.



OH MY QUAD

*An alternative version of this exercise is listed on the Workout Cheat Sheets (pages 12-13).













ALTERNATE SIDES







STEP UP - BOOTY KICKBACKS

ALTERNATE SIDES

















BOX HOP-OVERS*

ALTERNATE SIDES







SQUAT-LUNGE COMBOS





DAY 26 DETAILS

- Step Stool or Stairs & Timer
- HIIT Exercises

(Perform 20 seconds of the exercise at maximum intensity, rest for 10 seconds, and then complete 8 rounds of that exercise before moving to the next exercise. 4 minutes total per exercise). Repeat for all exercises.

BEGINNERS: Low-moderate intensity

TRY SOMETHING NEW TODAY

Step out of your comfort zone and try a new style of exercise! Fill in the blank below. (i.e.: Went rock climbing, took a Tabata class, etc.)

Day 28

CALORIE CRUSHER (WORKOUT FROM DAY 1)

*An alternative version of this exercise is listed on the Workout Cheat Sheets (pages 12-13).



STANDARD PUSH-UPS*

15 REPS







AIR SQUATS

15 REPS







SIT-UPS*

15 REPS

DAY 28 DETAILS

- Bodyweight & Timer
- Complete 1 round for time
- What was your time from Day 1?

(This is your time to beat! Push yourself and crush it!)

 How long did it take you to finish the workout today?

If you completed the workout FASTER today than you did on Day 1, this is ANOTHER non-scale victory to celebrate! This goes to show that your hard work, dedication, and discipline to improving your physical fitness has paid off! Great Job!







"A little
progress each
day adds up to
big results."

Workout Cheat Sheet #1

ALTERNATIVE EXERCISES

You can use any of these simple regressions if you find that an exercise is too challenging for you to perform at your current fitness level. When using the regressions, be mindful of your form and technique so not to injure yourself.





Instead of doing a jump, simply rise to your toes (heels off the floor) and then return to your squat position. Feel free to hold onto a wall or chair if you struggle with keeping your balance.



SPEED SKATERS ALTERNATIVE

Perform a curtsey lunge without the hop. Similarly, you can perform the skater movement and reach for the floor.



PLANK - ROWS ALTERNATIVE

From your plank position lower to your knees and perform the row with or without the dumbbells. Similarly, you can shift your weight from side-to-side while performing alternating shoulder taps without dumbbells.







WEIGHTED CRUNCHES ALTERNATIVE

Perform a standard crunch without the weights. While keeping your pelvis pulled inward toward your belly button, slide your hands toward your toes while keeping your lower back on the ground.













BURPEES - PUSH-UPS ALTERNATIVE

Perform the burpee without the hop. Walk yourself back into the plank position, lower to your knees, complete a push-up. Walk yourself back to the standing position and repeat. Similarly, you can complete a plank-burpee if the push-up is too challenging.



Workout Cheat Sheet #2

ALTERNATIVE EXERCISES

You can use any of these simple regressions if you find that an exercise is too challenging for you to perform at your current fitness level. When using the regressions, be mindful of your form and technique so not to injure yourself.







ALTERNATING BOX HOPS ALTERNATIVE

Start by standing on the side of your stool. Without jumping, simply step up onto the stool (from the side) and lower the opposite foot to the other side of the stool and repeat. No jumping necessary here!







BOX HOP-OVERS ALTERNATIVE

Step up and over your step stool (without hopping) but with an increased pace. Repeat.







REVERSE LUNGE - HIGH KICKS ALTERNATIVE

Perform a reverse lunge. As you return to standing position, bring your knee as close to your chest as possible and curling your abs inward. Repeat.







STANDARD PUSH-UPS ALTERNATIVE

Perform the push-up on your knees as opposed to your toes. Remember to keep your pelvis **tucked** and your shoulders and chest **engaged!** If you feel pain in your lower back or neck, make adjustments!







SIT-UPS ALTERNATIVE

A simple crunch will do. Keeping your palms on the floor, reach as close to your toes as possible while sliding your top ribs toward your pelvis. Keep your lower back grounded and your neck in a neutral position.





"YOU DON'T HAVE TO BE EXTREME, JUST BE CONSISTENT."

Changing your eating habits isn't always easy, but when you make small changes each week, long term success is achievable. Stick with it and healthy habits will be yours! This is your final week of the challenge and you only have two more nutrition goals to focus on:







Avoid alcohol



*Drink*6-8 glasses of water, daily

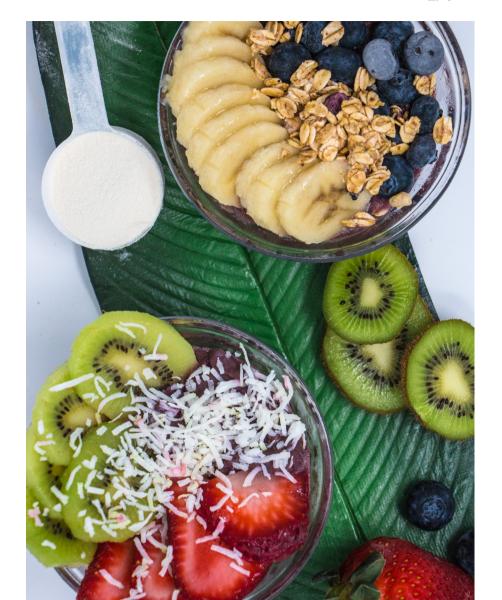


Include
SkinnyFit into your
daily routine

At the end of this week you will have the opportunity to choose to continue what you've learned over the last 28 days and make these habits a part of your day-to-day life. By practicing mindfulness in every aspect of your diet, you will be able to achieve a balance of eating for your goals and using food for fuel—all while being able to enjoy the things that feed your soul (like the occasional slice of pizza or scoop of ice cream).

"You may not be there yet, but you're closer than you were yesterday."





Breakfast

EASY ACAI BOWL

If you're one of those people who thinks it's impossible to make a delicious protein acai bowl at home, well, you are sadly mistaken my friend!

This acai bowl is so nutritious and delicious, you'll never want to spend another dime on one from a fancy (and expensive) smoothie shop again!

This recipe is packed with healthy ingredients and even has a little something extra! We added one scoop of Super Youth to replenish your body of its natural collagen production allowing you to see vibrant, youthful skin and diminished wrinkles, cellulite, and stretch marks! Did we mention how delicious this recipe is? Enjoy!



Frozen Banana 1 Large



Mixed Berries
1 Cup (frozen)



Honey 1 Tablespoon



Super Youth 1 Scoop



Acai 1 Packet (frozen)



Almond Milk 1/3 Cup

STEP 1 Place the almond milk, Super Youth, banana, frozen berries, honey, and acai pieces in the blender.

STEP 2 Blend until thoroughly combined (If the mixture is too clumpy, you may need to add more almond milk. The final mixture should be smooth and thick, but not watery or clumpy).

STEP 3 Pour the smoothie mixture into a bowl and add your desired toppings.

YIELDS	1 SERVING	
PREP TIME	5 MINS	
COOK TIME	5 MINS	
TOTAL TIME	10 MINS	



Collagen Smoothie CHERRY-ALMOND SMOOTHIE

Get ready to make a drink so pretty, you won't want to actually drink it! This cherry-almond rose smoothie is the perfect morning refresher and will take you only minutes to make.

When combined with our Super Youth, this healthy smoothie is packed with some serious benefits! Reduce wrinkles and watch your hair, skin and nails glow & grow as you sip this delicious drink on the go!

With **only 5 ingredients**, this recipe is one you'll want to keep and repeat...did we mention how incredibly Instagram worthy it is?





Cherries ½ Cup (pitted)



Almonds ¹/₄ Cup



Rose Water ½ Teaspoon



Super Youth 1 Scoop



Greek Yogurt
1 Cup



Almond Milk As Needed

YIELDS

1 SMOOTHIE

PREP TIME

5 MINS

COOK TIME

N/A

TOTAL TIME

5 MINS

ONE AND FINAL STEP

Add all the ingredients in a blender and blend to a smooth mix. Transfer to a glass.

Enjoy!





Detox

IMMUNITY BOOSTER DETOX

If you're like us, your immune system took a beating this winter! Give it a boost with this simple yet incredibly tasty Detox drink.

While our Detox tea is delicious on its own, this recipe is perfect for adding some variety and extra health benefits into your diet. Carrot juice is packed with vitamin C and healing properties, and ginger juice improves digestion and helps to relieve congestion.

Mix all of these healthy ingredients together and BOOM! You've got a convenient Detox drink you can take on the go!



Oranges 2 Large (juiced)



Detox (1 tea bag)1 Cup (brewed & chilled)



Carrot Juice
1 Cup



Ginger Juice 3 Tablespoons



Ice ½ Cup

STEP 1 Brew 1 cup of SkinnyFit Detox and cool completely in refrigerator.

STEP 2 Mix all ingredients and pour over ice, enjoy!

YIELDS 1 DETOX

PREP TIME 5 MINS

COOK TIME N/A

TOTAL TIME 5 MINS

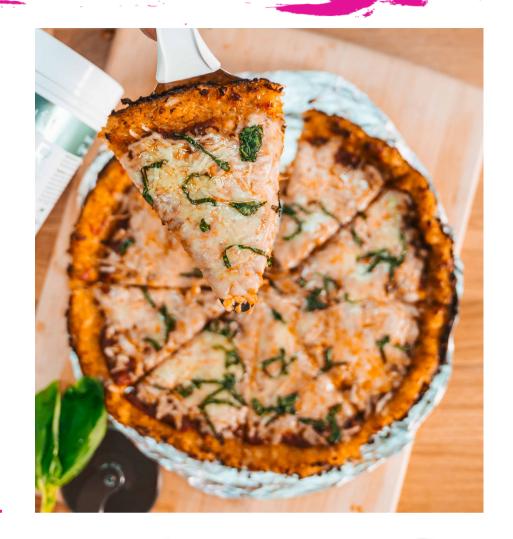


Healthy Keto Pizza

LOW-CARB MARGHERITA PIZZA

Pizza is one of the most popular guilty pleasures, and it's easy to see (and taste) why! But what if we told you that you can actually feel good eating it...AND give you all of the benefits of our Super Youth? Yes, we've done just that.

This cauliflower-crust margherita pizza is so delicious, you'll forget that you're actually being healthy while eating it. This recipe is sure to be a fan favorite and is so easy to make that it will soon become your go-to dinner after work.





Cauliflower Rice 10 ounces



Super Youth 1 Scoop



Parmesan Cheese
1 Cup (grated)



Onion Powder 1/4 Teaspoon



Garlic Powder 1/4 Teaspoon



Egg 1 Large

STEP 1 Preheat the oven to 400°F.

STEP 2 Place cauliflower in a food processor and pulse until crumbly and rice-like.

STEP 3 Heat the cauliflower rice in a dry skillet over medium high heat, stirring often to remove as much moisture as possible, about 10 minutes. Once it looks somewhat dry, add parmesan cheese and seasonings.

STEP 4 Continue to cook on medium heat until the parmesan is melted.

STEP 5 Remove from the heat and stir in the egg and Super Youth.

YIELDS 1 PIZZA (SERVES 4)

PREP TIME 15 MINS

COOK TIME 20 MINS

TOTAL TIME 35 MINS

STEP 6 Place parchment on a 12 inch round pizza pan (or rectangular baking dish) and spray with olive oil cooking spray. Spread out the "dough" and flatten as best you can. Use another piece of parchment paper on top if it's too sticky for your hands to spread and make the edges slightly higher to form a crust.

STEP 7 Bake for 20 minutes flipping halfway through. Once the crust is golden brown, remove from the oven and add your sauce and desired toppings. We used Mozzarella cheese and fresh basil. (HACK: You can use the 5-ingredient pasta sauce recipe as pizza sauce) Bake another 10 minutes and cut into 8 large slices and serve!





Healthy Dessert

PUMPKIN PIE PARFAIT

Finally, a dessert you can actually feel good about eating! This delicious pumpkin pie parfait contains simple ingredients—most of which you probably already have in your fridge and cabinets.

We also added our Super Youth, for a guiltfree dessert that helps reduce wrinkles and cellulite, fight the aging process and promote healthy bones and joints.

Get ready for a recipe so delicious, you'll want to make it again and again (we did)!

Pumpkin Puree 1 Can - 14 oz Eggs 2 Large Lemon Juice 1 Tablespoon Almond Milk ¼ Cup Pure Maple Syrup ¼ Cup Super Youth Collagen 2 Scoops
Pumpkin Pie Spice 1-½ Tablespoons
Salt ½ Teaspoon
Greek Yogurt 2 Cups
Pecans Topping (optional)

STEP 1 Preheat the oven to 350°F.

STEP 2 In a large bowl, combine the pumpkin puree, eggs, lemon juice, milk, maple syrup, pumpkin pie spice, and salt. Stir until thoroughly combined.

STEP 3 Pour the mixture into a baking dish. Bake for 30 minutes. When baking is complete, let the mixture cool for at least 10 minutes.

STEP 4 While pumpkin mixture is baking, add Super Youth and greek yogurt to a small bowl and mix well.

YIELDS	4 PARFAITS
PREP TIME	15 MINS
INACTIVE	30 MINS
TOTAL TIME	45 MINS

STEP 5 To assemble the parfaits, layer ¼ cup of the pumpkin mixture into the bottom of a small glass or jar. Then, layer ¼ cup of the Super Youth yogurt over the pumpkin mixture. Repeat with another layer each of pumpkin mixture and yogurt, and layer as desired.

STEP 6 Top each parfait with pumpkin spice, pecans, granola, and a drizzle of maple syrup. Get creative.



Congratulations!

You have just completed the SkinnyFit 28-Day Mind-Body Reset Challenge! You should be **soooo** incredibly proud of everything you have accomplished over the last 28 days! We know how difficult this entire challenge has been for some of you and the fact that you are here says so much about **you** and **your** determination to live a healthier life—and we couldn't be more proud of you.

We encourage you to spend a few extra minutes in reflection about the last 4 weeks using the Guided Reflection sheet on the next page.

As we close out this final week together we want to remind you of one thing:

Don't wait until you've reached your goal to be proud of yourself.

Be proud of yourself every step of the way!

Our SkinnyFit community is important to us and we will continue to roll out special challenges, perks, and programs for you! We'd love to get your honest feedback on this 28 Day Challenge, so we'll be sending out a survey after you complete the last week.

Thank you for spending the last 28 days with us.



YOU are amazing!

Guided Reflection

Fill in the blanks with your answers to the questions below.

1	What was 1 thing you've learned about yourself over the past 28-days?
2	If there is 1 thing you think you can improve on after this challenge, what is it?
3	Moving forward, what are 3 things you are willing to say NO to in order to keep working toward your goals?
4	Similarly, what are you intentionally saying YES to instead?
5	Write 3 things that inspire and motivate you to continue working toward becoming your best self.
6	What accomplishment(s) have you reached throughout the challenge that you are particularly proud of?

