



Welcome to the 2016 Ultimate Fitness Quest 30-Day Challenge

1st Steps

Please be sure and read the UFQ Guidelines Below.

If you have not already done so, **Sign onto Facebook and “JOIN” the 2016 Ultimate Fitness Quest Facebook Group—you will be approved by a team expert. Only those who are in the group will be able to see the posts, comments and be able to access the “Files” where the Nutrition Plan, Shopping List, Baseline Measurement Form, and Daily Log Form will be found. You can also interact with Stewart, his team of experts, and other participants on this page. Be sure you have the Notifications turned ON in the Facebook Group page. Just click where it says “Notifications” under the cover photo and check Turn “ON” and choose “All Posts”.**

If you are not on Facebook, then you will still be able to access the resources on www.UltimateFitnessQuest.com/2016Resouces but you will miss the interaction and accountability of participating in the UFQ as a Group.

1. Before Monday, April 4th you **download the Baseline Measurements Form, and take your measurements & your photo** This is highly encouraged! Take a front & side and photo in form fitting clothes or a sports bra/swimsuit. If you are serious about getting on the right track you will be SO glad you took your baseline measurements and have a BEFORE picture on your way to a healthier lifestyle and your Ultimate Fitness & Health.
☺ Send it via private message to Kay Rice by noon on MONDAY, and you will be entered into our PRIZE DRAWING. You will also take an AFTER photo and measurements.
photo. Make sure the photo captures your midsection
2. You will receive your Nutrition Plan & Shopping List by Saturday, April 2nd, so you will have plenty of time to get your groceries. The Nutrition Plans and Shopping Lists will be posted in the Files Tab on Private Facebook Group AND in the 2016 Resource section on UltimateFitnessQuest.com. On Sunday, I recommend you plan a “cook day” and cook some of

the meals in advance, in bulk so that you have foods and meals ready and available during the week.

3. EVERYONE MUST check in to the Private Facebook Group EVERY DAY and respond to the daily check in. This should take 5 minutes tops! This is where you will also be able to interact with Stewart and his experts and others participating in the 2016 UFQ. If you don't respond by 3pm EST the following day then you may be removed from the group. Don't take it personally! This is just how I keep you accountable to your commitment as an online fitness coach! MANY will begin this challenge, few will complete ALL 30 DAYS! Will YOU be one of those who finish?! There will be PRIZE DRAWING for those who complete the 30 days!!

Ultimate Fitness Quest 30-Day Challenge Guidelines

1. Eat your first meal within an hour upon waking.
2. After your first meal, eat every 3-4 hours through out the day. If you are hungry in 3 hours, go ahead and eat. Don't go longer than 4 hours between meals, and if you do not feel ready to eat in 4 hours, then eat just half a meal. You should feel "ready to eat, but not starving" when it is time for a meal; after eating you should feel "satisfied but not stuffed".
3. Weigh and measure your food portions for the first 2 weeks, until you feel comfortable with knowing what a correct portion is. I recommend you purchase a food scale if you do not already have one.
4. Stick to the menu! You may repeat meals through the week based on your personal preferences. This means you do not have to use or eat all the meals. Any meal on the program can be eaten at any meal or snack time so long as you eat every 3-4 hours during the day.
5. Drink at least half your bodyweight in ounces of water each day. This means a 150# person should drink a minimum of 75 ounces each day. It is okay to add lemon to your water if you wish.
6. Exercise at least 30 minutes EVERY DAY! If you already have an exercise regimine, then great. This may be a great time to add something new or change it up a bit. If not, pick something you will enjoy and stick to. If you have not been exercising at all, even getting out and walking 30 minutes a day is a great start! Recently, HIIT (High Intensity Interval Training) has been reported to be the best exercise tool for weight loss, but it is not appropriate for everyone. Try to incorporate some strength training into your workout as well for best results. We will post some fitness tips and sample workouts for those of you who would like some new ideas.