



## 28 DAY CHALLENGE

	M	T	W	T	F	S	S
W1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
W2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
W3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
W4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### U-PROJECT RULES

- MINIMUM 3 X UVSL STUDIO WORKOUTS
- A DAILY WALK (MIN 30MINS)
- MINIMUM 1 REST DAY (FROM HIT STYLE TRAINING)
- FOLLOW THE NUTRITION BIBLE GUIDELINES
- DRINK MINIMUM 2L WATER DAILY
- NO SUGARY TREATS
- NO ALCOHOL
- 1 CHEAT MEAL PER WEEK (CAN INCLUDE ALCOHOL)
- TAKE DAILY PROGRESS SELFIE