



DAYS TO A FITTER YOU

The *Unexpected Secrets* you need to finally snap that **AFTER PHOTO**



WITH AMBER BRUESEKE FROM BICEPS AFTER BABIES
BSN, CPT, CFL1, MASTER TRANSFORMATIONAL COACH

welcome to the 5 DAYS TO A FITTER YOU CHALLENGE

Hey, hey, hey -- I'm Amber Bruesekel

And I'm stoked (that's Californian for "very happy, excited") you decided to join me in what will for sure be a fun and transformative 5 days together!

If you're like most of the women I work with, your body looks a little different than it did back in your 20's and you are ready to see something different when you catch a glimpse of yourself in the mirror and build your confidence.

HERE'S MY SECRET: you don't need to find the perfect diet or magically come up with more motivation or willpower—what you need is a:

PERSONALIZED PLAN
CUSTOMIZED TO **YOUR** BODY
YOUR GOALS
& **YOUR LIFESTYLE**

A personalized plan that you enjoy will get you out of the yo-yo dieting cycle and help you not only hit your goal physique, but actually be able to maintain it long-term.

YOUR FITTEST BODY IS WAITING—SO LET'S DO THIS!

To your success,

Amber

STALK ME
ON SOCIAL →



HOW THE CHALLENGE WORKS

MY GOAL THIS WEEK IS TO KICK-START YOUR FITNESS JOURNEY

so you can lose fat, gain muscle and confidence, and feel in control with your food.

For some of you, this challenge will be enough. For others, you'll want to continue and get coached through your journey so you continue the momentum we're going to build.

If that's you...don't worry. You'll have a chance to join my signature coaching program

[MACROS 101](#) very soon.

For now, let's just concentrate on our 5 days together.

Daily Action Guides are not included in this workbook as they will be emailed to you daily during the challenge.

HERE'S HOW EACH DAY WILL WORK:



1 AM PACIFIC: Daily challenge email arrives in your email inbox (*inside will be the 1st secret challenge word of the day!*)



9:30 AM PACIFIC / 12:30 PM EASTERN: Daily Live Training (*listen for the 2nd secret challenge word of the day!*)



ON YOUR OWN: Short results-creating assignment

CHALLENGE BITES

Serving Size: 5 days

Servings per Container: Unlimited

AMOUNT PER SERVING

Your Health and Confidence.

% DAILY VALUE

100%

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Worrying how to hit your fitness goals

0%

Celebrating your goal body

100%

COOKED UP BY AMBER BRUESEKE

Surrounding yourself with other motivated women will only increase your likelihood of success. Pick your preferred social media platform and join our community.



Join the Facebook challenge group



Join the Instagram challenge group



MONDAY FEBRUARY 26TH - FRIDAY MARCH 1ST

FEB 26



Decide

to succeed:

What got you here, won't get you there. This week is going to be all about ACTION.

FEB 27



Define

your goal:

To create success you have to first define it.

FEB 28



Defeat

self-sabotage

So you can stop spinning your wheels and actually accomplish the goals you set.

FEB 29

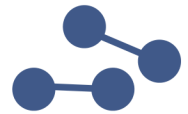


Determine

your macro mistakes:

You won't waste time with the mistakes that most make.

MAR 1



Declare

your next step:

Specific next steps to continue the action and momentum you created during the challenge.

IT'S GONNA

BE

Amazeballs!



DAILY CALENDAR

[CLICK HERE TO ADD ALL DATES TO YOUR CALENDAR](#)

MONDAY

- Complete Assignment:** Daily Action Guide will be sent via email
- Attend the Daily Live** @ 9:30 AM Pacific/10:30 AM Mountain/11:30 AM Central/12:30 PM Eastern

TUESDAY

- Complete Assignment:** Daily Action Guide will be sent via email
- Attend the Daily Live** @ 9:30 AM Pacific/10:30 AM Mountain/11:30 AM Central/12:30 PM Eastern

WEDNESDAY

- Complete Assignment:** Daily Action Guide will be sent via email
- Attend the Daily Live** @ 9:30 AM Pacific/10:30 AM Mountain/11:30 AM Central/12:30 PM Eastern

THURSDAY

- Complete Assignment:** Daily Action Guide will be sent via email
- Attend the Daily Live** @ 9:30 AM Pacific/10:30 AM Mountain/11:30 AM Central/12:30 PM Eastern

FRIDAY

- Complete Assignment:** Daily Action Guide will be sent via email
- Attend the Daily Live** @ 9:30 AM Pacific/10:30 AM Mountain/11:30 AM Central/12:30 PM Eastern



RESOURCES LIST

1

DAILY LIVE TRAININGS

All Daily LIVES will be broadcast [HERE](#) @ 9:30 AM Pacific/ 10:30 AM Mountain/ 11:30 AM Central/ 12:30 PM Eastern. Can't make it live? Watch the replay on the all-access page [HERE](#)

Add all the Daily Lives to your calendar [HERE](#)

2

ALL ACCESS PAGE

Not sure where to find something? This is your go-to link for everything related to the challenge. Links to the daily assignments, replays of the daily lives, the workbook, etc. will be on this page.

3

CHALLENGE WORKBOOK

If you ever need to download a new copy, this is your [link](#).

4

CHALLENGE GROUPS

If you want to be part of the party, be a part of one of our challenge groups! These groups will officially kick off 1 week before the challenge starts. Drop a comment on the welcome post and introduce yourself so we can be friends!

 Join the Facebook challenge group 

 Join the Instagram challenge group 

5

SUBMIT A REVIEW AND SUBSCRIBE TO BICEPS AFTER BABIES RADIO PODCAST TUTORIAL

These tasks are both a part of the challenge roadmap path. [Click this link](#) to learn how to submit a review and/or subscribe to Biceps After Babies Radio.

RESOURCES LIST CONT.

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CHALLENGE PODCAST EPISODES

Looking for extra credit? Check out these Biceps After Babies Radio podcast episodes!

- [EPISODE 28: FAILURE DOESN'T EXIST](#)
- [EPISODE 181: BRAND NEW TO MACROS AND MACRO COUNTING? START HERE](#)
- [EPISODE 191: 10 THINGS I WISH I HAD KNOWN WHEN I STARTED COUNTING MACROS](#)
- [EPISODE 193: WHAT TO DO WHEN YOU WANT TO STICK TO YOUR PLAN... BUT DON'T | LIVE COACHING SESSION](#)
- [EPISODE 200: WHY YOU FEEL STUCK AND WHAT TO DO ABOUT IT](#)
- [EPISODE 202: HOW DO I STICK TO A PLAN EVEN WHEN NO ONE'S WATCHING? | LIVE COACHING SESSION](#)
- [EPISODE 216: MY FRIEND LOOKS AMAZING! WHAT AM I DOING WRONG? | LIVE COACHING SESSION](#)
- [EPISODE 236: HOW CAN I BE SATISFIED WITH MY BODY? | LIVE COACHING SESSION](#)
- [EPISODE 238: WHY YOUR BODY WILL NEVER CHANGE UNIL YOUR MIND DOES](#)
- [EPISODE 240: HOW TO STOP PICKING APART YOUR BODY #JUSTABODY | LIVE COACHING SESSSION](#)
- [EPISODE 242: WHY MACRO COUNTING WITH ME IS DIFFERENT](#)
- [EPISODE 265: 5 THINGS I WISH I KNEW BEFORE I STARTED MY WEIGHT LOSS JOURNEY](#)