

THE 21-DAY CHALLENGE

**WELCOME
PROGRAM
GUIDELINES**



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Welcome



In this booklet you will find all of the information you need to ensure your success. If you have any questions please ask on our private Facebook Group, [*The 21-Day Challenge with Sharon Polsky on UDAYA.com*](#). Our coaches are available 24/7 to support you!

Basic Rules & Expectations



1. Complete assessments
2. Workout 6 days per week following the Workout Plan
3. Try your best to stay 100% on the diet
4. Daily check-ins
5. Submit questions to our private [Facebook Group](#)
6. Expect to lose 1 dress size or 1 notch on your belt in just 21 Days

Steps for Success



1. Shop clean and remember to leave your house for a treat
2. Do your food preparation for the week on Sundays
3. Follow [Mark Hyman, MD on Facebook](#)
4. Enjoy Open Sundays - See Meal Plan Guidelines below
5. Eliminate drugs, alcohol, dairy, sugar and processed food
6. Read the Book: *Why We Sleep* by Matthew Walker, PhD

Workout Program



1. Participate in 3 workout videos per week
2. Do 35 minutes of cardio 3 days per week (any form of cardio)
3. Do 1 hour of yoga or meditation 1 day per week

*See Workout Schedule on page 15

Meal Plan Guidelines



Monday through Saturday follow the meal plan exactly as provided. If you would like additional recipes or alternative foods please request them through the private Facebook group. Our coaches are happy to help you spice things up so you don't get bored. On Sundays, you may eat anything healthy in any quantity. These are called Open Sundays. This is not a cheat day and there is no cheat meal on this day. Please only eat the designated healthy foods on your plan. You may request a healthy food list from the Facebook group.

Meal Timing



- Meal 1 is eaten within 15 minutes of waking up
- Before bed snack or last meal is eaten within 30 minutes of bedtime
- Evenly space out the other meals throughout your day
- You do not need to eat at an every 3-hour rigid interval
- If you sleep in and there are fewer hours in the day the meals may be closer together
- If you wake up quite early and there are more hours in the day the meals may be farther apart

Beverages



- 1 gallon of water per day
- Coffee & Tea w/ Ripple Half & Half, max 2 caps - per serving
- Unsweetened almond milk (without carrageenan)
- Squeeze lemon into anything
- Stevia is a good sweetener

Assessments



Day 1
Day 7
Day 14
Day 21

Before Photos & Stats
Photos & Stats
Photos & Stats
After Photos & Stats

Photo Guidelines



1. Wear shorts and a tank top to show your body
2. Use a camera timer, no mirror selfies
3. Use a white wall or plain background with the same lighting at the same time of day
4. Photos: front, side, and back

Assessment Guidelines



Email weekly on Sunday mornings to sharonpolsky@gmail.com

- 3 Photos - front, side, and back
- Current weight
- Umbilicus measurement - circumference around the waist at the belly button

Nightly Check-ins



Each night log onto the free Sharon Polsky's [UNLEASHED](#) app. From the menu drop down click on the 21-Day Challenge Button. Using the 21-Day Check In Form fill in details of your day: hours of sleep, water, drink, food (separated by commas), exercise and anything else you want to share. This should take you about 1 minute.

App download instructions: Search Sharon Polsky's "Unleashed" from your app store.
Note: If you prefer not to download the app, you can email nightly check-ins to sharonpolsky@gmail.com.

The UNLEASHED

4 Building Blocks of Health



1. Sleep - 8 hours per night
2. Water - 1 gallon per day
3. Stress Management - Do not avoid stress. Learn to manage stress.
4. Nutrition - Eliminate Processed Foods

Workout Schedule

DAY 1	CARDIO OF CHOICE	35 MIN
DAY 2	THE ORIGINAL 21-DAY CHALLENGE	35-MIN VIDEO
DAY 3	CARDIO OF CHOICE	35 MIN
DAY 4	GET FIT FAST	20-MIN VIDEO
DAY 5	CARDIO OF CHOICE	35 MIN
DAY 6	1 MINUTE AT A TIME	30-MIN VIDEO
DAY 7	ENJOY YOGA, MEDITATION OR A WALK	ACTIVE RECOVERY
DAY 8	CARDIO OF CHOICE	35 MIN
DAY 9	STEP IT UP	30-MIN VIDEO
DAY 10	CARDIO OF CHOICE	35 MIN
DAY 11	OLD SCHOOL STEP PLUS	30-MIN VIDEO
DAY 12	CARDIO OF CHOICE	35 MIN
DAY 13	VIDEO OF CHOICE	ANY VIDEO
DAY 14	ENJOY YOGA, MEDITATION OR A WALK	ACTIVE RECOVERY
DAY 15	CARDIO OF CHOICE	35 MIN
DAY 16	CARDIO INTERVALS - BUNS & BI'S & TRI'S	30-MIN VIDEO
DAY 17	CARDIO OF CHOICE	35 MIN
DAY 18	CARDIO INTERVALS - BUNS, BACK & SHOULDERS	30-MIN VIDEO
DAY 19	CARDIO OF CHOICE	35 MIN
DAY 20	VIDEO OF CHOICE	ANY VIDEO
DAY 21	ENJOY YOGA, MEDITATION OR A WALK	ACTIVE RECOVERY

Integration

Now to make your new lifestyle stick. I challenge you to 1 more week.
INTEGRATION.

For the next 7 days integrate your healthy eating and any of my
21-Day Challenge fitness videos on UDAYA.com.

I'm proud of you, let's make this stick.

- Sharon Polsky



www.unleashed4women.com

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