## Week 2

### Day 1
- Reduce the intake of tea/coffee to half. Say if you take 4 glasses of tea/coffee you should cut it down to 2 small cups.
- Start working out: Get a quick 5 minutes warm-up and then hit the road for interval walking. Do 1 minute of fast walking followed by 2 minutes of slow walking and repeat the same for 20 minutes.

### Day 2
- Ditch the sugar: Reduce the sugar quantity in your tea/coffee. Replace sugar with healthier substitutes like jaggery, stevia and raw honey.
- Don't forget to burn the calories: Hit the road for 20 minutes of walking, do 1 minute of fast walking followed by 2 minutes of slow walking. Do add 5 minutes of each warm-up and cool down.

### Day 3
- Reduce the frequency of tea/coffee intake in a day. Opt for healthy drinks like coconut water/buttermilk/lemonade/green tea and so on.
- Get ready to burn calories: After a quick 5 minutes warm-up prepare yourself for 20 minute walking (1 minute of fast walking followed by 2 minutes of slow walking). Don't forget to add some breathing and stretching exercises for the cool down for about 5-10 minutes.

### Day 4
- Replace your cup of tea/coffee with green tea/chamomile/peppermint/herbal tea.
- Vary your pace of walking: Do 2 minutes of fast walking followed by 1 minute of slow walking for 20 minutes. Don't forget to add 5 minutes of warm-up and 5-10 minutes of cool down.

### Day 5
- Drink a glass of water immediately after taking a cup of tea/coffee. In case you’re sipping Herbal teas then also don’t forget to take a glass of water immediately after drinking it. Some herbal teas too contain tannins thus it is important to rehydrate your body.
- Fat ain't fit! Burn those extra calories with a good workout routine which comprises of 5 minutes warm-up, 20 minutes of walking (2 minutes fast walking followed by 1 minute of slow walk) and a quick 5-10 minutes of cool down.

### Day 6
- Avoid having tea/coffee with meals. It is advisable to keep a gap of 1-2 hours prior to any meals. Best to ditch the tea/coffee completely and opt for green tea/butter milk/lemon tea.
- Get active with our 30 minutes workout: 5 minutes of warm-up, 20 minutes of walking (2 minutes of fast walking followed by 1 minute of slow walk) and the perfect cool down for 5 minutes.

### Day 7
- Avoid drinking tea/coffee in the evening.
- Don't do the workout instead let the muscle relax for a day. However, it’s advisable to do some exercise in a day to stay active; one can do slow walking for 10-15 minutes.