Week 14  Keep a Check On – Sound Sleep, Mindful Eating and Water Intake

Day 1

- Increase your water intake to maximum 3 liters. Add to your diet the following things - Coconut water/butter milk/veggie juices/lemon water/veggie soups and unstrained fruit juices.
- Eat mindfully – When eating ditch the gadgets / machines, this will ensure you don’t over eat unknowingly.
- Sweat it out with a power-packed fitness regime: Start by doing warm up for 5-10 minutes. Add to the routine three sets of high intensity training which should include the following exercises with 10 seconds of rest between each exercise - Spider push-ups for 20 seconds + Vertical Jumps for 20 seconds + Jump squats for 20 seconds + Mountain climber for 20 seconds + Jump Lunges for 20 seconds. When you are doing the 2nd and 3rd set of these exercises add to the routine 20 seconds of plank immediately after each exercise and then take a 10 second break. Remember to include a 5-10 minutes of cool down.

Day 2

- Eat smaller portions: Smaller plates can help you eat less and thus you’ll stay away from mind-boggling calories.
- Today add more of fibre and protein and less of carbs in your meals. You should be eating the following – Eggs, fruits, veggies, whole grains, quinoa, legumes, beans, flax seeds, chia seeds, pulses, chicken, turkey.
- Work it out: Sweat it out with a power-packed fitness regime: Start by doing warm up for 5-10 minutes. Add to the routine three sets of high intensity training which should include the following exercises with 10 seconds of rest between each exercise - Spider push-ups for 20 seconds + Vertical Jumps for 20 seconds + Jump squats for 20 seconds + Mountain climber for 20 seconds + Jump Lunges for 20 seconds. When you are doing the 2nd and 3rd set of these exercises add to the routine 20 seconds of plank immediately after each exercise and then take a 10 second break. Remember to include a 5-10 minutes of cool down.

Day 3

- Eat slowly and relish each bite – Ensure you eat slowly and chew thoroughly.
- Give your rumbling appetite and sweet craving taste buds some quick and easy bites. You can choose jaggery or organic honey based sweets like nut chikkis.
- Work out like a pro! Sweat it out with a power-packed fitness regime: Start by doing warm up for 5-10 minutes. Add to the routine three sets of high intensity training which should include the following exercises with 10 seconds of rest between each exercise - Spider push-ups for 20 seconds + Vertical Jumps for 20 seconds + Jump squats for 20 seconds + Mountain climber for 20 seconds + Jump Lunges for 20 seconds. When you are doing the 2nd and 3rd set of these exercises add to the routine 20 seconds of plank immediately after each exercise and then take a 10 second break. Remember to include a 5-10 minutes of cool down.

Day 4

- Maintain a healthy sleep cycle to weigh less: Aim to wake up early and sleep early, you should get 7-8 hours of sleep daily.
- Keep a fixed timing for breakfast, lunch and dinner. Ensure you add your mid meal snacks in between these major meals.
- Sweat it out with a power-packed fitness regime: Start by doing warm up for 5-10 minutes. Add to the routine three sets of high intensity training which should include the following exercises with 10 seconds of rest between each exercise - Spider push-ups for 20 seconds + Vertical Jumps for 20 seconds + Jump squats for 20 seconds + Mountain climber for 20 seconds + Jump Lunges for 20 seconds. When you are doing the 2nd and 3rd set of these exercises add to the routine 20 seconds of plank immediately after each exercise and then take a 10 second break. Remember to include a 5-10 minutes of cool down.

Day 5

- Aim to drink something after every half an hour. Your liquid intake can be through different sources like butter milk, soya milk, vegetable juices, soup, low fat milk and water.
- Sweat it out with a power-packed fitness regime: Start by doing warm up for 5-10 minutes. Add to the routine three sets of high intensity training which should include the following exercises with 10 seconds of rest between each exercise - Spider push-ups for 20 seconds + Vertical Jumps for 20 seconds + Jump squats for 20 seconds + Mountain climber for 20 seconds + Jump Lunges for 20 seconds. When you are doing the 2nd and 3rd set of these exercises add to the routine 20 seconds of plank immediately after each exercise and then take a 10 second break. Remember to include a 5-10 minutes of cool down.

Day 6

-