**Day 1**
- Cut down your sugar intake to half. Say for instance, if you take 1 tablespoon of sugar in one cup of tea then reduce it to ½ tablespoon. Aim to reduce it to half every time you drink tea/coffee/lemonade during the day.
- No Pain, No Gain: Go for interval training workout routine - Walk for 20 minutes (2 minutes of walking followed by 1 minute of jog or vice a versa.). Add to the routine 4 minutes of fat burning. Tabata Workout which includes the following exercises - Jump squats, hot feet, suicide pushups, inch walk. You can rest for 10 seconds in between each sets of exercise.
- Don’t forget to add a quick cool down – Do 5-10 minutes of breathing and stretching exercises.

**Day 2**
- Healthy Swaps – Replace your sugar with jaggery/ raw honey and Stevia. Stevia has zero or minimum calories. Jaggery and honey, on the other hand, are high on calories but the advantage is that, they contain certain micronutrients and so are not empty calories.
- Time for Some High Intensity Workout: Go out for a 20 minutes’ walk (2 minutes of walking followed by 1 minute of jog or vice a versa) followed by 4 minutes of Tabata workout (It will include jump squats, hot feet, suicide pushups and inch walk.) Rest for 10 seconds in between each sets of exercise. Don’t forget to add a cool down session for 5-10 minutes (Breathing and stretching exercises.)

**Day 3**
- Craving for some sweets? Chill and treat your taste buds with these healthier substitutes - Date rolls, dry fruits, 2 pieces of 70-80% dark chocolate, yogurt sprinkled with chopped fruits.
- Sweat is good for you: Go for interval training workout routine - Walk for 20 minutes (2 minutes of walking followed by 1 minute of jog or vice a versa.) Add to the routine 4 minutes of fat burning. Tabata Workout which includes the following exercises - Jump squats, hot feet, suicide pushups, inch walk. You can rest for 10 seconds in between each sets of exercise. Add 5-10 minutes of breathing and stretching exercises for your cool down session.

**Day 4**
- Say no to refined flour: Abandon food products which contain refined flour and white sugar like biscuits, bread, rusks, cakes, pastries, pizzas, burger, noodles and pasta.
- Have food which is rich in fibre like fresh fruits (apple, pears), vegetables (carrot, broccoli, spinach, brussels sprouts), whole grains, quinoa, legumes, beans, flax seeds and chia seeds.
- Say hello to happiness – Workout: Go out for a walk for 20 minutes (2 minutes of walking followed by 1 minute of jog or vice a versa) followed by 4 minutes of Tabata workout (It will include jump squats, hot feet, suicide pushups and inch walk.) Rest for 10 seconds in between each sets of exercise. Don’t forget to do cool down for 5-10 minutes (Breathing and stretching exercises.)

**Day 5**
- Trick or Treat: Enjoy the healthy substitutes of sweets like date rolls, dry fruits, 2 pieces of 70-80% dark chocolate, yogurt sprinkled with chopped fruits slowly and relish each bite – ensure you eat slowly and chew thoroughly.
- Go Workout: Hit the road for 20 minutes of interval walking which includes 2 minutes of walking followed by 1 minute of jog or vice a versa. Add 4 minutes of fat burning Tabata workout with the following exercises - Jump squats, hot feet, suicide pushups and inch walk. Add to the routine 5-10 minutes of cool down with breathing and stretching exercises.

**Day 6**
- Read the food labels carefully - Beware of the products that contain hidden sugar. These can be in the form of dextrose/corn syrup/invert sugar, malt syrup, fructose. Ditch the products if it contains these ingredients, opt for products with zero or minimum hidden sugar instead.
- Go out for a 20 minutes walk (2 minutes of walking followed by 1 minute of jog or vice a versa) followed by 4 minutes of Tabata workout (It will include jump squats, hot feet, suicide pushups and inch walk.) Rest for 10 seconds in between each sets of exercise. Don’t forget to add a cool down session for 5-10 minutes (Breathing and stretching exercises.)

**Day 7**
- Eat Well: Make sure your dinner contains a good amount of proteins (curd/sprouts/eggs/chicken/fish/quinoa/panner) and fibre (salads/ green veggies/ oats/ barley/ fruits.)
- Relax: You deserve a break today.