



Day 1

- o Eat whatever you like chips/wafers/deep fried stuff/carbonated beverages but reduce the portion to half.
- o Burn it up with 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by Tabata (High-intensity Interval Training) for 4 minutes which includes the following exercises: jumping jacks, high knees, mountain climbers, windmill. Do this twice in a day. Rest for 10 seconds in between each set of exercise. Add 5-10 minutes of cool down exercises which includes breathing and stretching exercises.

Day 2

- o Check nutritional benefits of whatever you're eating - Avoid the things which have ingredients like sugar/refined carbs/fats/trans fats/sodium and which contains less than 2% of fibre.
- o Stay fit and hit the road for 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by a quick cool down session for 5-10 minutes.

Day 3

- o Cheat day – Craving for some junk food? Have it during the first half of the day. (morning)
- o Go for an intense workout to burn those extra calories you had today. Go for 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) add Tabata (High-intensity Interval Training) for 4 minutes which includes the following exercises: jumping jacks, high knees, mountain climbers, windmill. Do this twice in a day. Rest for 10 seconds in between each set of exercise. Add 5-10 minutes of cool down exercises which includes breathing and stretching exercises.

Day 4

- o Stay away from deep fried food. If you're planning to have sukha bhel, omit sev and enhance its taste by adding onion, tomato, chutney and if having a samosa or vada pav then opt for a baked option.
- o Sweat it out with 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by 5-10 minutes of breathing and stretching exercises.

Day 5

- o Avoid packaged foods and instead opt for roasted snacks and millets/ sukha bhel/ chana/nuts/fruits/dry fruits.
- o Start with 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by Tabata (High-intensity Interval Training) for 4 minutes which includes the following exercises: jumping jacks, high knees, mountain climbers, windmill. Do this twice in a day. Rest for 10 seconds in between each set of exercise. Add 5-10 minutes of cool down exercises which includes breathing and stretching exercises.

Day 6

- o Say no to carbonated beverages. Opt for coconut water/buttermilk/green tea/herbal tea/lemonade.
- o For the love of fitness: Go for 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by 5-10 minutes of a cool down session.
- o Say no to carbonated beverages. Opt for coconut water/buttermilk/green tea/herbal tea/lemonade.
- o For the love of fitness: Go for 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by 5-10 minutes of a cool down session.

Day 7

- o Avoid bakery items like white bread, toast, cake rusk, instead go for whole grain bread/whole wheat rusk.
- o Enjoy your rest day!