

90 DAY SEASON
ESSENTIALLY LOW TOX

Glow Body Challenge

YOUR CHALLENGE STARTS NOW
YOU CAN DO THIS.

BRING
SEXY
BACK





365
DAY

Stay the Course.

GLOW BODY CHALLENGE

Welcome

Thank you for joining the Glow Body 365 Day Challenge! I am Natalie Rose and my team are personal trainers and online women's nutrition advocates specialising in natural solutions to weight management and wellbeing.

I hope you enjoy our online resources to guide you through your daily rituals.



BODY CHALLENGE | WWW.ESSENTIALLYLOWTOX.COM



Outline

01 CHECK IN

The weeks go fast and staying focused with mindful tips are so helpful when making lifestyle changes. We are with you the whole way, Q&A are welcome each month's Wednesday morning class or watch replay!

02 BF %

Our genetics and lifestyle shape our bodies, while social media and photoshop mess with our minds and body image perceptions. You are unique and it's vital to measure your body composition and not your dress size.

03 NOURISH

Functional foods support your vital organs and boost your mood, regulate hormones and improve detoxification processes.

04 FAT BURNING

Working out in the fat burning zone will save you time at the gym and keep you motivated, target fat as fuel and sculpt your bikini body all year round.

05 YOUR WORTHY

*Rise &
SHINE*



Challenge At A Glance

1 SET GOALS

A dream needs a plan to become reality, set short and long term goals as bench marks to celebrate your success.

2 BE ACCOUNTABLE

Do it for you, its the only body you get and its your responsibility to love it!

3 HYDRATION

We are over 60% water and staying hydrated helps to flush out toxins and burn fat. .

4 COFFEE & PROTEIN

Enjoy your morning coffee! Breakfast starts your day and a high protein meal will keep you feeling full until your next meal..

5 GREEN JUICE & BOWL

Find creative ways to add green veggies into each meal, I love using green veggies as a substitute to paste, rice or bread.

6 NEVER STARVE

Yo yo dieting and poor nutrition slow your metabolism and stores fats, and also more likly to binge eat on junk food.

7 GREEN EATING DAILY

Eating food without a label, that comes from the farm or sea is packed full of natural ingredients to repair your body.

8 LIFT OTHERS

Encourage others with a positive mindset and DO NOT let others distract your journey !

9 FITNESS GODDESS

Did you know sitting is the new smoking? Moving your body daily is vital for optimal health and vitality.

10 ASK AN EXPERT

Seek professional advice to health and fitness matters, work with your GP, personal trainers and nutritionalists for best outcomes.



6-step process Glow Body Check List

1

DAILY RITUALS

Journal your daily rituals and connect your routine to self kindness practices, writing your goals and completing them with a tick well done!

NATURAL LIVING

2

Heaven and earth provide many tools to live a natural lifestyle to support our mind, body and soul. Eating from the land and using products with wholesome ingredients nourish our cells from within..

3

ATTITUDE

Mindset is vital to healing and growth, keeping an open heart and actions of kindness starts with yourself.

ADAPT

4

Adapt an I CAN mindset, changing or staying on course is about being adaptable and then adaptable again !

5

STRONG & FLEXIBLE

Engery flows with your mindset and travels to your body and organs, daily physical exercise supports inner strength, stability and mobility.

RISE & SHINE

6

Every morning is a new day, new you, new beginning , so reset and shine brighter than the day before. .



TIPS FOR getting started

- 1 Be present each day, remember to breathe. Look after today and tomorrow will take care of its self.
- 2 Be prepared, knowledge is power and planning will guide your results. Fail to plan, plan to fail.... tracking and reflecting on actions give you tools to fine tune your actions.
- 3 Do YOU! We are shaped by our personal style and loving what you do each day is vital to long term success.
- 4 Be patient... it takes 9 amazing months to create a tiny human that is flawless. Its work in progress each day, that shapes your tomorrow.

Cheat Sheet

Step 1

CUT OUT TOXINS

Eliminate processed foods and excess sugar, reduce inflammation in the body to support healthy organ function and weight management.

Step 2

MAKE SUBSTITUTIONS

Swap poor nutrition with healthier whole food options, never starve or go without. Your old cravings and set points are not permanent.

Step 3

ADD IN SUPPLEMENTS

Get additional support if needed, natural botanical supplements are an important element to reset your body and maintain good health.

THIS

- Drink Fresh Water
- Go to bed early
- Eat whole foods
- Plan your meals
- Enjoy fresh berries
- Limit alcohol
- Functional fitness
- Stay active

NOT THIS

- Energy Drinks
- Drink more Caffeine
- Artificial sweeteners
- yo yo diet
- Ice cream for dessert
- Mix with soft drinks
- Over/ Under train
- less than 4k steps

Challenge Checklist



WEEK ONE: SET POINT

- ☐ Body composition
- ☐ Start to Journal
- ☐ Fitness Test
- ☐ Food List

WEEK TWO: MOVE MORE

- ☐ Wear Pedometer
- ☐ Collect Fit Awards
- ☐ Favourite Music!
- ☐ Make Time

WEEK THREE: NOURISH

- ☐ Clean out the Kitchen
- ☐ Use Tracking Sheet
- ☐ Shop once a Week
- ☐ Include family

WEEK FOUR: REWARD

- ☐ Facial mask
- ☐ Go to bed early
- ☐ Nails & Hair
- ☐ Body tan & massage



DON'T FORGET TO JOIN

the giveaway

- 1 FIRST:
Download the Eating healthy tracking sheet and follow the Glow Body Challenge Manual. Complete each week and aim for 90%+ success rate each month.
- 2 SECOND:
Track your monthly completed Eating Well Challenge on Mobile Wix.com App. And check you inbox for the latest Classes.
- 3 THIRD:
Connect with your mentor! Discover helpful tips and success secrets within the group! [Plus Awesome Prizes]

Pantry List



SEASONINGS

- Fresh Herbs
- Curry powder
- Mustard
- Fresh Ginger
- Cinnamon
- Stevia
- Sea Salt & Pepper
- Fresh Garlic

GREENS

- Asparagus
- Broccoli
- Green beans
- Cucumber
- Celery
- Spinach
- Green leafs
- Zucchini

SUPPLEMENTS

- Collagen 9
- Life protein shake
- Good gut & Go
- Digestive Enzymes
- Liquid Bio Cell
- Immune health
- Liver Health
- Burn 120



Body Essential Tracker

WEEK OF: _____

S M T W T F S

MORNING ROUTINE

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

EVENING ROUTINE

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

EXERCISE

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

VITAMINS

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

MEDITATION

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

NOTES

**RISE &
SHINE**

Workout Planner



ACTIVITY

TIME

RITUAL

DAY 1

- Booty Camp 1. Drill
- Legs & Booty
- Drink 1-2 litres Lemon Water

60 min
Daily

Burn
500
Calories

DAY 2

- Booty Camp 2. Drill
- Upper & Abs
- Band or free weights

60 min

Burn
500
Calories

DAY 3

- Booty Camp 1. Drill
- Legs & Booty
- Drink 1-2 litres Lemon Water

60 min
REPEAT

Burn
500
Calories

DAY 4

- 10K Step Challenge
- Active Stretch 3. Drill
- Listen to Music!

45 min
15 min
(1 hr)

Boost
Your
Mood

DAY 5

- Booty Camp 4. Drill
- Booty & Shoulders
- Empty the tank each workout

60 min

Total
Body
Workout

GLOW BODY CHALLENGE

DEFINE YOUR SET POINT

Grand Prize 

GIVEAWAYS

*Feel &
Look
Amazing*



MODULE
ONE

Expectations



12 Week Program



WEEKS 1-4

Feel the difference food has made to your energy levels, week 1 and 2 are the most challenging as the detox can feel like you have the flu or under the weather. Stay the course!

30 DAY NUTRITION CHALLENGE GIVEAWAYS



WEEKS 5-6

Sexy is strong and lean, feel the muscle switching on and powering throw the Booty drills and recharging with recovery step. 70K Step Up program promotes passive progress!

MOVEMENT CHALLENGES AWARDS



WEEKS 7-12

Other like minded women will want to know your glow secrets as your wellness transformation is on point, share your story in our private community to support your tribe!

LET'S CELEBRATE AND EMPOWER WOMENS SUCCESS! GRAND WINNER PRIZES

MINDFULNESS

WHATS YOUR MINDSET TODAY?

Did you start this program to fail... or are you following each module and giving it your all ?

Have you completed the fitness test and body measurements sheet ?

How is the 30 day Eating Well Challenge going to make a differences to your goals?

Join my ladies and I for Live Q&A to get best from your monthly challenges!

RATE YOUR HAPPINESS SCALE!

What makes you smile everyday ?

Are you practicing Gratitude daily ?

Do you know what a Bikini Body feels like ?

Dig deep to answer these questions honestly, they are key questions to shaping your emotions.

REFLECT ON THE NUMBERS

we use numbers everyday to calibrate our lives, we check our bank accounts and petrol gages on our car.

Are you tracking and tuning into your whole body numbers?

You can change them daily, with heal-thy rituals to improve your energy levels. Your body composition is an excellent indicator of your mind and body set point. Water, muscle mass, essential body fat and minerals are the essential numbers to focus on and contour a better body. Complete the Workbook below with regular Check-Ins and record your 8-12 week results.

Notes

[illegible]

Body fat percentage

WOMENS HEALTH GUIDE

Essential Body Fat	10 - 13%
Athletic Woman	14-18%
<i>BODY Fit Body</i>	18-23%
Healthy Range	24-28%
Evaluate Health	29%+

GET A BODY COMPOSITION REPORT Inbody570

Inbody570 has 98% accuracy and measures muscle gain and fat loss. Tracking health and fitness results on a cellular level and within minutes! Lifestyle and healthy body composition are key indicators of a successful fitness program.

Body Composition Analysis (5min)
Seek a local Consultant !

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MASTER YOUR ENERGY

Healing from
within to support
harmony and
energy flow...

FOCUS YOUR ENERGY

Inhale & exhale
Eliminate Sugar
Sleep hygiene

Gut health
Love your liver
Emotional balance

MINDING YOUR OWN BUSINESS!

Look after your own mind and body or else somebody with less experience and care will, you may not like the result or motivation that comes with it!

Take responsibility for your own actions and thoughts, don't let social media or marketing companies trick you into false ways of taking care of yourself!



“a healthy
outside
starts
from the
inside”

Meal Plan Sample!



BREAKING MY FAST

I love to start my day with a black coffee and sweeten with organic stevia plus 1-2 litre lemon water, and break my fast to eat around 10am.

PROTEIN RICH MEALS

My favourite meal to start the day is scrambled eggs and bacon. And around 2pm fruit bowl with 1 tbsp almond butter.



RAINBOW BASE

6pm Dinner is a variety of protein and the bulk or base of the dish is loaded with green veggies and I spread my rainbow veggies throughout the week. Cuppa tea and sweet strawberry salad!

MODULE
TWO

Eliminate Toxins



FOOD IS THY MEDICINE

Eliminate excess inflammatory foods
and increase bioactive ingredients daily.
Challenge and track your success each month!

HOW TO LOSE FAT WITH A 9-5 JOB



Fasting
Until 1 pm (0 kcal)



Lunch
1 pm (40% of kcal)



Snack
5 pm (20% of kcal)



Weights
6-7 pm



Dinner
8 pm (40% of kcal)



Fasting
After 9 pm (0 kcal)

TOP 12 FOODS THAT ARE DOUBLE AS MEDICINE

ESPECIALLY FOR IBS, IBD, ANXIETY AND/OR AN OVERALL IMMUNE BOOST



Ginger



Salmon



Garlic



Turmeric



Mushrooms



Cayenne



Bone broth



Basil



Pepper mint



Black pepper



Chamomile



Sauerkraut

WHY YOU SHOULD EAT FRUITS EVERYDAY



Strawberries
Fight aging



Bananas
Boost your energy



Cherries
Calm your nerves



Blueberries
Strengthen your heart



Pineapples
Relieves arthritis



Oranges
Protect your skin and vision



Watermelons
Promote weight loss



Apples
Help resist infection

KIDNEY STONES

FOODS TO HAVE...



Water: Hydration is an essential to maintaining the optimal health condition of your kidneys. This natural detoxifier has the ability to dissolve kidney stones.



Food with natural calcium: It may sound contradictory, but the natural calcium from food binds will bind with calcium oxalate.



Food rich with magnesium: Make sure that you meet your magnesium nutritional requirement. Excellent sources of magnesium are green leafy vegetables.



Fruits dissolve and prevent kidney stones: Lemons and other citrus fruits contain properties that can dissolve kidney stones naturally.



Other anti-kidney stones fruits are those that are rich in water-soluble fiber such as apples and watermelons.

Nutrition tips!



MEAL 1.

Drink 1 litre of lemon or mint water before eating, our bodies need to rehydrate after the evening deep metabolic cleanse.



CALORIES

Learn your personal calorie intake, do you have a slow or fast metabolism? Record all your food consumed on a calorie app!



MEAL 2.

Love your food and it will love you back, eat whole foods that taste great, and rich sources of protein like eggs or oats.



MEAL 3.

Eat healthy fats and fruit together, no more than 1-2 serves of fruit per day and add 12 nuts or 1 tbsp nut butter.



MEAL 4.

Load your main meals with lots of green veggies and add colour with capsicum, tomato and carrots, beetroot, sweet potato.



MEAL 5.

Do Not eat after 8pm! Try intermittently fasting, I like a 6 hour window for best results. But see what works for you!

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MODULE
THREE

FITNESS



How to build a toned body!

Know your fitness level and test your limits, then push through to discover your real strengths with my Walk + Booty Camp Challenge.

HOW TO FLATTEN YOUR TUMMY



PRIORITIES

#1 Calorie deficit

track calories for 1 week maintaining body weight; reduce by 20-25%

#2 Heavy strength training

3-4 x/week; 16-20 total sets/session; prioritize compound moves in 3-12 rep range; progressively get stronger

#3 High intensity intervals

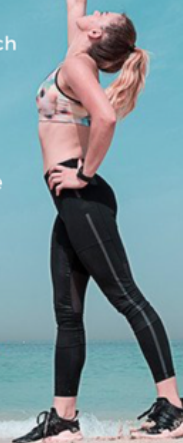
2-3 x/week; 10-20 minutes after strength or on separate days

#4 Direct ab workout

3-4 x/week after strength; hanging leg raises, rollouts, planks, rope crunches

6 BENEFITS OF WALKING

- Great opportunity to catch up on audiobooks or podcasts
- You'll burn calories without a lot of effort
- Walking helps improve your cardiovascular system
- Helps relieve joint pain and stiffness
- Can help to give you a boost of energy
- A great way to unwind and disconnect



7 RULES TO BUILD MUSCLE

- Do one more rep.
- Lift five more pounds.
- Eat protein at every meal.
- Mind to muscle connection.
- Get eight hours of sleep per night.
- Use big compound movements.
- Stay consistent



NO GYM? NO PROBLEM!

- ★ PUSHUPS
2 SETS OF 10
- ★ AIR SQUATS
2 SETS OF 10
- ★ SIT UPS
2 SETS OF 20
- ★ BURPEES
2 SETS OF 10
- ★ LUNGES
2 SETS OF 10



MODULE
FOUR

SUPPLEMENTS



Did you Know ?



20G OF PROTEIN
FIBRE
LEUCINE
VITAMINS
MINERALS
LOW - GLYCEMIC
NO ADDED SUGAR
NO GMOS
KETO-FRIENDLY
OMEGA-3 FATTY ACIDS
ALL 9 ESSENTIALS AMINO
ACIDS



Meet the
Cellular Beauty
Bundle

Why is Shaklee different?

Clinical testing and transparency
sourcing and purpose driven
projects prime meridian health.



Continue The Wellness Journey

**BECOME AN AMBASSADOR
WANT TO EARN MORE BUCKS!**

[LEARN MORE](#)





Thank You!

Let's stay in touch

We are so happy you decided to take action and make changes for a healthier new you!

This workbook and program is simply one piece of the puzzle and I look forward to meeting you in our private Online community and LIVE CHATS!

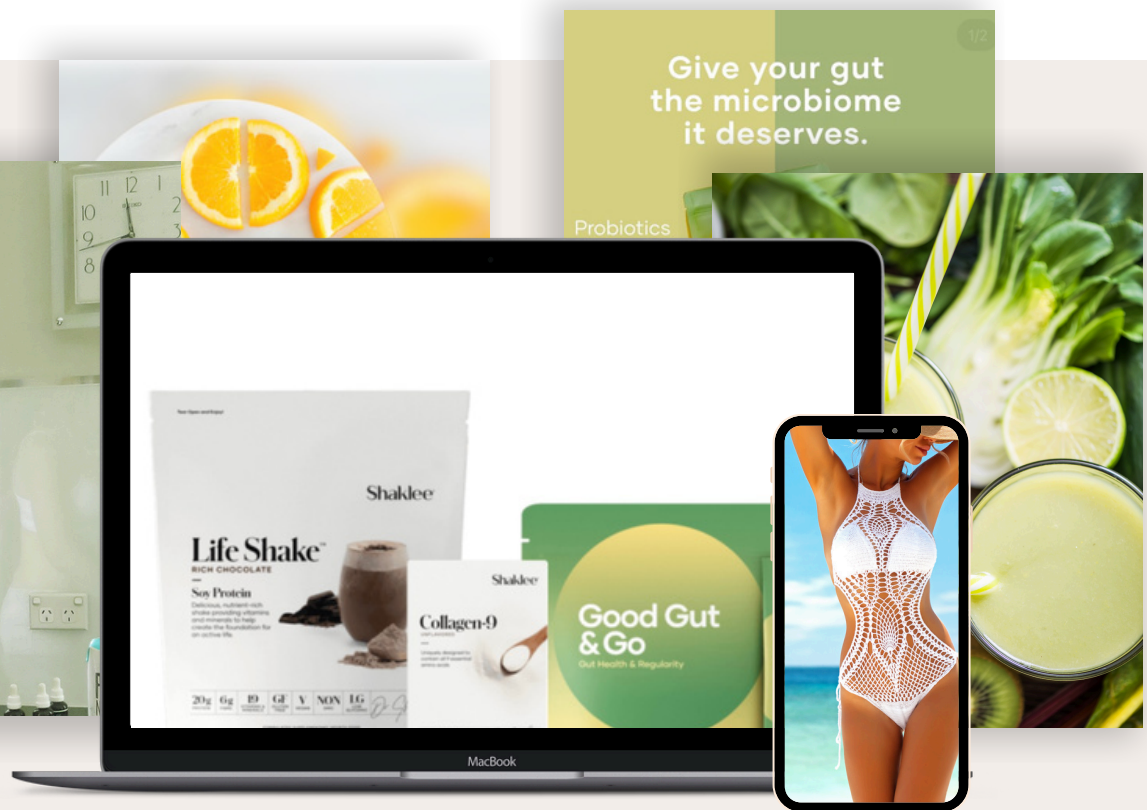
Did I say monthly giveaway winners and share the success stories of the seasonal Grand Winners!

Feel free to message us if you have any question along the way!

NATALIE

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Ready to Deepen Your Health?

BRILLIANT CLASSES / CLEANSE & METABOLIC CLUB

Take your wellness to the next level!

Define your goals and get real results within LIVE ZOOM MASTERCLASSES. You have what it takes, you love natural health and lifestyle choices, and being apart of a wellness community. Online community are here to supported every step of the way.

[REGISTER HERE](#)



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The Body Challenge Project is inspired by
my loving parents, and own health journey.
Thank you for participating in the 365 Glow
Body Challenge.

A woman with blonde hair, wearing a white lace swimsuit and a straw hat, is shown from the waist up. She is standing on a beach with a clear blue sky and turquoise water in the background. The text 'Body Glow Diaries' is written in a cursive font, with 'Body' in pink, 'Glow' in pink, and 'Diaries' in black. The text 'RISE & SHINE' is written in a large, bold, pink sans-serif font.

*Body
Glow
Diaries*

RISE &
SHINE

CHALLENGE PLANNER

[illegible]

Before Photos - Personal Progress
Inbody570 Scan Or Measurements
Download Mobile Wix.com App
Monthly - Fitness Test
- Nutrition Challenge
- Live Q&A Workshops

I CAN & I WILL. WATCH ME.

BODY SCAN

MEASUREMENT AND FITNESS TRACKER

Your measurements and fitness test will be completed at the beginning and end of each 4-week session. This will give you the whole picture of your results and how you are improving (ie. how much stronger you are, how your cardio has gone up, how much tighter you've become!). Remember to always look at your progress on a whole and not to get obsessed with the numbers!

NAME:

DATE:

AGE:

TOTAL BODY MEASUREMENTS			
	START	4 WEEKS	8 WEEKS
BODY WEIGHT			
ARM – upper left & right			
CHEST – at nipple line			
WAIST – at belly button			
BUTT – at widest part			
THIGHS – upper left & right			
TOTAL INCHES			

LEVEL UP!

LEVELS AND MODIFICATIONS

Cheat Sheet

This sheet is designed to give you a quick reference guide for levels and modifications that can be used for common exercises.

EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
SQUATS	Half way down or wall sit for isometric control	Full 90 degree angle	Add jump at top or heel raise
LUNGES	Half way down / use wall for support	Full lunge with back knee coming few inches off ground	Add plyometric at top or elevation for back leg
PUSH UPS	On wall	Knees	Toes and for more intensity add plyometric movement at top or shoulder taps or slow cadence
SPRINTS	Power walk	Sprint	Sprint with weights
BURPEES	Step back variation	Full burpee	Full burpee with chest hitting floor each time
HIGH KNEES	March	Run	Moving forward and or backwards
HEEL KICKS	Heel to bum step	Run heel to bum	Jump both heels to bum at same time
JUMPING JACKS	Step out with feet arms maintain similar motion	Standard jumping jack	Touch floor squat in centre and jump both feet off ground at extension
PLANKS	Plank alternate knee down	Full plank	Alternate arm and leg extended or plank and add hip raises
CRUNCHES	Chest up towards ceiling controlled	Chest up and knees up in 90 degree angle	Knees in frog position on floor with full crunch up in centre
BICYCLE	Legs only	Bicycle standard	V sit position bicycle for more intensity add straight legs
SUPERMANS	Alternate arms and leg raises on belly	Arms and legs raise at same time	Arms and legs raise hold at top and pull elbows to ribs and legs together then full extension

Fitness Goddess

COLLECT FIT BADGES &
WORKOUT WITH THE WIX MEMBERS APP

WHY SHOULD YOU NEVER SKIP LEG DAY?



No more
chicken legs



Can reduce
lower back pain



Makes you look
more balanced



Improves
upper body lifts



Burns more
calories



Reduces risk
of injury

FITNESS TEST

	START	4 WEEKS	8 WEEKS
PUSH UPS			
BURPEES			
SQUATS OR SQUAT JUMPS			

10K Steps a Week

WHICH IS FIRST?

CARDIO OR WEIGHTS

Cardio if...



- You're training for a race
- Your #1 goal is cardiovascular health and fitness

Weights if...



- You're trying to get leaner
- You want to gain muscles and get stronger



NUTRITION TRACKER

Keeping track of your habits is easy.

If there is a white box, you have to do that habit for that day. If you do the habit, put a check mark. If you don't, put an x. In order to achieve maximum results, you need to keep to your habits 90% of the time through the challenge. That means you need at least 63 check marks.

Good luck!



HABIT #1 — DRINK ZERO CALORIE BEVERAGES



HABIT # 2 — ADD IN A GREEN SMOOTHIE OR VEGGIES



HABIT #3 — SWAP OUT THE "WHITE STUFF"



HABIT #4 — DITCH THE DAIRY

Day	WK #1	WK #2	WK #3	WK #4
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28				



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Day	WK #1	WK #2	WK #3	WK #4
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HABIT # 2 — ADD IN A GREEN SMOOTHIE OR VEGGIES



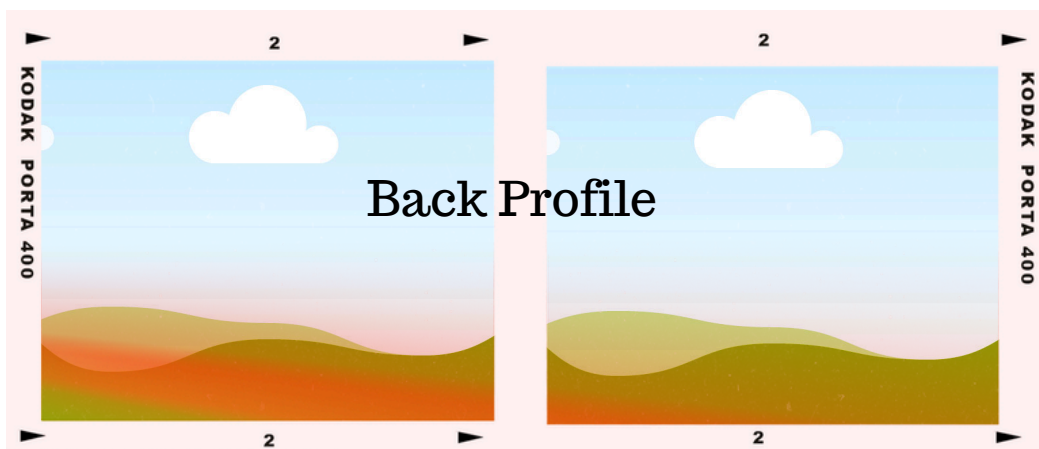
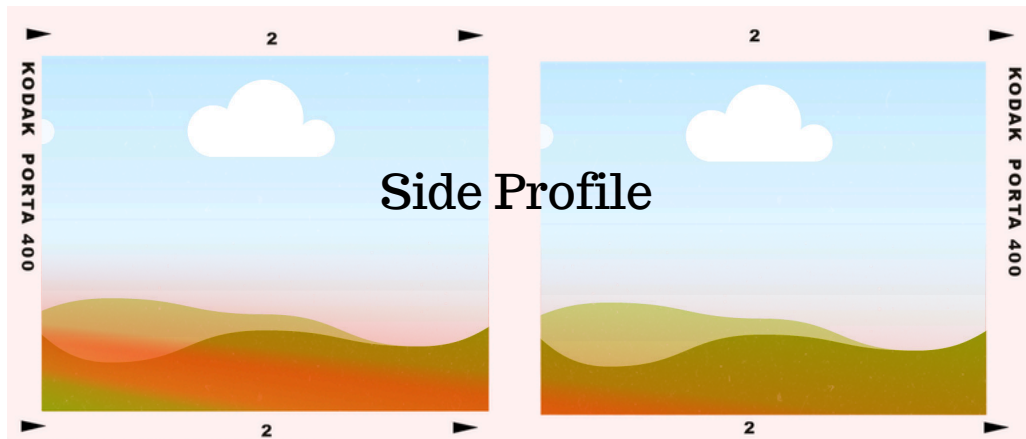
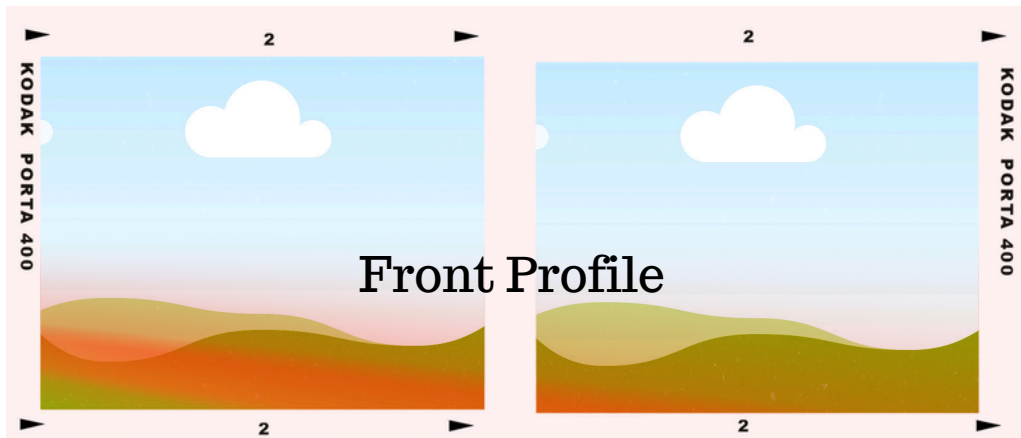
HABIT #3 — SWAP OUT THE "WHITE STUFF"



HABIT #4 — DITCH THE DAIRY

Day	WK #1	WK #2	WK #3	WK #4
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PROGRESS PHOTOS



MIND RESET

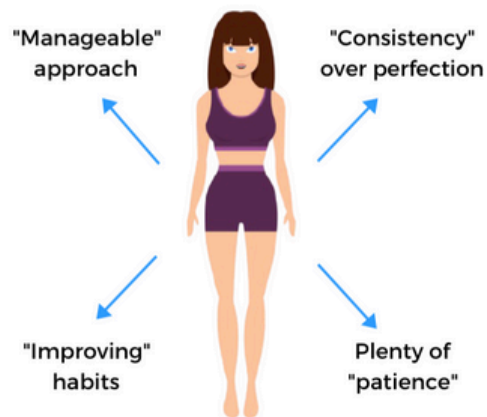
THE RIGHT MINDSET FOR FAT LOSS

"Short-term" mindset



A "motivated" dieter
can lose weight very
quickly...

"Long-term" mindset



...But a "committed" dieter
keeps the weight off
forever

REWARDS

TIME FOR

Self-Care

Daily mood tracker OR Daily gratitude list

Afternoon nap OR Early bedtime

Time with family OR Time with friends

Lunch with a friend OR Lunch by myself

Scented candles OR Essential oils

Stay indoors OR Stay outdoors

Warm blankets OR Soft socks

Sheet facial mask OR Clay facial mask

Meditate OR Deep breathing

Social media break OR Break from work

*You Can
Do This!*

Grand Prize

Major Prizes Pool*

What wellness kit would best support you?





Wellness

PLAN DAILY RITUALS

DAY

MUST DOS

BENEFITS

M

1 -2 litres Water, 9AM

natural detox daily

T

Relaxing Bath, 8PM

Reduce stress and toxic hormonal responses

W

Black Coffee, 2PM

Stop and breathe

T

, AM
, PM

Because you are worth it!

F

, AM
, PM

S

, AM
, PM

S

Set new focus goals

START FRESH EACH DAY

WEEKLY RITUALS PLANNER

A woman is lying down, receiving a facial treatment. A hand is holding a textured, heated towel against her face. To the right, a lit candle in a glass holder is visible. The overall atmosphere is relaxing and spa-like.

RELAX IT'S SUN DAY

PLAYMORE

REMEMBER TO REST AND TAKE DEEP BREATHS