



**28 DAY CHALLENGE**

**DAY 21-28**

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## 28 Day Last 7 days!

To ramp things up over the last 7 days of the plan here are your steps!

Go back to week one nutrition and try and keep your carbs low.

<https://www.davidkingsbury.co.uk/wp-content/uploads/2023/04/28-Day-Food-List-.pdf>

Choose from the vegetables and protein options for the base of every meal.

Try and get 10k steps in every day. This will help burn a few extra calcs and get the metabolism rolling.

Continue to focus on sleep quality and hydration every day