

S U M M E R   S L I M D O W N

# May Challenge

WORKBOOK FROM  
@GETFITWITHGEO

# day 1 WEIGHT & MEASUREMENT

MAY 1ST

Date:

Arm:

Chest:

Waist:

Hips:

Thigh:

Calf:

Weight:  /Lbs

SEND A PICTURE OF THIS TO  
@GETFITWITHGEO OR TAG ME IN STORIES!

# mindset JOURNAL FROM @GETFITWITHGEO

START DATE

WHAT IS MY WHY?

MY EMOTIONS

MY GOAL

START WEIGHT

SLEEP QUALITY?



MY FEARS

FINAL THOUGHTS

# MAY - SUMMER SLIMDOWN CHALLENGE

WITH @GETFITWITHGEO

WEIGH IN ON  
MONDAYS!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DID YOU STAY 100% ON PLAN?</b>	<b>1</b> YES / NO	<b>2</b> YES / NO	<b>3</b> YES / NO	<b>4</b> YES / NO	<b>5</b> YES / NO	<b>6</b> YES / NO
<b>7</b> YES / NO	<b>8</b> YES / NO	<b>9</b> YES / NO	<b>10</b> YES / NO	<b>11</b> YES / NO	<b>12</b> YES / NO	<b>13</b> YES / NO
<b>14</b> YES / NO	<b>15</b> YES / NO	<b>16</b> YES / NO	<b>17</b> YES / NO	<b>18</b> YES / NO	<b>19</b> YES / NO	<b>20</b> YES / NO
<b>21</b> YES / NO	<b>22</b> YES / NO	<b>23</b> YES / NO	<b>24</b> YES / NO	<b>25</b> YES / NO	<b>26</b> YES / NO	<b>27</b> YES / NO
<b>28</b> YES / NO	<b>29</b> YES / NO	<b>30</b> YES / NO	<b>31</b> YES / NO			

## EVERY DAY

- ☐ 5 FUELINGS
- ☐ 1 LEAN & GREEN
- ☐ NO MORE THAN 3 CONDIMENTS
- ☐ 64 MINIMUM OUNCES OF WATER
- ☐ TRY TO WALK AT LEAST 5,000 STEPS

## HABITS

- ☒ STAY POSITIVE
- ☒ STOP. CHALLENGE. CHOOSE.
- ☐
- ☐
- ☐

## KEY LINKS

[LEAN & GREEN  
GUIDE](#)

[DINING OUT  
GUIDE](#)

[OPTAVIA APP  
FOR RECIPES](#)

[RECIPES ON  
MY BLOG](#)

[FOLLOW ME ON FB / INSTAGRAM FOR CHECK INS  
@GETFITWITHGEO](#)

## Notes

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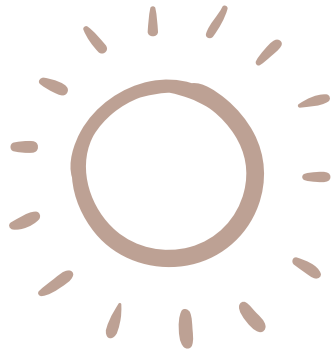


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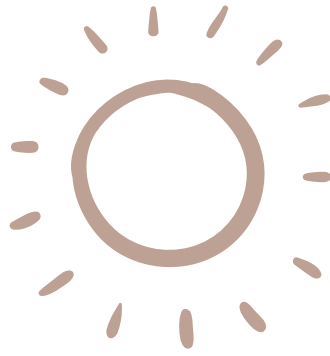


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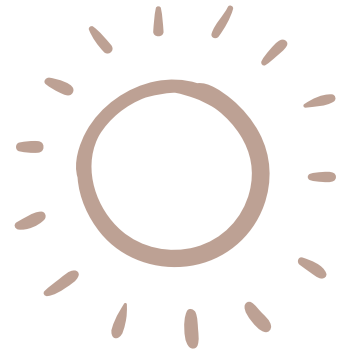
# *weekly lbs lost* TRACKER



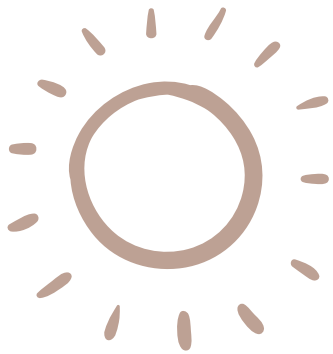
DAY 1



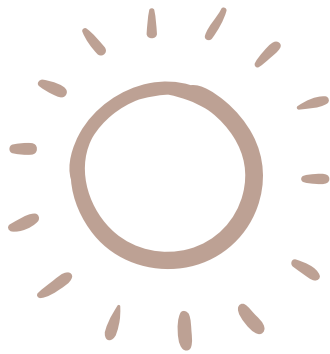
WEEK 1



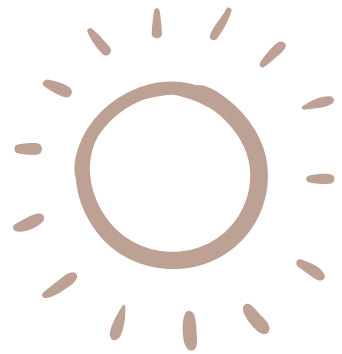
WEEK 2



WEEK 3



WEEK 4

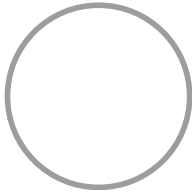
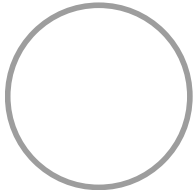
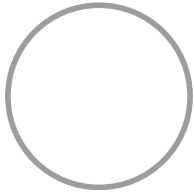
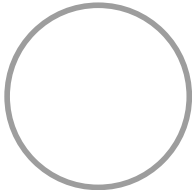
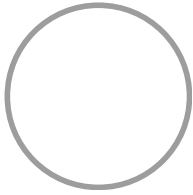
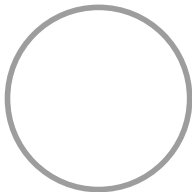
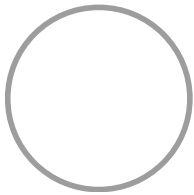
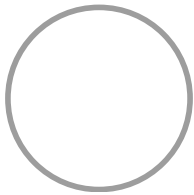
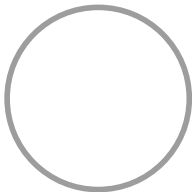
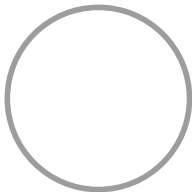
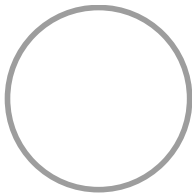
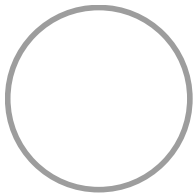
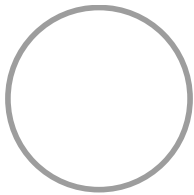
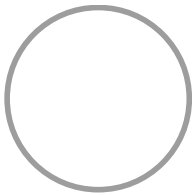
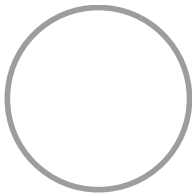
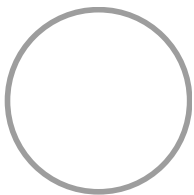
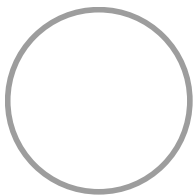
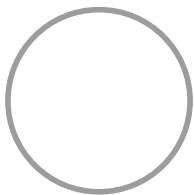
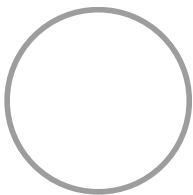
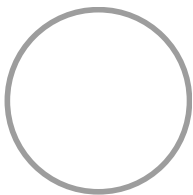
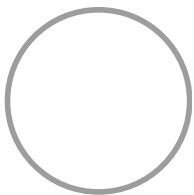
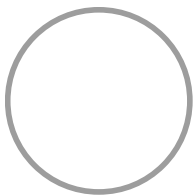
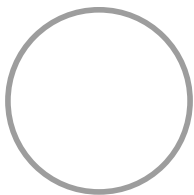
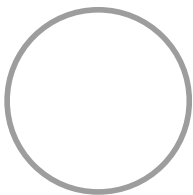
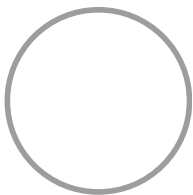
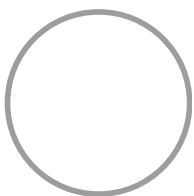
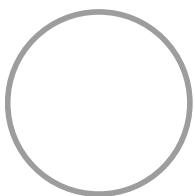
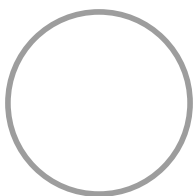
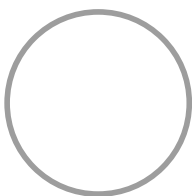
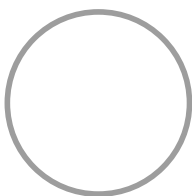


THE 31ST

SEND A PICTURE OF THIS TO  
@GETFITWITHGEO OR TAG ME IN STORIES!

# *pounds lost* TRACKER

1 CIRCLE = 1 LB

# CHECKLIST

WEEK OF: \_\_\_\_\_

fuelings    □ □ □ □ □

lean    □                          greens  
□ □ □

leaner    □                      healthy fat  
□ □ □

leanest    □                         □ □

condiments    □ □ □

water    □ □ □ □ □ □ □ □

fuelings □□□□□

lean □ greens □□□

leaner □ healthy fat □□

leanest □ condiments □□□

water □□□□□□□□

fuelings    □ □ □ □ □

lean    □                  greens  
□ □ □

leaner    □              healthy fat  
□ □ □

leanest    □                 □ □

condiments    □ □ □

water    □ □ □ □ □ □ □ □

*you can do this*

Get Fit With Geo

[illegible]

fuelings □□□□□

lean □ greens  
leaner □ □□  
leanest □ healthy fat  
□□

condiments □□□

water □□□□□□□□

fuelings □□□□□

lean □ greens  
leaner □  
leanest □ healthy fat  
condiments □□□

water □□□□□□□□

fuelings    □□□□□

lean      □

leaner     □

leanest    □

greens  
              □□□

healthy fat  
                □□

condiments    □□□

water    □□□□□□□□

# day 31 WEIGHT & MEASUREMENT

MAY 31ST

Date:

Diagram illustrating body measurements for a person standing. The measurements are labeled as follows:

- Arm:
- Hips:
- Calf:
- Chest:
- Waist:
- Thigh:
- Weight:  /Lbs

SEND A PICTURE OF THIS TO  
@GETFITWITHGEO OR TAG ME IN STORIES!



# eat this daily

## FUELINGS

5 FUELINGS

## LEAN & GREEN

3 SERVINGS OF GREEN

+ *ONE OF THE BELOW...*

7OZ OF LEANEST + 2 HEALTHY FATS

6OZ OF LEANER + 1 HEALTHY FAT

5OZ OF LEAN + NO HEALTHY FATS

## CONDIMENTS

3 CONDIMENTS

\*THESE ARE OPTIONAL BUT ALLOWED DAILY

## OPTIONAL SNACK

1 OPTIONAL SNACK

\*THIS IS OPTIONAL BUT ALLOWED DAILY

# Redirect Unhealthy Behaviors

The critical mechanism Dr. A teaches is to redirect your unhealthy behaviors. This helps you to instantaneously take back control.

In essence, you are breaking the cue driven response by becoming aware of unhealthy triggers. Use this any time you are feeling stressed, perceive a threat, or sense any other negative feeling.

## STOP.

Refocus on that exact moment instead of automatically reacting. I have people take a drink of water so they don't respond negatively with words or actions. Just Stop.

## CHALLENGE.

Instead of responding with an impulse-driven bad habit, ask yourself "Why am I feeling this way?" and question if making a knee-jerk response serves your best interest. Here is where you bring in the discipline of correct choice by picking the healthy response that supports your long-term wellbeing.

## CHOOSE.

The response that supports your more important desire, which is long-term health.

# You can do This!

PRINT THIS FOR YOU TO UTILIZE DAILY FOR  
THE MAY CHALLENGE!

FOLLOW ALONG WITH ME ON INSTAGRAM  
FOR DAILY TIPS AND RECIPES!

DOWNLOAD & PRINT AT HOME OR GET  
PRINT & BOUND AT STAPLES / FEDEX /ETC!



SHOP MY AMAZON STOREFRONT FOR  
PLAN FAVORITES.  
[AMAZON.COM/SHOP/GETFITWITHGEO](https://AMAZON.COM/SHOP/GETFITWITHGEO)

## Hi, I'm Georgia



Thank you participating!

**I can't wait to see what you get done  
this week!**

I love to post plan tips, recipes, hacks,  
motivation & more! Click the icons below  
to follow along with me.

