

24 Day Guide Intermediate

You average 3 workouts per week

Jumpstart your fitness routine with 24 days of expert tips and workouts. Go to 24DAYSMASTART.COM to choose your program, then use this guide as one example of how you can bring it to life. Adapt it as needed to fit your schedule, and get on your way to getting results.



Day 1 <small>PREP</small>	Day 2 <small>PREP</small>	Day 3 <small>PREP</small>	Day 1	Day 2	Day 3	Day 4
<ul style="list-style-type: none"> <input type="checkbox"/> Write down goals <input type="checkbox"/> Clean out fridge 	<ul style="list-style-type: none"> <input type="checkbox"/> Do free consultation <input type="checkbox"/> Buy healthy food 	<ul style="list-style-type: none"> <input type="checkbox"/> Put workouts, sleep & downtime on calendar <input type="checkbox"/> Watch Week 1 videos 	<ul style="list-style-type: none"> <input type="checkbox"/> Workout 1A <input type="checkbox"/> Begin watching Metabolic Tips videos 	<ul style="list-style-type: none"> <input type="checkbox"/> Do 25 minutes of intervals on treadmill 	<ul style="list-style-type: none"> <input type="checkbox"/> Workout 1B 	<ul style="list-style-type: none"> <input type="checkbox"/> Take a walk <input type="checkbox"/> Plan meals and shop for week <input type="checkbox"/> Download 24Life™ Magazine
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
<ul style="list-style-type: none"> <input type="checkbox"/> Repeat Workout 1A <input type="checkbox"/> Watch Week 2 videos 	<ul style="list-style-type: none"> <input type="checkbox"/> Take an indoor cycling class. Arrive early and ask your instructor for a personalized bike fit. 	<ul style="list-style-type: none"> <input type="checkbox"/> Workout 2A 	<ul style="list-style-type: none"> <input type="checkbox"/> Draft your ideal start to each day 	<ul style="list-style-type: none"> <input type="checkbox"/> Workout 2B <input type="checkbox"/> Try a yoga or Pilates class 	<ul style="list-style-type: none"> <input type="checkbox"/> Play tag with family or friends for 20 minutes <input type="checkbox"/> Start a sleep log 	<ul style="list-style-type: none"> <input type="checkbox"/> Repeat Workout 2A <input type="checkbox"/> Plan meals and shop for week <input type="checkbox"/> Begin recording what you eat
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
<ul style="list-style-type: none"> <input type="checkbox"/> Watch Week 3 videos <input type="checkbox"/> Read a 24Life™ article on meditation 	<ul style="list-style-type: none"> <input type="checkbox"/> Workout 3A 	<ul style="list-style-type: none"> <input type="checkbox"/> Read about stretching on our blog. Start a stretching routine. <input type="checkbox"/> Review your consultation results 	<ul style="list-style-type: none"> <input type="checkbox"/> Workout 3B <input type="checkbox"/> Change at least 1 thing based on Metabolic Tips 	<ul style="list-style-type: none"> <input type="checkbox"/> Sore yet? Try a low-impact workout on an elliptical machine. 	<ul style="list-style-type: none"> <input type="checkbox"/> Repeat Workout 3A <input type="checkbox"/> Enjoy movie night with a healthy snack like fruit or air-popped popcorn. 	<ul style="list-style-type: none"> <input type="checkbox"/> Plan meals and shop for week <input type="checkbox"/> Try a new outdoor activity
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Celebrate!
<ul style="list-style-type: none"> <input type="checkbox"/> Watch Week 4 videos <input type="checkbox"/> Challenge! Do 20 of each. Repeat for 20 min: pushups, air squats, lunges, crunches, jumping jacks 	<ul style="list-style-type: none"> <input type="checkbox"/> Workout 4A 	<ul style="list-style-type: none"> <input type="checkbox"/> List 5 things you are grateful for physically <input type="checkbox"/> Plan ahead: Book preventative healthcare appointments 	<ul style="list-style-type: none"> <input type="checkbox"/> Workout 4B 	<ul style="list-style-type: none"> <input type="checkbox"/> Look back at your food log. What needs to change? <input type="checkbox"/> Stand as much as possible today 	<ul style="list-style-type: none"> <input type="checkbox"/> Repeat Workout 4A <input type="checkbox"/> Meditate on your progress...how can you be more successful? 	<ul style="list-style-type: none"> <input type="checkbox"/> Try a dance class and celebrate your new vitality <input type="checkbox"/> Take a picture and record your measurements <input type="checkbox"/> Set new goals and keep your momentum