

**MILKY**

*Fitness*

**CHALLENGES**

# MILKY FITNESS CHALLENGES

## WHEN?

Registration opens on the 1st of the month at 12pm EST. (Aside from Black Friday, which will take place at 9 am EST)

## WHERE TO PURCHASE?

<http://www.thehabitualfitness.com/challenges>

(Products will show up at 12 pm EST)

## WHAT ARE THE MONTHLY CHALLENGES?

The monthly challenges are a paid, private support group that includes a wide list of things to help support your postpartum journey, whether it be weight loss, weight gain, or maintaining your weight and just getting healthier. This program was designed with breast feeders and pregnancy as the priority, but you do not have to be either to participate!

## WHAT IS THE PROCESS?

[https://youtu.be/MaY\\_3ckW4KI](https://youtu.be/MaY_3ckW4KI)

Make sure you message the Milky Fitness LLC Facebook Page with your order number.

Your order number is displayed on screen immediately after purchase!

<https://www.facebook.com/milkyfitnessllc?mibextid=LQQJ4d>

\*\*Once you message the Milky Fitness LLC Page, you likely will get an automated reply. Please remember there are hundreds of messages coming in at once. IF you have your order number, you are FINE. Just message it to us and we will respond within 5-7 days. IF you can't find your order number in the email or on screen after purchase, you STILL need to message

us and provide us with the email address and name of the purchaser so we can manually pull your order number.\*\*

Information AFTER your purchase:

<http://www.thehabitualfitness.com/groupfiles>

Group links to join your Challenge group after purchase: YOU will need to request to join you group after you purchase- we will not tag you in any links.

<http://www.thehabitualfitness.com/challenge-group-links>

## LET'S TALK COSTS:

**NEWCOMERS** - \$99 - Per Month

**RETURNING MEMBERS** - Will register our website and earn points on their purchases. \$1 = 1 point.

50 pts is 5% off

100 pts is 10% off

150 pts is 15% off

\*3 Month Packs- \$275 ONLY offered quarterly!

\*6 Month Packs- \$500 ONLY offered Black Friday (for January-June) and June 1st (for July-December)

### **INCLUDED**

- Meal guide: Based on your individual caloric needs (there is a video in the announcements that breaks down the plans and how they look assigned by caloric brackets.)
- (NO Vegan or Vegetarian options. You will not be permitted to participate.)
- Workout plan: Gym, Home, AND YouTube based are all uploaded into the group for you! (Working out is not required (we calculate your calories to reflect your need))
- Grocery list: Fill in the blank format

- Q+A with the owners and creator of Milky Fitness
- How-to example document for your workouts
- Recipes that are meal plan friendly
- FAQ to help guide you through the journey
- Substitution lists: To appease even the pickiest of eaters and assist with allergies.
- Private accountability group to track progress, share photos/recipes, and support!
- Lactation Support! We have an IBCLC on our team to help assist with any milk supply concerns!

**\*WE DO NOT OFFER VEGETARIAN OPTIONS! (DO NOT PURCHASE IF YOU DO NOT EAT MEAT)**

**\*DAIRY FREE, AND GLUTEN FREE MEAL SUBSTITUTIONS ARE ASSISTED WITH.**

**\*YES THESE ARE BREASTFEEDING SAFE!**

**\*YES THESE ARE PREGNANCY SAFE!**

## **ADDITIONAL COSTS INCLUDE:**

- Protein powder (With specific parameters, we recommend Biohealth but this info will be provided in your challenge group.) Typically \$40-\$60 ish- depending on your taste.(Less than 185 cal per serving and less than 9g carbs per serving. A minimum of 20g of protein per serving). \*Get as close to 150 cal per scoop as you can!\*
- Kitchen Scale: \$10ish, on amazon
- Resistance band for home workout plan (IF you choose the home option)- posted on site. \$10

# CAN MY PARTNER JOIN ME?

## **YES OF COURSE!**

We have two options for your spouse or significant other to join you. One has a “with group” option, and the other is the meal plan only. The group option includes all of the same components as the women’s group option while the no group option is just the meal plan. The spouse add-on product allows them to join you to support you on your journey- while also having their own plan. This would mean they have the same meal items, but portions that are custom to their need and goal.

## **SPOUSE ADD ON WITH GROUP OPTION: \$60**

This will be a men’s group- just like the female structure. If your spouse is a female- they will be added to the women’s group. This CANNOT be the challenge participant’s parent- it is open to a spouse only. In addition to their own meal plan, they will get one adjustment as needed, group uploaded workout plans, and additional correspondence coached by Master Trainer Paul Harris. He will help them fine tune their goals in a male aspect. Paul will use the group to educate and guide. It will mimic the women’s side of the program, but 100% tailored to man talk and man goals and man supplements!

## **SPOUSE ADD ON WITHOUT GROUP OPTION: \$40**

This product is only available for the spouse or immediate family of challenge purchasers. This can be your partner, mom, dad or sibling. This does NOT grant the Spouse Add-on participant access to the challenge group- this only allows for the meal plan to be sent to you when you receive your plan.

This option does not come with workout plans for them, or any adjustment they may require due to

changes in activity level etc.

This product is available for one per challenge participant unless prior approval was given. You can always reach out and ask if you can purchase more than one add on!

\*Because of the liability and care required, the spouse cannot be pregnant or breastfeeding they will need a general challenge spot instead.

## **ADDITIONAL INFORMATION!**

We have to schedule and sign up a month out because we need 2 weeks to get everyone added into the private accountability group, and then additional time to take in everyone's individual stats (age, height, weight, activity level, allergies, nursing information, pregnancy information etc.)

Once you are in your group- two weeks prior to the start date, you will submit your stats and information so we are able to calculate your needs. From there, you all are assigned a plan that suits your caloric needs.

\*You do not have to work out. You simply tell us what you are committing to or what you do, and we calculate it for you. Approximately 5-6 days prior to your start date (so you have time to shop and meal prep), you will be given your plan to follow and your grocery list! You will be given the opportunity to ask questions, bounce ideas off of each other and returners that have been around for a while etc.

## **THE MEAL PLANS**

Meal plans are not all chicken, rice, and broccoli. You will have a variety of foods, sometimes wine, halo top ice cream, fruit, French toast, breakfast skillet, crock pot recipes, etc. Dairy free options are available and we will help you if you have more allergies to work around- you are not alone.

**WE ARE UNABLE TO ACCOMMODATE VEGETARIAN OR VEGAN OPTIONS RIGHT NOW - WE APOLOGIZE.**

## **WORKOUT PLANS**

These are provided in 3 types. They are uploaded into the group files for each week. You have the option to do your own (personal trainer, beach-body, bootyking etc) OR you can choose one of ours. We offer a home workout with bodyweight, a HIIT style gym workout, and a workout that is virtual (popsugar type). You are not required to workout- your calories will simply reflect your activity level.

## **ACCOUNTABILITY**

You are in a private group of other women that are on the same type of plan (your calories vary, but you are all eating the same foods), this allows you to share ideas on how you're prepping and preparing for the upcoming week. The groups aren't just about meals and workouts though. We celebrate birthdays, weddings, pregnancies, and non scale victories.

We mourn loss, whether it be family, friends, or unemployment. Most importantly, we encourage. We are a big family. If you are having a bad day, post about it.

**YOU ARE NEVER ALONE.**

## **PHOTOS**

No one is required to take photos. The photos you see are taken by members that want to track their progress and feel comfortable sharing or giving us permission to share. If you are not comfortable, that is okay! We just encourage you to take them for yourself! The scale is a tricky monster.

## **LACTATION**

You do NOT have to be a breast feeder. We have several moms of teenagers in our groups! We customize your calories to YOUR specific case and need. If you are full time nursing a newborn, your calories will reflect. If you are nursing a toddler and only need partial nursing calories, your calories will reflect. If you need help weaning, we will help you slowly adjust calories to help you wean and not risk you starving or Mastitis. If you have already weaned or are not breastfeeding, your calories will reflect!

**\*WE ALSO HAVE AN IBCLC IN EVERY GROUP TO HELP TROUBLESHOOT ANY SUPPLY ISSUES IF YOU RUN INTO THEM!**

## **WEIGHT LOSS/GAIN/TRANSFORMATION**

We do not just cater to weight loss. Several mommas are gaining weight, some mommas are maintaining their weight, and some mommas are focusing on their weight loss. This is what makes these so special- they are catered to YOU and YOUR GOALS.

# DISCLAIMERS:

\*This challenge is not one on one coaching. We will not answer private messages pertaining to swaps due to preference. All communication will be made through the group directly on a more general basis. Office hours will be enforced for communication.

\*Once purchased, you must message Milky Fitness LLC (Facebook page) your order number. If you do not follow the instructions to be added to your group or fail to make contact with us- you will miss out. Much like a gym membership, you pay us to hold your space. Whether or not you choose to “use it”, is entirely your choice.

\*Do not purchase this product if you have any underlying medical conditions that can hinder your ability to follow a meal guide- We cannot diagnose or treat medical conditions. If you have any condition that hinders your ability to lose/gain weight and requires medication, you will be asked to sign a waiver, or be removed from the program.

\*We do NOT have vegetarian options!

## **MEDICAL CONDITION DISCLAIMER REGARDING THYROID ETC.**

The thing is, we are not doctors. We are not RDs. We cannot diagnose, treat, or cure. The issue with thyroid medication that we have run into in the past is that girls will do amazing that first month, sign up again, have blood work redone, doctor changes their meds, progress slows and we get blamed for a lot of complications with frustration. This is common. We have several women that do very well and their doctors encourage them to stay with the program. Others say thank you and don't sign up. Either way- your journey is entirely out of our hands. We can calculate your calories and set you up for success in a deficit to lose the weight, but we cannot promise it will work for you, especially when medication is involved.

We cannot compete with medication. We cannot guarantee any progress, in any capacity.

If you purchased, you would be asked to agree to a waiver saying you understand and acknowledge this.