



**28 DAY CHALLENGE**

**DAY 1**

# 28 Day - Day 1

## Welcome to day 1 of the challenge!

Today is a bit of a prep day whilst also a day to start making some steps to progress. I will provide a checklist every day for things I need you to do as part of the challenge.

Today as I said is a simple day. Tomorrow will take a bit more organising as will a lot of the days on the schedule, so i will be providing those a day ahead of time.

- ✓ Download the app
- ✓ Start the hydration protocol
- ✓ Start the sleep protocols for tonight
- ✓ Get some ingredients and start making healthy choices, with protein in each meal/snack and following the low fodmap options.
- ✓ Take the survey & book a blood test (if you want to)
- ✓ Upload starting information.

## Download the app

The app just holds the training information for us so we can optimise our training. Here are the steps to get it set up.

## Create your account - **This must be done before installing app**

<https://system.davidkingsbury.co.uk/client/register-28-day>

## Download the app

<https://apps.apple.com/tt/app/david-kingsbury-coaching/id1629935000> (<https://apps.apple.com/tt/app/david-kingsbury-coaching/id1629935000>)

## Logged in

Once you have logged in at the top of the screen it will ask you to select your workout. In here you can select either the 4 day full gym or the dumbbell 4 day workout. Select your start date and time you normally train and it will schedule your training.

## Support

If you have any technical issues or need help setting up please email support on: [support@davidkingsbury.co.uk](mailto:support@davidkingsbury.co.uk) and they can help asap for you.

## **Start the hydration info**

Have a read of this document and make a start of being properly hydrated. With hydration water is the main focus and also water with electrolytes as listed. You can have flavored water etc if you want to. But for now let's avoid sodas etc. You can still drink coffee but not after 2pm if on a normal schedule. No alcohol at all for now.

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

## **Start the sleep protocols**

These simple steps will get you sleeping better and optimizing recovery and hormone function. So make a start on them today.

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

## **Get some ingredients**

Start stocking up on a few bits that you like and start building some meals. Focus on protein first with plenty of low fod map fruit and veg. You can use some sauces but try and avoid anything that irritates digestion, so not too much spice or flavor ( no mustard etc) we want to keep the food very plain to start with. Think salt and pepper, lemon, herbs etc

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

## **Take the survey or get bloods**

Here is a link to the survey. This will give you a score. Make sure you add this score to your progress info. <https://davidkingsbury.typeform.com/to/CMD46U4Z>

If you want to get bloods done in the next few weeks then great.

## **Upload starting information**

For this part I need you to take before photos and also log your weight and add your score from the survey. If you want to do bodyfat and waist measurements etc then please do.

Once you have taken this you can upload it here - <https://discord.com/channels/1097499696433467473/1100502246044733480>