

Worksheet Day 1

The 5 Day Challenge

Fuel Your Passion

Action Points

1. Read through the [NTX Recipes >>](#) and mark out some you'd like to try.
2. Read through [The Shopping List >>](#)
3. Watch the video, [The Shopping List Explained](#) below and post any questions you still have in the group
4. Go shopping and buy what you'll need
5. Start eating delicious, nutritious food and watching the weight fly off, whilst your energy goes through the roof!
6. Download [Introducing Farmer Fitness >>](#) and start doing the easy workout explained within.

Click The Picture Below To Watch The Video

