

Maintain, Don't Gain

Holiday Challenge 2012

Initial Weigh-In:
(November 22, 2012)

Challenge of the Week		Challenge Completed							Weekly Challenge Completed
		Th	F	Sa	Su	M	T	W	
Week 1: 11/22 – 11/28 11/22 weigh-in:	Thanksgiving Week! Know your limits, say «no thanks» to seconds, and this week be sure to get 5 x 30-minute sessions of sustained activity . This can be walking, running (inside or outside), dancing, heavy-duty house work, anything that gets your heart rate up for at least 30 minutes. Get a head start and mark your workout days at the beginning of the week.								
Week 2: 11/29 – 12/5 11/29 weigh-in:	You're probably sick of leftovers, so shoot for 8 servings of fruit/veggies every day this week. One serving size is defined as: fruit (1 med pc or ½ c cut), veggies (½ c cut), leafy greens (1 c ~ 4 leaves), cooked leafy greens (½ c), dried fruit (¼ c), dry beans or peas (½ c cooked).								
Week 3: 12/6 – 12/12 12/6 weigh-in:	The holiday goodies are all around, but you are strong! You know how happy you'll feel starting the new year on the right foot (and in your skinny jeans!) Abstain from eating your favorite indulgent fatty food for 6 days this week. It can be chocolate, cheese, cookies...just pick your weakness and conquer it! <i>Except on my cheat day, I won't eat: _____</i>								Choose your cheat day at the beginning of the week
Week 4: 12/13 – 12/19 12/13 weigh-in:	<i>Party party party!</i> The days are filled with holiday cheer and lotsa booze! Did you know that 8 oz of alcoholic egg nog can have upwards of 850 calories? Drink no more than 10 alcoholic drinks for the entire week. (Mark how many you have in a day). 1 drink = 1 beer, 6 oz wine, or 1 oz liquor.								Total drinks this week:
Week 5: 12/20 – 12/26 12/20 weigh-in:	<i>Christmas Week!</i> You've shopped til you dropped, wrapped, decorated, baked, corresponded, and just dried yourself out. This week focus on staying hydrated. Drink at least 64 oz of water each day this week. You may be busy with family and friends this week, but again, be sure to get 5 x 30-minute sessions of sustained activity . Schedule exercise like an appointment and stick to it.								
Week 6: 12/27 – 1/2 12/27 weigh-in:	Whew! What a holiday season. You've made it through with your sanity and your waistline intact. Finish off the challenge by choosing 2 challenges that will make YOU feel great. Challenge 1: _____ Challenge 2: _____								

Additional challenge ideas:

- Walk at least 30 minutes/day
- Complete 3 x 15-minute resistance-training sessions this week
- Do 30 each daily: push-ups, squats, sit-ups

Final Weigh-In:
(January 3, 2013)

My reward for completing the challenge is:

I want to complete the challenge because:

How it works:

- Weigh-in Thursday morning each week
- Final weigh-in is Thursday, 1/3
- Do this for yourself. You deserve the gift of good health! Choose a reward you're willing to work for.
- Earn your reward by maintaining your weight for the 6-week period AND completing your weekly challenge.