



Holiday Challenge!

Name: _____

Building: _____

This holiday season, the only thing that should be “stuffed” is the turkey. On average, a person will gain 1 - 5 pounds over the holiday season. While it doesn’t sound like much, most people never manage to lose these extra pounds. **Eat smart. Move more. Drink more water. Maintain and DON’T GAIN.**

Participation Rules:

INITIAL WEIGH IN: November 21 - 26, 2019; **FINAL WEIGH OUT** January 6 - 8, 2020

Take weights at your building. Witness required.

MUST COMPLETE each weekly challenge all 5 weeks!

SUBMIT tracking form to health@fsd145.org **NO LATER THAN Thursday, January 9th.**

To earn 100 points and qualify for the monthly drawing you must complete the weight challenge as well as your weekly challenges.

Completed forms must be submitted to **health@fsd145.org** NO LATER than Thursday, January 9th. Winner of the drawing will be chosen Friday, Jan. 10th. Points for this challenge **will NOT** count towards your yearlong Wellness Program if turned in after **Thursday, Jan. 9th.** Forms received after this date will not be accepted.


Initial Weigh In: November 21 - 26, 2019


_____ lbs. Witness Signature: _____


Final Weigh Out: January 6 - 8, 2020


_____ lbs. Witness Signature: _____


_____ (+/- lbs.) Must maintain weight within **+3** pounds between weigh in and weigh out.

	Weekly Challenge		Check off the day completed.
Week 1: 11/24 - 11/30	Thanksgiving Week! Know your limits and say “no thanks” to second helpings. Get 30 minutes of moderate physical activity that raises your heart rate to improve heart health and stay hydrated by drinking 64 oz. of water daily. Minimum 3 days required in each area.		Physical Activity: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

	Weekly Challenge		Check off the day completed.
Week 2: 12/1 - 12/7	Eat 5 - 9 servings of fruit/veggies per day this week to boost your immune system and drink 64 oz. of water daily to stay hydrated. Minimum 4 days required in each area.		Fruits/Vegetables <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

	Weekly Challenge		Check off the day completed.
Week 3: 12/8 - 12/14	The holiday goodies are everywhere! Challenge yourself by picking a weakness & don't eat it for a week and drink 64 oz. of water daily to stay hydrated, promote weight management and help fight off those cravings. Minimum 4 days required in each area.		I won't eat: _____ <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

	Weekly Challenge		Check off the day completed.
Week 4: 12/15 - 12/21	Days are filled with holiday cheer & stress! Reduce stress and make time for yourself by clearing your mind. Practicing relaxation breathing, meditation, read/listen to a book each day. And , drink 64 oz. of water for mental clarity and improve your mood. Minimum 4 days required in each area.		Relaxing: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

	Weekly Challenge		Check off the day completed.
Week 5: 12/22 - 12/28	Almost done! Stay focused on what you've worked so hard for. Healthy habits have been learned. Choose a challenge that will make YOU feel awesome and stay focused with drinking 64 oz. of water daily to stay hydrated. Minimum 4 days required in each area.		My challenge: _____ <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA