

# BLC33 WK4 - CONSISTENCY not COMPENSATION CHALLENGE

## Fill your CART with Healthy Choices!

You can't out-train a poor diet. No matter how hard try in the gym or on the track, a lean body and top athletic performance comes mostly from smart food choices. Consistency (i.e. small daily actions you do every day) works better than compensation (i.e. frantically trying to make up for a "mistake"). You feel better when you focus on consistency.

More in control. More relaxed. Happier.

Enjoy exercise and movement because it makes you stronger, healthier, and fitter  
not because it's compensation for being "bad".

Remember almost ALL Healthy foods usually contains real food!

**C**reate (and consume) a healthy recipes this weekend. Share your recipe and results with the team.

**25 Point for trying a Healthy Recipe & 25 Points for sharing! (total 50 pts possible) \_\_\_\_\_/50**

**A**dvance planning your meals for the weekend can help you stay on track. Plan your meals and try to include as many healthy foods as you can. **50 points for planning your meals. \_\_\_\_\_/50**

**R**eally eat it. Did you stick to your plan? **5 Points per meal you stuck to your plan. Use table to track staying on your plan. Max points 80**

	BREAKFAST	LUNCH	DINNER	SNACK
FRIDAY	/5	/5	/5	/5
SATURDAY	/5	/5	/5	/5
SUNDAY	/5	/5	/5	/5
MONDAY	/5	/5	/5	/5

FRI \_\_\_\_\_/20 SAT \_\_\_\_\_/20 SUN \_\_\_\_\_/20 MON \_\_\_\_\_/20 ( \_\_\_\_\_/80)



**T**rack it. Log your food into whatever tracking system you use. Staying aware is half the battle. Be honest with yourself.

**25 Point per day tracked. FRI \_\_\_\_\_/25 SAT \_\_\_\_\_/25 SUN \_\_\_\_\_/25 MON \_\_\_\_\_/25 ( \_\_\_\_\_/100)**

**FUN - Have some fun doing any kind of fitness for at least 15 minutes per day - 25 pts per day**

FRI \_\_\_\_\_/25 SAT \_\_\_\_\_/25 SUN \_\_\_\_\_/25 MON \_\_\_\_\_/25 ( \_\_\_\_\_/100)

### TOTAL POINT TRACKING TOOL

**C** Trying a Healthy recipes and sharing with team - Total Points = \_\_\_\_\_ (possible 50 points)

**A** Did you plan any of your meals in advance? . \_\_\_\_\_ (possible 50 points)

**R** Did you really stick to that plan? . = \_\_\_\_\_(possible 80 points)

**T** Track: Did you track your meals? 10 point per tracked day = \_\_\_\_\_(possible 100 points)

**FITNESS** = \_\_\_\_\_(possible 100 points)

**Total Points** \_\_\_\_\_(possible 380 points)

Turn in your well earned points according to YOUR TEAM'S guidelines by Wednesday, Feb 8th