

BLC33-WIDE WK8 Challenge

Keep the Faith, You Will Achieve Your Goal..Just Stay Focused

<p style="text-align: center;">Strength Training</p> <p style="text-align: center;">Strength training at least 10 minutes a day</p> <p style="text-align: center;">□ □ □ □</p>	<p style="text-align: center;">Eating Healthy</p> <p style="text-align: center;">Keep it healthy by having at least one meal with No processed foods</p> <p style="text-align: center;">□ □ □ □</p>	<p style="text-align: center;">Make sure you are on the right track!</p> <p style="text-align: center;">Review your Goals & tweak if needed</p> <p style="text-align: center;">□</p>	<p style="text-align: center;">Water is the Key!</p> <p style="text-align: center;">6 - 8 glasses of water per day</p> <p style="text-align: center;">□ □ □ □</p>	<p style="text-align: center;">Be a Tracker</p> <p style="text-align: center;">Track or journal every bite in any way that works for YOU</p> <p style="text-align: center;">□ □ □ □</p>
<p style="text-align: center;">Stretching</p> <p style="text-align: center;">Do 2 different stretches or some yoga anytime during the day!</p> <p style="text-align: center;">□ □ □ □</p>	<p style="text-align: center;">Plan Your Fitness</p> <p style="text-align: center;">Plan your fitness for the weekend</p> <p style="text-align: center;">□</p>	<p style="text-align: center;">Be Accountable</p> <p style="text-align: center;">Post something healthy you did each day in your team</p> <p style="text-align: center;">□ □ □ □</p>	<p style="text-align: center;">Let's get some Cardio!</p> <p style="text-align: center;">Do at least 15 minutes cardio</p> <p style="text-align: center;">□ □ □ □</p>	<p style="text-align: center;">Embrace the Journey</p> <p style="text-align: center;">You worked hard - time for a non food reward - share if you wish to inspire!</p> <p style="text-align: center;">□</p>
<p style="text-align: center;">Reduce Stress</p> <p style="text-align: center;">By taking some YOU time to relax</p> <p style="text-align: center;">□ □ □ □</p>	<p style="text-align: center;">Stay Motivated</p> <p style="text-align: center;">Write down 3 positive things you did at end of day & share if you wish</p> <p style="text-align: center;">□ □ □ □</p>	<p style="text-align: center;">Practice Portion Control</p> <p style="text-align: center;">Use Measuring cups for at least one serving or meal to check your portion size</p> <p style="text-align: center;">□ □ □ □</p>	<p style="text-align: center;">Learn to Substitute</p> <p style="text-align: center;">Re-Make a favorite food or meal to make it healthier</p> <p style="text-align: center;">□ □</p>	<p style="text-align: center;">Veggies are super Healthy!</p> <p style="text-align: center;">Get in at least 3 serving of veggies per day</p> <p style="text-align: center;">□ □ □ □</p>

Game Rules: The boxes “□ □ □ □” represent each time you have an opportunity to earn points Friday through Monday. You can check off each box “□” only once per day or one per activity like goal tweaking . At the end of the game count your check marks in each box to see how many points you earned! Each Box = 5 points Tracking: F (____); S (____); S (____); M (____): Total (____/245) Max points = 245

Challenge dates - Friday, March 3rd to Monday, March 6th ~ Post YOUR final points Wednesday midnight Your time zone!