

BLC36 - WEEK ONE CHALLENGE

START THE YEAR ON A POSITIVE NOTE

Positive thinking plays a significant role in getting healthy and fit! Positive thoughts can increase your motivation and energy level. When we practice healthy behaviors, healthy eating, and healthy thinking, we gain confidence within ourselves. We begin to believe we are doing a job well done because we are in tip-top shape to accomplish everything.

Time to start thinking and feeling positive with our Week One Challenge! Your **GOAL** is to Reach for the Super Positive Number of 36 Points per day.

Earn up to 36 positive points a day by completing any of the following activities once per day! Your **CHOICE** on how you mix it up...most can be repeated several times during the challenge, but some can only be done **ONCE** during the challenge....and they **DO NOT** all need to be done.



Feeling Positive about Eating Healthy

- Earn 5 point by including Fruits or Veggies that **YOU** enjoy in at least one meal per day
- Earn 5 points by eliminating any processed or fast food for at least one meal per day
- Earn 10 points by drinking at least 8 glasses of water per day



Feeling Positive about Fitness

- Earn 5 points by doing 10 continuous minutes of any kind of fitness per day
- Earn 10 points by doing 20 continuous minutes of any kind of fitness per day
- Earn 15 points by doing 60 continuous minutes of any kind of fitness per day

***Note - do all 3 activities 90 mins for 30 points



Feeling Positive about Your Journey to being Fit & Healthy

- Earn 1 points by sending a goodie with a positive message to a teammate
- Earn 5 point by posting a motivational quote in your team thread
- Earn 5 points by post a NSV on the chat thread



ONE TIME ONLY Activities

Earn 20 points - Post your **SMART GOALS** in your chat thread or a blog.

Tracking Template - Max Positive Points 144

Challenge dates - Friday, Jan 12 to Monday, Jan 15

Friday	Saturday	Sunday	Monday	Total
/36	/36	/36	/36	/144