



# Super Bowl Weekend Challenge

Week 4 - 02/02 to 02/05

This weekend is Superbowl weekend. Whether or not you are a football fan it's hard to escape the hype and fanfare involved around the big game. Know the saying, if you can't beat them join them!!

Here's how it's going to work. A football game has 4 quarters which will correspond with the 4 days that the weekend challenge will run – Friday February 2 to Monday February 5. Each day you will try to score a touchdown. You do this by completing “plays” on the list below. Each “play” you complete is worth 1 point. If you complete all six plays, you have scored a TOUCHDOWN and get 1 bonus pt for the day!

## **KICKOFF**

Kick the day off right by taking 15 minutes of “me” time.... read a book, paint your nails, meditate, catch up with a friend, whatever makes you feel good.

## **FIRST DOWN**

Complete 10 minutes of strength training or stretching..... dust off those free weights, do some yoga or look up some body weight exercises in Sparkpeople's fitness area.

## **THE RUN**

Run, walk, swim, bike, anything you want. Do something to get your heart pumping for 20 cardio fitness minutes!

## **THE PASS**

Take a pass on high calorie, unhealthy snacks and meals and make smart substitutions like fruits and veggies. Consume 5 servings of freggies, throughout the day.

## **THE TACKLE**

Tackle a bad habit – chose something to give up or a bad habit to break for the day. Don't add any salt to your food, skip the soda, forego the chocolate... whatever you choose. It can be the same thing all weekend or something different each day.

## **INTERCEPTION**

Intercept overeating by tracking your food for the day. Use Sparkpeople, another program, a notebook anything you want to log your bites, licks and tastes!

Points are totalled on a daily basis and cannot be carried over from one day to the next.

# Super Bowl Weekend Challenge Tracker

FRIDAY 1 point for each play completed Friday ~ (/6)

Bonus point for Friday TOUCHDOWN ~ (/1)

SATURDAY 1 point for each play completed Saturday ~ (/6)

Bonus point for Saturday TOUCHDOWN ~ (/1)

SUNDAY 1 point for each play completed Sunday ~ (/6)

Bonus point for Sunday TOUCHDOWN ~ (/1)

MONDAY 1 point for each play completed Monday ~ (/6)

Bonus point for Monday TOUCHDOWN ~ (/1)

**CHALLENGE TOTAL ~ (/28)**