



1900 Fast Fact: Did you know that kids have been jumping rope—or playing some type of very similar game—for hundreds of years? In the United States, jumping rope was a common way for city kids to play in the streets together from the early 1900s.

Now it's time to JUMP into BLC35.

J : Jump in and get to know your new Teammates! FIRST post on your chat thread with real information about you - what's important to know about you AND SECOND respond to your team members who post. Don't worry, you don't have to reply to EVERY person, just acknowledge or respond to at least some of your teammates. Is there someone that makes you smile? Laugh? Say "me too"? LET THEM KNOW. These connections will help carry you through the next 12 weeks and *beyond*! 25 points per day that you INTERACT on your team chat thread. Max points for 4 days = 100.

U : Utilize your Nutrition Tracker. It would be great to be able to stay within your calorie range, but the real focus of this weekend is to get familiar with your food tracker (it doesn't matter if you use Spark, an app, or a paper napkin). Knowledge is power. Know what you're eating! You don't have to be perfect to earn points. Log at least 1 meal to earn 10 points. Log every BLT (Bite, Lick, Taste) for the entire day to earn 50 points! Max points for perfect tracking for 4 days = 200.

M: Now is the time to set your BLC 35 goals for the next 12 weeks. Blog it, tell it to your team, be sure to set S.M.A.R.T Goals (Specific, Measurable, Attainable, Relevant, Time-Bound). Can be done anytime Friday through Monday. One time points awarded. 100 points.

P: Exercise! Do your cardio. Do an activity that raises your heart rate and makes you shine with sweat and pride for at least 20 minutes. 25 points per day that you exercise at least 20 minutes. Max points for 4 days = 100.

Week 1: 9/8-9/11	J	U	M	P
Friday	/25	/50	One	/25
Saturday	/25	/50	Time	/25
Sunday	/25	/50	Points	/25
Monday	/25	/50	Only!	/25
Totals	/100	/200	/100	/100

Total = (/500)