



# Holiday Challenge!

Name: \_\_\_\_\_

Building: \_\_\_\_\_

This holiday season, the only thing that should be “stuffed” is the turkey. On average, a person will gain 1 - 5 pounds over the holiday season. While it doesn’t sound like much, most people never manage to lose these extra pounds. **Eat smart. Move more. Drink more water. Maintain and DON’T GAIN.**

**Participation Rules:**

- INITIAL WEIGH IN:** November 30th - December 4th Witness required.  
**FINAL WEIGH OUT:** January 4 - 8 Witness required.
- MUST COMPLETE** each weekly challenge **all 5 weeks!**
- SUBMIT** tracking form to health@fsd145.org **NO LATER THAN Monday, January 11th.**

**To qualify for the monthly drawing you must complete the weight challenge as well as your weekly challenges.**

Completed forms must be submitted to **health@fsd145.org** NO LATER than Monday, January 11th.


**Initial Weigh In: November 30th - December 4th, 2020**


\_\_\_\_\_ lbs. Witness Signature: \_\_\_\_\_


**Final Weigh Out: January 4th - 8th, 2021**


\_\_\_\_\_ lbs. Witness Signature: \_\_\_\_\_


\_\_\_\_\_ (+/- lbs.) Must maintain weight within **+3** pounds between weigh in and weigh out.

	Weekly Challenge		Check off the day completed.
Week 1: 11/29 - 12/5	Thanksgiving Day is over. Time to get moving! Get 30 minutes of moderate physical activity that raises your heart rate to improve heart health <b>and</b> stay hydrated by drinking 64 oz. of water daily. Minimum <b>4</b> days required in each area.		Physical Activity: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA  Water <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

	Weekly Challenge		Check off the day completed.
Week 2: 12/6 - 12/12	Eat 5 - 9 servings of fruit/veggies per day this week to boost your immune system <b>and</b> drink 64 oz. of water daily to stay hydrated. Minimum <b>4</b> days required in each area.		Fruits/Vegetables <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

	Weekly Challenge		Check off the day completed.
Week 3: 12/13 - 12/19	The holiday goodies are everywhere! Challenge yourself by picking a weakness & don't eat or drink it for a week <b>and</b> drink 64 oz. of water daily to stay hydrated, promote weight management and help fight off those cravings. Minimum <b>4</b> days required in each area.		I won't eat (or drink): _____ <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

	Weekly Challenge		Check off the day completed.
Week 4: 12/15 - 12/21	Days are filled with holiday cheer & stress! Reduce stress and make time for yourself by clearing your mind. Practicing relaxation breathing, meditation, read/listen to a book each day. <b>And</b> , drink 64 oz. of water for mental clarity and improve your mood. Minimum <b>4</b> days required in each area.		Relaxing: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

	Weekly Challenge		Check off the day completed.
Week 5: 12/22 - 12/28	<b>Almost done!</b> Stay focused on what you've worked so hard for. Healthy habits have been learned. Choose a challenge that will make YOU feel awesome <b>and</b> stay focused with drinking 64 oz. of water daily to stay hydrated. Minimum <b>4</b> days required in each area.		My challenge: _____ <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA