



No Weight Gain Contest

Yule Log

Weekly Challenge

You may choose to alternate between the two challenges listed for each week.
Every day this week, I will:

		M	T	W	T	F	S	S	(1 point each)
		o	u	e	h	r	a	u	Total
		n	e	d	u	i	t	n	Points
Week 1	• Remove one “bad” food item from my diet. You can pick the same one every day, or change it.	<input type="checkbox"/>							
	• Eat five different colored fruits and vegetables.	<input type="checkbox"/>							
Week 2	• Pay it forward with a random act of kindness.	<input type="checkbox"/>							
	• Volunteer/donate to a cause.	<input type="checkbox"/>							
Week 3	• Take a 5 – 10 minute breathing break.	<input type="checkbox"/>							
	• Allow yourself an extra 5 – 10 minutes of driving time so you can “pace” instead of “race” to your next destination.	<input type="checkbox"/>							
Week 4	• Take a short walking before breakfast, after dinner, or both.	<input type="checkbox"/>							
	• Be physically active at least 20 minutes. This can be done all at once or broken up into two 10 minute intervals.	<input type="checkbox"/>							
Week 5	• Eat a healthy breakfast.	<input type="checkbox"/>							
	• Drink more water.	<input type="checkbox"/>							

Submit to Host at the weigh-out for 5 Wellness Bucks.

Total Points



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Week 1:

Remove one “bad” food item from my diet. You can pick the same one every day, or change it.

Examples of “bad” food include:

- Morning donuts
- Soda or sugary drinks
- Fried food

Eat five different colored fruits and vegetables.

Examples of different colored fruits and vegetables include:

Get the blues	Great greens	Wonderful white	Mellow yellow (and orange)	See red
Fruits: <ul style="list-style-type: none"> - Blackberries - Blueberries - Dried plums - Pitted prunes - Purple grapes - Plums 	Fruits: <ul style="list-style-type: none"> - Green apples - Green grapes - Green pears - Honeydew 	Fruits: <ul style="list-style-type: none"> - Brown pears - White nectarines - White peaches 	Fruits: <ul style="list-style-type: none"> - Apricots - Cantaloupe - Nectarines - Oranges - Peaches 	Fruits: <ul style="list-style-type: none"> - Cherries - Red apples - Red grapes - Raspberries - Strawberries - Watermelon
Vegetables: <ul style="list-style-type: none"> - Eggplant - Purple asparagus - Purple cabbage - Purple carrots - Purple peppers 	Vegetables: <ul style="list-style-type: none"> - Asparagus - Broccoli - Green beans - Leafy greens - Lettuce - Zucchini 	Vegetables: <ul style="list-style-type: none"> - Cauliflower - Garlic - Kohlrabi - Onions - Potatoes 	Vegetables: <ul style="list-style-type: none"> - Butternut squash - Carrots - Yellow peppers - Summer Squash 	Vegetables: <ul style="list-style-type: none"> - Beets - Radishes - Red peppers - Red onions - Rhubarb - Tomatoes



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Week 2:

Pay it forward with a random act of kindness.

Examples:

- Collect cans of non-perishable foods and give to refuge or other organization that would benefit.
- Buy a stranger a cup of coffee and leave a Pay it Forward card for them.
- Open the door for someone.
- Drop off a toy or game at a hospital.
- Pay someone a compliment.
- Call a friend randomly and let them know you're thinking of them.
- The possibilities are endless.

Volunteer/Donate to a cause.

A few resources:

- www.volunteermatch.org
- www.unitedwaytucson.org

Week 3:

Take a 5 - 10 minute breathing break.

Sit or lie in a comfortable position. Place one hand on your abdomen and close your eyes. Simply observe your breath for a few moments, noticing the rise and fall of your abdomen. Then take a deep inhalation, filling your belly and then your chest with air. Pause after the inhale, then exhale and release all of the air from your body, ending with your belly. Breathe like this for several minutes.



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Allow yourself an extra 5 – 10 minutes of commuting time so you can “pace” instead of “race” to your next destination.

Examples:

- Prepare the night before by pulling clothes out from the closet, preparing your lunch, and setting the coffee maker. Little tasks done ahead of time will save you those precious minutes in the morning.
- Reduce your rate of travel by 5 – 10 miles per hour can improve gas mileage by 5 – 10%, improve your safety and help you avoid getting a speeding ticket.

Week 4:

Take a short walking before breakfast, after dinner, or both.

Remember to dress warmly in the morning and evening and bring a flashlight if it's dark outside.

Be physically active at least 20 minutes. This can be done all at once or broken up into two 10 minute intervals.

Examples:

- Walking
- Running
- Gardening
- Gift shopping
- Ice-skating or skiing



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Week 5:

Eat a healthy breakfast.

Some healthy choices may include:

- Starting your meal with a glass of fruit juice.
- Whole-grain instead of white toast. Spread with low-fat cottage cheese and a little jam instead of butter.
- Low-fat cream cheese with your bagel.
- Hot cereals like oatmeal, grits, cream of wheat, or rice with a little honey.
- Whole-grain cereals with fat free or reduced fat milk.

Drink more water.

- Take your body weight, divide it in half and drink that number in ounces. For example, if you weigh 150 pounds, half your weight is 75. So, you should aim to get 75 ounces of water a day.
- Make it a goal to drink a glass of water first thing in the morning.
- Drink a glass of water before and during every meal. This will help prevent overeating and will jump start your metabolism. When you want to inhale that bag of crispy, salty potato chips, drink water instead. You'll likely realize you were simply thirsty.
- Infuse your water with flavor – it doesn't have to be boring. Think lemon, cucumber, fruit, fresh herbs and other flavors to have great tasting water on hand.