Winter 2016 CHALLENGE
FITNESS, NUTRITION, & WELLNESS

This year Skip Making New Year Resolutions... Instead start a new challenge AND

Explore Your Limits

If you want a BIGGER CHALLENGE then see the **BONUS** category!

There are three major categories and within the categories are tasks to complete. If you complete FIVE total tasks in any category each day you receive ONE point for that day. For example, if you complete all fitness tasks and some wellness then you get one point. The most you can get is TWO points each day if you completed TEN tasks.

FITNESS

☐ Cardio workout for 45 min or more (walking, running, swimming, etc.) exercise with heart rate up
☐ Strength workout 30 min or more (using weights or strength machines)
☐ Participate in a fitness class or try a new workout
☐ Perform an outdoor activity (shovel, snow-shoe, ice-skate, ski, etc.)

NUTRITION

☐ Eat breakfast
☐ Eat 4 servings of fruits and/or vegetables
☐ No sweets/sugary treats
☐ Eat lunch away from your desk or worksite

WELLNESS

☐ Slept 7-8 hours at night
☐ Stretch, do yoga, or quietly relax/reflect for 15 min or more
☐ Drink 48oz. of water during the workday
☐ Encourage a friend to exercise

2016 **BONUS** Triangle TO DO LIST:

FITNESS

**Track your miles on any cardio machine and counting step (10,000 steps equals 5 miles). Goal is to do 75 miles a week. At the end of the month you will be in the “300 Mile” club and earn 15 extra points for you/your team for the month.

**Perform 20 different strength exercises and do 16 reps of each (Get into the 2016) routine and earn 15 extra points for you/your team for the month.
**500 crunches or sit ups a week or any type of abdominal exercise and earn 15 extra points for you/your team for the month.**

**NUTRITION**

**Eat 50 grams of sugar or less**

**Protein intake at least 45 grams for women and at least 55 grams for men**

**Limit coffee, soda, or alcohol to less than 1 a day**

**WELLNESS**

**Aim for 20 minutes of mediation**

**Start writing in a journal**

**Set and log achievable wellness goals**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasks:</td>
<td>Points:</td>
<td>1</td>
<td>Tasks:</td>
<td>2</td>
<td>Tasks:</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
</tr>
<tr>
<td>Tasks:</td>
<td>Points:</td>
<td>7</td>
<td>Tasks:</td>
<td>8</td>
<td>Tasks:</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>13</td>
<td></td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
</tr>
<tr>
<td>Tasks:</td>
<td>Points:</td>
<td>14</td>
<td>Tasks:</td>
<td>15</td>
<td>Tasks:</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>20</td>
<td></td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
</tr>
<tr>
<td>Tasks:</td>
<td>Points:</td>
<td>21</td>
<td>Tasks:</td>
<td>22</td>
<td>Tasks:</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>27</td>
<td></td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
</tr>
<tr>
<td>Tasks:</td>
<td>Points:</td>
<td>28</td>
<td>Tasks:</td>
<td>29</td>
<td>Tasks:</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
<td>Tasks:</td>
<td>Points:</td>
</tr>
</tbody>
</table>