

Just for the
HEALTH *of it!*
NEW YEAR ROUND



Fitness, Nutrition, Personal Health
Challenge Workbook
New Year Round

*Never let it rest until
your good is better
and your better is BEST!*

This workbook belongs to:

Date:

Department Team Name:

My Challenge Buddy is:

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Program Description

Be the BEST you can be! Take the CHALLENGE!

LENGTH - 7 week challenge

Start Date: Monday, _____

Completion Date: Sunday, _____

Weekly CHALLENGES - Each week there will be 3 Categories of challenges. Challenges will begin on MONDAYS.

Fitness

Nutrition

Personal Well-being

Each category will have different levels of challenges with points associated with each level

Good = 10 points

Better = 20 points

BEST! = 30 points

GOAL- complete challenges in all categories and earn the associated points.

Weekly BONUS Activities-attend or participate in a learning activity if available.

Weekly Wellness (short educational sessions either video or webinar or Facebook live)-10 points

Lunch and Learn-10 points

Elite Challenges-complete some of the elite bonus challenges for the entire challenge to earn an additional 25 points EACH. (See Elite Challenges list on page 13.)

Resources



www.healthygb.com

Fitness

- www.bellinfitness.com
 - Bellin Fitness Center-Bellevue 433-6756
 - Bellin Fitness Center -Ashwaubenon 430-4756
- Fitbit
- Fitness apps: map my run or Nike trainer

Nutrition

- www.perm.org
- <http://plantricianproject.org/>
- <http://www.forksverknives.com/>
- Personal Health Coaches-Allie & Sandy 433-3501 ex 3041

Personal Well-being

- TED talks
- Mindfulness is a superpower
<https://www.youtube.com/watch?v=W6T02g5hnT4>

Weight Loss-Although the primary goal of this program is to encourage total body wellness, the benefit of weight loss will occur for some individuals.

Weekly weigh-ins are encouraged and will be tracked for additional incentives. Weight loss will be calculated based on % weight lost. Reporting weekly weight loss is optional and not required. It is for tracking your progress.

TEAM-Each participant needs to select a **BUDDY** that will encourage, support, & validate participation in challenges. This is a "Team Challenge!" Push each other to the NEXT Level!

Weekly Results- Each participant MUST report results to the website by MONDAY at MIDNIGHT.

1. Go to www.healthygb.com and find RESULTS page.
2. Find your department link to access department spreadsheet.
3. Find your name and enter your point total in appropriate row. Spreadsheet will automatically calculate team totals.

INCENTIVE -Commitment Fee due at start of program. Amount is at department's discretion.

Each team **member** pays commitment fee.

Non-refundable

Funds will go toward Prizes. Payout depends on total \$ amount collected based on participation.

Winners- Amount of winners depends on amount of participants. More participants-more money to work with!

Prizes!! Will be determined by Department Champions and funds available. Could be weekly or final.

Facebook Page- You may REQUEST access to private Facebook page.

1. Type "For the health of it" in the search field.
2. Click "Join" to send a request to administrator.
3. This is a closed group-ONLY persons accepted to page will have access and information shared will only be seen by the private group.
4. Introduce yourself on facebook page-share "WHY" you are doing this challenge for 10 bonus points!

Great way to share information, recipes, progress, inspirational words, pictures of you sweating...

Workbooks-

1. **Print** this booklet to guide you each week for challenges.
 - a. To print as a booklet-select "Booklet" in print options.
 - b. If you want "back to back" copies-place in copy machine and select 1 sided to 2 sided.

Website- go to www.healthyggb.com to:

- Learn some TIPS about each challenge-visit every SUNDAY to get ready for challenges that start on MONDAY!
- Find recipes
- Links to resources
- See Results
- Report your scores weekly

Congratulations! YOU did IT!!!

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1. What did you achieve? What are you proud of?

2. What made it hard?

3. What made it work?

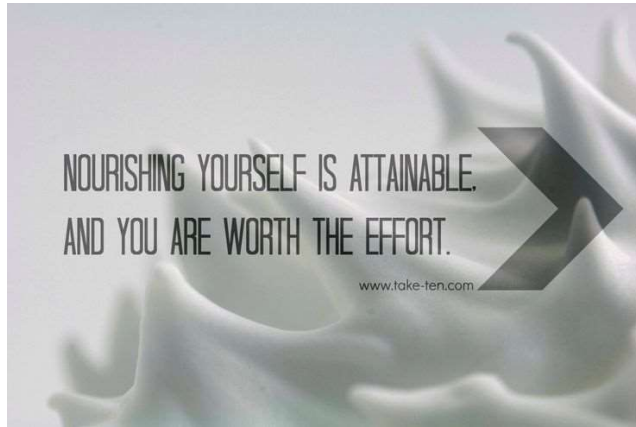
4. Go back and fill in your stats!

YOU WERE STRONG ENOUGH TO GET THIS FAR.
YOU ARE STRONG ENOUGH TO KEEP GOING.

Make a pledge to continue at least three
HEALTHY HABITS lifelong!

1. _____
2. _____
3. _____

Complete the POSTSURVEY-10 points (check website for link!)



Week Seven- Bonus Challenge 10 points

Submit recipe of comfort food made over..

- Post a picture of yourself getting pampered!
+ 10 points

Total Score: _____

Validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 7 Reflection: Share your thoughts on how your week was _____

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Personal Pledge & Action Plan

This is for your information only. If you write goals down you are more likely to reach them!

General Health Goal:

Personal Goal:

In order to achieve my goals, I choose to:

Write down steps you will need to take in order to achieve your goals or challenges: What might get in the way of achieving? What can you do to avoid this? What is your back up plan if something doesn't work out?

1. _____
2. _____
3. _____
4. _____
5. _____

MY TEAM Buddy is: _____

This is VERY IMPORTANT!! A buddy is someone who will:

- Support you in the challenges.
- Work out with you.
- Share snacks with you.
- Encourage you-push you to the next level.
- Keep each OTHER accountable! Your BUDDY will need to validate that you "indeed" did complete the challenges. Honesty is the BEST policy! ;)

You are a TEAM! So you need to do the same for your Buddy!

Facebook Introduction:

Introduce yourself on facebook page-share "WHY" you are doing this challenge for 10 bonus points!



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Week Seven Challenges

Fitness - High Intensity Training (HIT)

10 good - Perform a HIT workout 2 days this week.

20 Better - Perform a HIT workout 5 days this week.

30 BEST! Perform a HIT workout 7 days this week.

Nutrition - Makeover your favorite comfort foods or favorite food using plant based alternatives!

10 good - Makeover and try one recipe this week!

20 Better - Makeover and try three recipes this week!

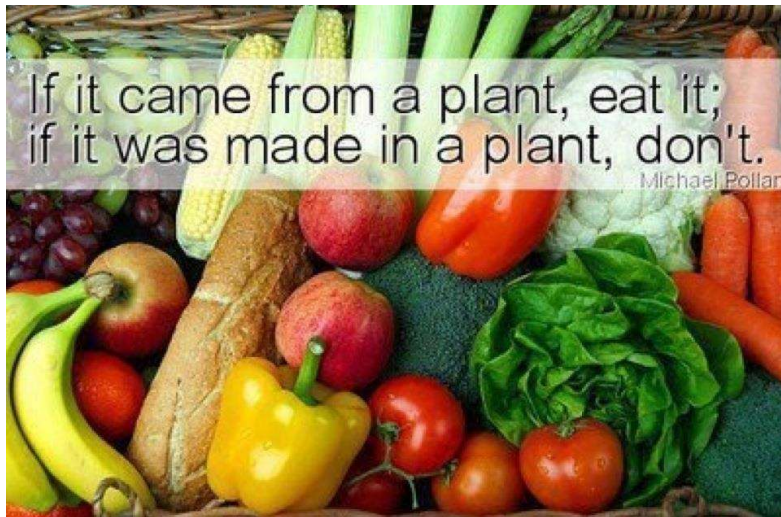
30 BEST! Makeover and try five recipe this week!

Personal Well-Being - - Pamper yourself! You have come this far, do something for YOU!

10 good - Get a massage!

20 Better - Buy a new outfit!

30 BEST! Do a total makeover-outfit, hair, nails! (Yes, men can get pedicures too!)



Week Six- Bonus Challenge 10 points

Attend or complete your advanced directive.

- Submit a "tried and true" recipe that does not contain processed food. + 10 points

Total Score: _____

Validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 6 Reflection: Share your thoughts on how your week was _____

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YOUR STATS

This is for your information ONLY!
 Research what the normal are for your gender and age and fill in normal column.

	Normal	Before	After
Date	-----		
Height (ft, in)	-----		
Weight (lbs.)			
Wrist Size (in)	-----		
Waist Size (in)	-----		
BMI			
Blood Pressure			
Total Cholesterol			
LDL Cholesterol			
HDL Cholesterol			
Chol/HDL Ratio			
Triglycerides			
Blood Glucose			

Fill in lab data from most recent Health Risk Assessment Results or Provider Visit.

It is AMAZING how some lifestyle changes CAN change your stats!

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Weekly Weigh-in



Weekly Weigh in Rules:

- Pick a day of the week that you plan to “weigh in.”

 - You can weigh in one day before or one day after this day of the week.
 - Use the same scale (if able).
- Weigh in can be recorded and reported by any witness.
- Results must be reported to website form. Go to www.healthygb.com to report results by **Monday at Midnight of each week**. Reporting weekly weight loss is optional and not required. It is for tracking your progress.
- If you need help or have questions, please contact your Department Team Champions:
 - Department Champions and Contact Info

- Results will be posted on the **WEDNESDAY** after a weekly challenge finishes.

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Week Six Challenges

Fitness - Stairs! - “flight” is typically 16-18 steps.

- 10 good** - Walk up to 8 flights of stairs once a day for 7 days.
- 20 Better** - Walk up to 8 flights twice a day for 7 days.
- 30 BEST!** Walk up to 8 flights three times a day for 7 days.

Nutrition - Eliminate Processed Foods

- 10 good** - Eliminate processed foods 2 out of 7 days.
- 20 Better** Eliminate processed foods 5 out of 7 days.
- 30 BEST!** Eliminate processed foods 7 out of 7 days.

Personal Well-Being - Gratitude - jot down 3 things that you are grateful for.

- 10 good** - Record gratitude 2 out of 7 days.
- 20 Better** - Record gratitude 5 out of 7 days.
- 30 BEST!** Record gratitude 7 out of 7 days.

“Trade your expectation for appreciation and the world changes instantly.” -Tony Robbins



Week Five - Bonus Challenge 10 points

Host or attend a cooking class.

- Submit a "Tried and True" Recipe + 10 points
- Attend a group fitness class + 10 points

Total Score: _____

Validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 5 Reflection: Share your thoughts on how your week was _____

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 Weekly Weigh-in 

Pre-challenge starting weight: _____

Week	Date	Weight	Lbs. Lost	% Body Weight Lost
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Report % body weight loss to results website www.healthygb.com by Tuesday of each week.

How to Calculate Weight Loss Percentage

The percentage of weight lost can easily be calculated by dividing the number of pounds you have lost by your starting weight and then multiplying this number by 100. (Note: always use your **STARTING WEIGHT** to calculate % weekly.)

For example, if your starting body weight was 200 pounds and your current weight is 180 pounds, subtract 180 from 200 to get the number of pounds lost, which in this case is 20 pounds. Now divide 20 by 200 to get 0.1. Then multiply 0.1 by 100 to convert it to a percentage, which in this case is 10 percent.

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If you want to REALLY get the BEST Results...do the

ELITE Bonus Challenges

All worth an additional 25 extra points EACH!

Total will be awarded at the end of the 7 weeks and added to FINAL score!

- Break the HABIT for the entire challenge!
- Keep a FOOD Journal for the entire challenge!
- Track 10,000 steps daily for the entire challenge!
- Do 25 squats every time you use the restroom the entire challenge!
- Read versus watching TV the entire challenge!
- Complete upper body exercises daily the entire challenge!
- Maintain consumption in proper portions the entire challenge!
- Complete core exercises daily the entire challenge!
- Resist Fast Food for the entire challenge!
- Eat meatless for the entire challenge!
- Eat Plant-Based (No animal protein or dairy) the entire challenge!
- Eliminate Processed Foods the entire challenge!
- Replace soda or other artificial sweetened beverages with water the entire challenge.
- No alcohol for the entire challenge!
- Keep a gratitude journal the entire challenge-jot down 3 things daily!
- Perform a minimum of 40 minutes of movement (exercise) at least 3 times a week for the entire challenge!
- Eliminate sugary and white flour foods the entire challenge!
- Eliminate dairy (milk and cheese) the entire challenge!
- Eliminate eggs the entire challenge!
- Get recommended sleep the entire challenge!
- Climb 8 flights of stairs daily the entire challenge!

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Week Five Challenges

Fitness - Core Exercises

10 good - Complete Core Exercises 2 out of 7 days.

20 Better - Complete Core Exercises 5 out of 7 days.

30 BEST! Complete Core Exercises 7 out of 7 days.

Nutrition - Healthy Cooking-cook at home and reduce amounts of oils & fats. Increase vegetables!

10 good - Cook healthy meals at home 2 out of 7 days.

20 Better - Cook healthy meals at home 5 out of 7 days.

30 BEST! - Cook healthy meals at home 7 out of 7 days.

Personal Well-Being - Acts of Kindness

10 good - Perform an "Act of Kindness" 2 out of 7 days.

20 Better - Perform an "Act of Kindness" 5 out of 7 days.

30 BEST! - Perform an "Act of Kindness" 7 out of 7 days.

"A SPOONFUL OF SUGAR MAKES THE MEDICINE GO DOWN"
THAT MAY BE THE CASE BUT IT CERTAINLY WON'T HELP WITH THE DIABETES

Week Four - Bonus Challenge **10 points**

Attend a group fitness/event and post picture on Facebook.

- Participate in Facebook Trivia + 10 points
- Submit a "Tried and True" Sugar Free Recipe + 10 points

Total Score: _____

Validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 4 Reflection: Share your thoughts on how your week was _____

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Week One Challenges

Fitness - Steps

- 10 good - Park in the walk lots or add 20 minutes of walking to your day, 7 out of 7 days.
- 20 Better - Track your steps, reach 10,000 steps 4 out of 7 days.
- 30 BEST! Track your steps, reach 10,000 steps 7 out of 7 days.

Nutrition - Food Journal (Choose own method: Fitness Pal, Calendar, Notebook.)

- 10 good - Keep a food journal for 2 out of 7 days.
- 20 Better - Keep a food journal for 5 out of 7 days.
- 30 BEST! Keep a food journal for 7 out of 7 days.

Personal Well-Being - Build a GOOD Habit!

(Floss your teeth, Take your vitamins, Compliment someone daily, Be on time, Smile Make your bed daily) Good Habit:

- 10 good - Keep up good habit for 2 out of 7 days.
- 20 Better - Keep up good habit for 5 out of 7 days.
- 30 BEST! Keep up good habit for 7 out of 7 days.



Week One - Bonus Challenge 10 points

Watch a Nutrition related Documentary. List 3 things that you learned.

1. _____
2. _____
3. _____

List ONE lifestyle change you plan to commit to based on what you learned: _____

- Participate in Facebook Trivia + 10 points
- Submit a "Tried and True" Recipe + 10 points
- Introduce self on Facebook Page + 10 points

Total Score: _____

validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 1 Reflection: Share your thoughts on how your week was _____

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Week Four Challenges

Fitness Try some New Experiences-Try a new type of exercise. (Running, Cycling, Zumba, Swimming, Cardio Class, etc.)

10 good - Once this week.

20 Better - Twice this week.

30 BEST! Three times this week.

Nutrition Eliminate White Sugar and consume about 24 grams (female) to 36 grams (male) of sugar (fruits, honey, etc.)

10 good - Eliminate white sugar and maintain sugar consumption for 2 out of 7 days.

20 Better - Eliminate white sugar and maintain sugar consumption for 5 out of 7 days.

30 BEST! - Eliminate white sugar and maintain sugar consumption for 7 out of 7 days.

Personal Well-Being - Socialize! All work and no play makes for dull people...do something FUN! (Ex. Go Dancing, Attend Concert, Movie, Game Night, Date Night)

10 good - Socialize once this week.

20 Better - Socialize twice this week.

30 BEST! Socialize twice this week, one date should include team members in this challenge.



Week Three- Bonus Challenge 10 points

Watch pantry raid- food shopping video.

- Participate in Facebook Trivia + 10 points
- Submit a "Tried and True" Recipe + 10 points

Total Score: _____

validated by: _____

Reported weight and score to website:

www.healthymb.com Date: _____

Week 3 Reflection: Share your thoughts on how your week was _____

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Week TWO Challenges

Fitness - Squats

10 good - Complete 25 squats every time you use the restroom for 2 out of 7 days.

20 Better - Complete 25 squats every time you use the restroom for 5 out of 7 days.

30 BEST! - Complete 25 squats every time you use the restroom for 7 out of 7 days.

Nutrition - Water Challenge - Replace soda or other artificial sweetened beverages with water. Drink recommended ounces based on body weight.

10 good - Complete water challenge 2 out of 7 days.

20 Better - Complete water challenge 5 out of 7 days.

30 BEST! - Complete water challenge 7 out of 7 days.

Personal Well-Being - Unplug! Read vs watch TV or other electronic devices for leisure.

10 good - Unplug for 2 out of 7 days.

20 Better - Unplug for 5 out of 7 days.

30 BEST! Unplug for 7 out of 7 days.





Week TWO - Bonus Challenge 10 points

Start or attend a planned "Book Club"

- Participate in Facebook Trivia + 10 points
- Submit a "Tried and True" Recipe + 10 points

Total Score: _____

Validated by: _____

Reported weight and score to website:

www.healthygb.com Date: _____

Week 2 Reflection: Share your thoughts on how your week was _____

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Week Three Challenges

Fitness - Upper Body Exercises

10 good - Complete series of upper body exercises 2 out of 7 days.

20 Better - Complete series of upper body exercises 5 out of 7 days

30 BEST! Complete series of upper body exercises 7 out of 7 days.

Nutrition - Portion Control-Research proper portion sizes and eat recommended portions.

10 good - Maintain proper portions for 2 out of 7 days.

20 Better - Maintain proper portions for 5 out of 7 days.

30 BEST! - Maintain proper portions for 7 out of 7 days.

Personal Well-Being - - Sleep Challenge-Lay your head to rest one hour before normal or get recommended hours of sleep.

10 good - Sleep Challenge 2 out of 7 days.

20 Better - Sleep Challenge for 5 out of 7 days.

30 BEST! Sleep Challenge 7 out of 7 days.