



New Year. New You

Healthy Living Challenge

Every Man or Wo-Man for themselves - This is a competition! You are trying to rack up as many points as possible by completing activities on your game sheet. At the end of the 30 days, the guy or gal with the most points wins. Slash...everyone wins feeling more fit, more energetic, more healthy and more ready to take on the holiday season!

The Honor System - Each player will keep their own score on the document I will send out. Be honest...that is how you get real results! Plus...cheaters never prosper. Right?

Friendship points - For each buddy you get to join the challenge...you earn an extra 10 points! They must be in by December 31st for points to count!

Communication - You MUST be in communication with the group (via facebook or e-mail) at least once per week (reporting your scores). 5 points. You get extra points for:

- ★ Posting a pic of a workout (sweaty selfie, screenshot from myfitnesspal, workout equipment etc.) 5 points
- ★ Posting a pic of your weekly recipe 5 points
- ★ Sending words of encouragement to your workout buds in the Facebook Group. 5 points
- ★ Posting a picture of your meal prep skills 5 points

Meal Planning- Organization is the key to life (Coming from me...a planner obsessed freak). If you create a meal plan for the week, prep your food, and stick to that plan...give yourself 10 points. **BONUS:** 5 points for a picture!

### Eating-

- Eat five small meals a day.
- Each meal should include a combination of lean protein, healthy fats, and complex carbohydrates (if you need a list of these foods...check the blog! I will be posting lists and ideas!).
- Meals must be no fewer than two and no more than four hours apart.
- You can snack on cucumbers and celery in between the 5 meals without penalty. Anything else (a handful of m&ms, chips, etc.) is a 10 point penalty, and you must deduct those points.

### Day & Meal Off-

- You get one full day off each week. Give yourself full points for everything on this day.
- You get one other meal off. Full points awarded for this meal, whatever you eat.
- Each day you get 100 calories that you can use for "treats", excluding alcohol and diet pop.

**Each meal is worth 6 points for a total of 30 possible meal points a day. There are no partial points for meals that meet some of the rules. 6 or 0.**

Exercise- You must exercise (with an elevated heart rate) for a minimum of 20 minutes a day OR walk 10,000 steps to earn 20 points a day. Extra minutes each day do not earn extra points. There are no partial points for less than 20 minutes OR 10,000 steps of exercise. This means SEVEN days a week you should be active. You will receive 5 workouts from me each week with instructions and videos.

**BONUS:** 10 points extra for completing each workout I sent

**Water** - Drink a minimum of 12 cups (3 liters or 96 oz) of water a day for a total of 10 points each day. You do not earn partial points for drinking some of the water.

**Sleep** - To earn 15 sleep points per day, you must be in bed with the lights out a minimum of seven hours before you know you have to wake up. You do not earn partial points for fewer hours of sleep.

**Habit** - You earn 10 points a day by eliminating an unhealthy habit and 10 points a day by practicing a new healthy habit. **THIS IS PERFECT FOR NEW YEAR'S RESOLUTIONS!** You must declare both of your habit choices to the group and stick to them for the month! (example: reading for 10 minutes a day healthy, giving up 10 minutes of social media stalking a day unhealthy).

**\*A few clarifications about beverages and sleep:**

-Alcohol and pop (or other sugary drinks) consumed outside of your day off or meal off count as a snack. **Deduct 10 points per drink if you break a rule!**

-Sleep: If you consistently have trouble sleeping, try to set a realistic goal for yourself to try and meet each night. If you meet that goal, give yourself the sleep points. For example, I am on my little nugget's sleep schedule right now, and I KNOW 7 hours is not realistic for us. But my goal will be to take at least ONE nap when he naps during the day (because I am terrible at resting), and that will be sufficient for my sleep points.