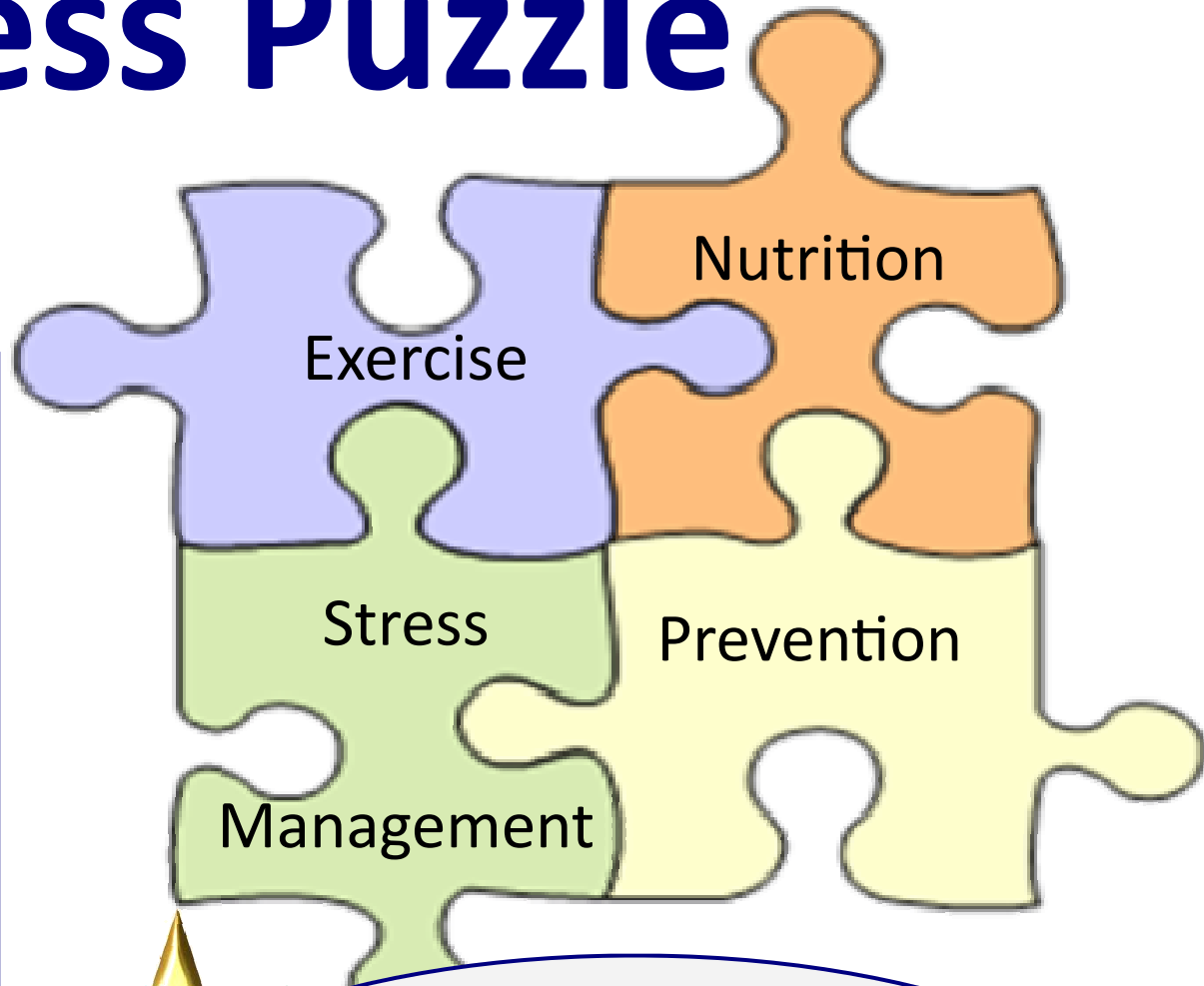




Fitness Puzzle



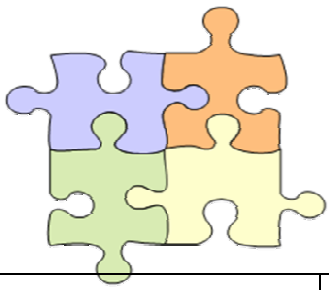
Directions: 8 Week Program

Sign up with your local administrator and register for the program. Use the sheet attached to track weekly challenges and the points associated with them. Tally your total and turn in the sheet to your administrator at the end of the program. You will receive credit for one qualifying event if you complete the tracking of each weeks challenge (no matter how many points you actually get). Each local group may decide to run a contest for the winning totals. This is left up to the individual groups..

Remember... True health is a puzzle made of gentle balance. Try to find the balance in your life by focusing on a new project/way of life for each week. GOOD LUCK!!!!!!



Your body keeps an accurate journal regardless of what you write down!



Fitness Puzzle

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points
Challenge: Points:								
Week: 1 (Nutrition) Challenge: Replace sugar drinks with water. 8, 8oz glasses = 1/2 gallon Points: 1pt (each 8oz of water consumed)	Water Tracking Points Earned	Water Tracking Points Earned	Water Tracking Points Earned	Water Tracking Points Earned	Water Tracking Points Earned	Water Tracking Points Earned	Water Tracking Points Earned	Total Water Tracking Points Earned
Week: 2 (Nutrition) Challenge: Just say no to fast food and add 5 servings fruit and veg total. Points: 1pt (each day you say no to fast food) and 1pt (each day you get 5 servings fruit and veg total)	Say NO Tracking 5 Serv Tracking Points Earned	Say NO Tracking 5 Serv Tracking Points Earned	Say NO Tracking 5 Serv Tracking Points Earned	Say NO Tracking 5 Serv Tracking Points Earned	Say NO Tracking 5 Serv Tracking Points Earned	Say NO Tracking 5 Serv Tracking Points Earned	Say NO Tracking 5 Serv Tracking Points Earned	Total Say NO Tracking & 5 Serving Tracking Points Earned
Week: 3 (Exercise) Challenge: Limit TV to no more than 2 hrs./day. Substitute activity. Cleaning, sorting, yard, family fun, etc... Points: 1pt (each day TV is 2hrs or less) and 1pt (each day you consciously substitute activity).	TV Tracking Sub Activity Tracking Points Earned	TV Tracking Sub Activity Tracking Points Earned	TV Tracking Sub Activity Tracking Points Earned	TV Tracking Sub Activity Tracking Points Earned	TV Tracking Sub Activity Tracking Points Earned	TV Tracking Sub Activity Tracking Points Earned	TV Tracking Sub Activity Tracking Points Earned	Total TV Tracking & Sub Activity Tracking Points Earned

Week: Challenge: Points:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points
Week: 4(Exercise) Challenge: Find 15 minutes every 4 waking hrs. Set an alarm and plug in 15 min of activity (exercise, stretching, yard, cleaning, anything with deliberate movement). Points: 1pt for every time you consciously get 15 min in a 4hr period	15 Min Tracking 1st 4 hrs. 2nd 4 hrs. 3rd 4 hrs. 4th 4 hrs. Points Earned	15 Min Tracking 1st 4 hrs. 2nd 4 hrs. 3rd 4 hrs. 4th 4 hrs. Points Earned	15 Min Tracking 1st 4 hrs. 2nd 4 hrs. 3rd 4 hrs. 4th 4 hrs. Points Earned	15 Min Tracking 1st 4 hrs. 2nd 4 hrs. 3rd 4 hrs. 4th 4 hrs. Points Earned	15 Min Tracking 1st 4 hrs. 2nd 4 hrs. 3rd 4 hrs. 4th 4 hrs. Points Earned	15 Min Tracking 1st 4 hrs. 2nd 4 hrs. 3rd 4 hrs. 4th 4 hrs. Points Earned	15 Min Tracking 1st 4 hrs. 2nd 4 hrs. 3rd 4 hrs. 4th 4 hrs. Points Earned	Total 15 Min Tracking Points Earned
Week: 5(Stress Management) Challenge: Limit news and negative TV/Radio/Newspaper to 15 min per day and look for reasons to laugh (funny movie, favorite show, comedy, etc.). Points: 1 point for every day negative is limited to 15 min and 1 point for every day you put in something funny/ positive.	15 min Tracking Add Positive Tracking Points Earned	15 min Tracking Add Positive Tracking Points Earned	15 min Tracking Add Positive Tracking Points Earned	15 min Tracking Add Positive Tracking Points Earned	15 min Tracking Add Positive Tracking Points Earned	15 min Tracking Add Positive Tracking Points Earned	15 min Tracking Add Positive Tracking Points Earned	Total 15 min Tracking & Add Positive Tracking Points Earned
Week: 6(Stress Management) Challenge: Add music to your life. Morning, while preparing dinner, while eating (instead of TV), etc... Points: 1pt for every day you find a place to add or substitute music.	Music Tracking Points Earned	Music Tracking Points Earned	Music Tracking Points Earned	Music Tracking Points Earned	Music Tracking Points Earned	Music Tracking Points Earned	Music Tracking Points Earned	Total Music Tracking Points Earned

Week:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points
Challenge: Points:								
Week: 7(Prevention) Challenge: What are you putting off??? Dental, yearly check up, sun screen, flossing, blood pressure checks, colonoscopy, mammogram, monthly breast and testicular exams, just to name a few. Points: 1pt for everything you can think of that is prevention related (making an appointment or action related to prevention in order to better your health.). Also anything you have already done this year.	Prevention Tracking Points Earned	Prevention Tracking Points Earned	Prevention Tracking Points Earned	Prevention Tracking Points Earned	Prevention Tracking Points Earned	Prevention Tracking Points Earned	Prevention Tracking Points Earned	Total Prevention Tracking Points Earned
Week: 8 (Prevention) Challenge: Flossing your teeth and getting your teeth cleaned is related to the prevention of other diseases such as heart disease. Points: 1pt for every day that you floss your teeth	Flossing Tracking Points Earned	Flossing Tracking Points Earned	Flossing Tracking Points Earned	Flossing Tracking Points Earned	Flossing Tracking Points Earned	Flossing Tracking Points Earned	Flossing Tracking Points Earned	Total Flossing Tracking Points Earned

Grand Total: _____



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