

Get Healthy Get Moving

Name:	Program Dates:							
Challenge of the Week*	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Session 1 – Water Challenge								
Drink Water - 64 ounces/day								
Choose at least one way to control portion sizes								
Total Points								
Session 2 – Lower Body Strength								
Take the Stairs (No stairs? Park in the farthest spot from the door)								
20 lunges & 15 min cardio/day								
Total Points								
Session 3 - Vegetable Challenge								
5 servings of veggies/day								
Total Points								
Session 4 – Cardio								
25 jumping jacks, 10 touchdowns and 10 skaters daily								
½ mile walk								
Total Points								
Session 5 - Fruit Challenge								
Sweets: Limit foods that have sugar as one of first ingredient								
Eat 2+ Servings of fruits daily								
Total Points								
Session 6 –Upper Body Strength & Wall Sit								
20 big and 20 small arm circles both directions daily, 5 push ups or 8 modified push ups a day								
1 min wall sit/day								
Total Points								



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Session 7 – Fast Food Challenge								
No Fast Food for the week								
Include a healthy protein at each meal, daily								
Total Points								
Session 8 – Short Walk								
Walk 1 mile a day daily								
Total Points								
Session 9 – Alcohol-Free Challenge								
No alcohol or fast food this week								
Total Points								
Session 10 – Gentle Yoga								
20 minutes of stretching daily								
Total Points								
Session 11 – Sweets & Clean Eating								
One meal of clean eating/day								
No Sweets for the week								
Total Points								
Session 12 – Tabata & Abs								
4 minutes of Tabata daily and 25 crunches								
Plank-1 minute/day								
Total Points								
<p><i>*If you attempt it daily and don't reach the full 60 seconds please mark how long you were able to hold it, and still earn points.</i></p> <p><i>** If you can't do all at once, split up through the day. If you're unable to do this exercise, let me know and I can show you modified version for points.</i></p>								

