



## Hawkins County Schools Wellness Challenge January 10th—March 4th

How it works:

This program will be a points based program.

On a daily basis, you may accrue points in the following ways:

Activity	Points Accrued
<b>Exercising 30 minutes*</b> You may exercise in any increment you choose: 3 ten minute, 2 fifteen, or all at once	5 points max daily
<b>No full calorie soft drinks or sweet tea all day (Try drinking water instead).**</b>	3 points
<b>No fried foods all day***</b>	3 points
<b>5 % weight loss goal met by March 4th</b>	50 points
<b>Each additional percentage lost</b>	5 points

The individual with the highest number of points on Friday, March 4th will be deemed the winner.

\*Exercising 30 minutes: This challenge is designed to reward you for exercising regularly. If you have been fairly sedentary in the last year, make a goal to exercise 2-3 days weekly. This challenge does not require you to exercise every day. Start slowly with simple exercises such as brisk walking.

\*\*No full calorie soft drinks or sweet tea all day: If you consume several full calorie soft drinks or sweet teas daily, in the first few weeks, try cutting 1 per day and replacing it with water, a diet soda, or unsweet tea with a non-calorie sweetener such as Splenda.

\*\*\*No fried foods all day. This includes pre-packaged items such as potato chips.



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January 10th—March 4th, 2011

Initial Weigh In: \_\_\_\_\_ x .05 = Weight Loss Goal: \_\_\_\_\_

Week 1 Weight: \_\_\_\_\_

Week 2 Weight: \_\_\_\_\_

Week 3 Weight: \_\_\_\_\_

Week 4 Weight: \_\_\_\_\_

Week 5 Weight: \_\_\_\_\_

Week 6 Weight: \_\_\_\_\_

Week 7 Weight: \_\_\_\_\_

Week 8 Weight: \_\_\_\_\_

Final Weigh-In: \_\_\_\_\_