

10 Week Healthy Lifestyle Challenge 2008 #4

Guidelines:

Each contestant needs to submit a lifestyle plan, weekly challenge and prize information by Sunday Evening, November 30, to Ryan. Your lifestyle plan will be the guideline you will follow for the ten weeks of the challenge December 1, 2008 to February 8, 2009.

Your lifestyle plan should include:

A) The diet plan that you will follow,

- a. Your diet plan should follow the food guide pyramid for your body type (below is a link to a help you determine your pyramid). If you are following a structured diet plan, such as weight watchers, there is no need to outline your exact eating plan, but it still needs to follow the food pyramid guidelines. The food pyramid will help us to make sure we are eating healthy, not just cutting out calories.

B) Your exercise plan for each week

- a. Your exercise routine should include, as a minimum, 30 minutes of continuous cardio exercise 3 days a week, or 45 minutes of exercise broken into 15 minute increments, 3 days a week.

C) The amount of weight that you would like to lose in the ten weeks time.

Your Weekly challenge:

Each week we will follow a different weekly challenge. Each individual will submit a weekly challenge idea that will be on a scheduled emailed out to everyone

Your Prizes:

Each individual should contribute a prize of their choosing to be put in the pot for the individual prizes. Individuals will be able to choose first from the prizes depending on their finishing rank. The two teams, Men versus Women, will be submitting a prize for the other team.

Individual Prizes for Challenge #4 – see link at (will be posted as soon as it is available)

Points:

Points will be awarded as follows:

1 pt a day for drinking 64oz of water (8 cups)

1 pt a day for sticking to your diet plan

14 pts a week for doing 3 days of exercise

***3pts** per day for only doing 1 or 2 days of exercise

1 EXTRA pt per day of exercise you do above the 3 days, up to 3 extra pts a week

3 EXTRA pts per week for keeping a daily food log

100 pts for reaching your weight loss goal. You will be awarded points depending on what percentage of your goal you lose. For example, goal of losing 10 pounds, you lose 5, you will receive 50% of the points, which would be 50 pts.

4 pts a week for completing the weekly challenge

1 pt a week for submitting point totals to Ryan by Sunday evening each week.

10 bonus points for losing weight, maintaining your weight or not gaining more than 3 pounds since our last challenge.

70 possible water points

70 possible diet points

170 possible exercise points

30 possible bonus food log points

100 possible weight loss points

40 possible weekly challenge points

10 possible submitting points

10 possible beginning weight bonus points

500 points possible Total!

Mulligan Day

Individuals are entitled to one mulligan day to be used at their leisure. This is a day that you get to count full points for diet, water, exercise and the weekly challenge, no matter what you actually did for the day. This could be used on a birthday, special occasion, or just because you want a day off.

Thanksgiving will also be a given Mulligan Day this round.

Good Luck to all! Remember that the goal is to set healthy habits for yourselves!

Additional information and support sites.

There is a ton of good information on the Mayo Clinic website: <http://www.mayoclinic.com/>
below are a few links to help you with the food pyramid and establishing your healthy lifestyle.
<http://www.mayoclinic.com/health/healthy-diet/NU00190>
<http://www.mayoclinic.com/health/weight-loss/NU00595>
<http://www.mypyramid.gov/>

*A good idea would be to measure your arms, thighs, waste and hips as you begin and then again when the challenge ends, to see your progress. There will be no points awarded for this, and you do not need to submit your measurements. A before and after picture is also fun to see the progress.