

# **10 Week Healthy Lifestyle Challenge #5**

**April 6 – June 14, 2009**

## **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:***

**This time around we are changing up the prizes. Instead of picking a prize we are having each participant buy into the challenge. The minimum buy in is \$10.00. Feel free to buy in with additional funds if you have them and choose to do so.**

**The pot will then be divided between the top three finishers as follows:**

**1st place = 50% of the pot**

**2nd place = 30% of the pot**

**3rd place = 20% of the pot**

## **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.

***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.