

## What do I log?

### September – These Shoes are Made for Walking

- \*Goal - 7,000 steps per day, 3.5 miles or 75 minutes
- \*Document your steps, mileage or how long you walked.

### October – Got Water?

- \*Goal - Drink 72 ounces of water per day
- \*Document the number the number of ounces you drank that day.

### November – Sleep Like a Rock

- \*7 hours of sleep per night, 4 out of 7 nights per week
- \*Document the number of hours slept, only on the nights of 7 hours or more. After your 4<sup>th</sup> night of sleep for 7 hours or more that week, you can continue to document but do not have to meet the needs of the challenge.

### December – Project Zero

- \*Goal - No weight gain during the holiday period for the month. The goal is to weigh the same or less.
- \*Document on your weight on December 1<sup>st</sup> and December 31<sup>st</sup> or document the number of pounds gained or lost that month or note that you stayed the same weight.

### January – Have a Healthy Snack at Work

- \*Goal - To eat healthier at work. Bring a morning and/or afternoon snack. (Think protein bars, shakes, fruit, cheese, yogurt, peanut butter).
- \*Document your snack for the day at work only. Documenting on no work days is not required to meet the needs of the challenge.

### February – All about ME

- \*Goal - Find a minimum of 30 minutes 4 days a week to enjoy “me time”.
- \*Document a checkmark on the day that you meet the goal of 30 minutes of “me time”. After documenting 4 days that week you can continue to document but do not have to meet the needs of the challenge.

### March – Taste the Rainbow

- \*Goal - Make at least ½ of your total plate fruits and/or vegetables for lunch and dinner.
- \*Document a checkmark noting the days that you make at least half of your plate fruits and vegetables for lunch and dinner 4 out of 7 days.

### April – Get off the Grid

- \*Goal - Leave your phone and email alone for at least an hour per day, 4 out of 7 days per week.
- \*Document a checkmark on the days your leave your phone and email alone for at least an hour. After documenting 4 days that week you can continue to document but do not have to meet the needs of the challenge.

Please turn in monthly log to Trisha Graham, Kristy Markham, Dusty Rolla or Sarah Dehn by the

**15th of the following month** to receive credit for the completed challenge!!!!