Challenge Log

December 2013

NAME: _____

EMAIL: _____

EMPLOYER: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Substitute skim milk for 2% or whole milk in recipes to reduce the calorie and fat content.	**2** Follow the out of sight – out of mind rule. If something tempts you, get rid of it or avoid it.	**3** Go to the stores versus online shopping. This will allow you to get in some cardio while you get your gifts.	**4** Keep including your fiber. Fiber helps you feel full longer. It also helps you avoid cravings and overindulging.	**5** REWARD yourself with a non-food reward for meeting your goal! This challenge isn't easy.	**6** Remember to exercise! It will help you burn the extra calories and boost your energy during the holidays.	**7** Don't skip meals. Skipping meals can slow your metabolism down and cause you to overeat later in the day.
8 Pick out an outfit with pockets so you can comfortably stand with your hands idle.	**9** Get Some Sleep! A good night's rest will help keep your mental clarity and help minimize your stress levels.	**10** Suggest an outdoor activity during down time to get in some physical activity with your friends and family.	**11** Go for small portions. This way you can sample all of the foods without feeling guilty.	**12** Learn to politely say "no thank you." You don't always need to explain why you choose not to eat something.	**13** For office and group parties, get involved in the planning process to make sure healthy foods are available.	**14** If you are served a dessert and receive too big of a piece, just eat half. There's no reason why you have to eat the whole pie.
15 Traditional eggnog contains thick cream. Buy the low fat or fat free version and still enjoy your holiday cheer.	**16** Socialize away from the food table. This will reduce temptation while still having great conversations.	**17** Skimp on the extras. Try to avoid the large dollop of sour cream, whip cream, or gravy. Add just a small amount for flavor.	**18** Save room for the Big meal and avoid the little meal like appetizers.	**19** Most people eat when they're bored. Start a new hobby during the holiday season to create a healthy distraction.	**20** If you are asked to bring food, make something healthy. Chances are someone else will really appreciate it.	**21** Decide before you arrive. Don't wait until you are in front of the irresistible treats how much you should eat or drink.
22 When baking pies and sweet treats, use natural vs. canned ingredients. It will add a healthy personal touch to your desserts.	**23** Take a break in between bites and chew slowly. This will give your stomach time to digest and know when it's full.	**24** Ask someone if they would like to share a large portion size of food. That way there is no waste and everyone is happy.	**25** Scout out the healthy foods on the appetizer table. Look for the fruit and veggie tray first.	**26** Choose from the children's menu when you go out to eat. The portions are smaller and you will save money.	**27** Try not to banish your favorite holiday treat! You can enjoy your favorite but remember moderation is the key.	**28** Always listen to your stomach. It will let you know when you are no longer hungry.
29 Make sure to walk and make your rounds at parties. You will meet new people and kill calories at the same time.	**30** Indulge moderately. When you hit the buffet, choose only 1-2 things to indulge in and forget the rest.	**31** Celebrate the New Year smart and healthy! Slow down on the alcoholic or sweet drinks by having a glass of water in between.				

CHALLENGE LOG INSTRUCTIONS:

1. Document your current weight here:_____ LBS.
2. Record your weight in the box at least once per week during the challenge. *Be sure to weigh-in around the same time during the day since weight can fluctuate throughout the day.*
3. Submit your completed Weight Log Calendar by **January 10, 2014** to the Wellness Coordinator.

**All of your submitted information will remain completely confidential.*

Wellness Coordinator Contact Information:

PHONE: (877) 517-6370 select Wellness Program Option or Direct: (907) 297-7350

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**Consult with your physician before making changes to your health habits.*