July, Aug., Sept.

3rd Quarter Weekly Challenges

The Weekly Challenge is a simple suggestion for you to try for a week. It's making a small change in what you do for just seven days. To keep track of your success, post this sheet on your bulletin board at work or on your refrigerator at home and check the box each day you meet the challenge. Try it and see if it makes a difference. The goal is a healthier YOU.

July 2 — Want a sure-fire way to stay on track with healthy eating through July? If yes, keep a diet diary—especially on those days when you are most tempted. Download forms from www.healthybodyweight.com or make copies from pages 255-257 in the *Move It. Lose It. Live Healthy.* book.

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July 9 — Plan a special evening activity to enjoy the summer nights like a neighborhood walk, putt-putt golf, or rocking to the music outside.

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July 16 — Drink a glass or small bottle of water between meals.

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July 23 — Plan a potluck at work and bring all healthy foods. Share recipes.

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July 30 — Keep track of how much activity you are getting. Is it time to increase the pace or length of time? Download forms from www.healthybodyweight.com or make copies from pages 253 and 254 in the *Move It. Lose It. Live Healthy.* book.

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Aug. 6 — Complete a task that you have been putting off. Oooh! It feels so good to get it done.

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Aug. 13 — Try a new healthy recipe…maybe one you got at the company potluck!

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Aug. 20 — Weigh every day and write it down.

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Aug. 27 — Read food labels on all the foods you eat and buy.

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Sept. 3 — Plan some special outing for Labor Day like biking, hiking, or swimming.

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Sept. 10 — Do some stretching exercises during break at work.

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Sept. 17 — Eat slowly and stop eating when you feel satisfied.

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Sept. 24 — Say good things to yourself when you make healthy choices. When you make poor choices, try to do better next time and vow not to give up.

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