Oct., Nov., Dec.

# 4th 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.*

Oct. 2: Eat breakfast, lunch and dinner every day. Space meals about 5-6 hours apart.

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Oct. 9: Spend some time outside every day, weather permitting, and walk, bike or hike.

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Oct. 16: Substitute water for sweetened beverages.

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Oct. 23: Plan non-food treats for trick-or-treaters.

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Oct. 30: Use less margarine, butter, mayonnaise and salad dressing.

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Nov. 6: Keep an exercise log. (Copy forms from pages 253 and 256 in my book, *Move It. Lose It. Live Healthy.,* or download from www.healthybodyweight.com.)

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Nov. 13: Select holiday recipes and practice recipe substitutions to make them healthier. For ideas on recipe substitutions, see pages 208 -210 in my book, *Move It. Lose It. Live Healthy*.

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Nov. 27: Watch no TV or play no computer games until I have gotten some exercise.

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Dec. 4: Include one high-fiber food at every meal. For the fiber content of foods, see pages 86-87 in my book, *Move It. Lose It. Live Healthy*.

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Dec. 11: Try a new type of exercise.

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Dec. 18: Say good things to myself when I make healthy choices.

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Dec. 25: Eat slowly and stop eating when I feel satisfied.

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