Jan., Feb., March

1st 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.

Jan. 4: Plan 30 minutes of "alone time." Evaluate where you are and where you want to be. Write down your goals for all areas (financial, career, spiritual, family, etc.) of your life. Add your health goals made last month. Formulate a plan to achieve your goals including a timeline. Take charge. Be proactive. Be determined to be a better "you."

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Jan. 11: Keep a diet diary. Calculate the calories you eat and compare to the MyPyramid Food Intake Pattern (Chapter 9 in *Move It. Lose It. Live Healthy.*) based on your age, sex, and activity level. Evaluate how you can make healthier choices.

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Jan.18: Keep an exercise log. Include a 15-minute stretch break. Weigh and record.

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Jan. 25: Gather information needed to complete income tax return. Eat at least 3 different fruits and vegetables. Resist a food temptation. Praise yourself for this accomplishment.

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Feb. 1: Increase your daily moderate activity level by 5 minutes. Review your goals made week of Jan. 4. Evaluate your progress. Adjust your strategy as needed to achieve your goals.

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Feb. 8: Plan your gift for your valentine. Give a coworker a compliment for a job well done.

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Feb. 15: Avoid fried foods. Weigh yourself and record your weight.

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Feb. 22: Keep an exercise log and diet diary. Time how long it takes you to eat a meal.

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Mar. 1: Increase your meal eating time by 5 minutes without going back for more food. Eat slowly. Chew your food well. Do not eat along with another activity like watching TV or working on the computer. Review your goals made week of Jan. 4. Evaluate your plans for accomplishing goals. Make adjustments as necessary.

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Mar. 8: Add strength exercises to your weekly workout schedule. Check out Chapter 4 in *Move It. Lose It. Live Healthy.* for a few ideas. Invite your spouse, friend, or coworker to do the strength exercises with you.

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Mar. 15: Substitute water for all sweetened beverages and soft drinks including diet soft drinks.

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Mar. 22: Try a new exercise activity (jump rope, stretch bands, yoga, Pilates). Complete a task that you have been putting off.

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Mar. 29: Use only low-fat (1%) or fat-free milk products.

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