

BLC41 WEC - WEEK 10 - Focus

This week's theme is focus. As we near the end of the BLC41, it is important to renew our focus on our goals. Keeping focused on our long term weight loss goals can be tough to do in our fast paced lives. To Do lists can help you to get organized and stay focused. This Weekend Challenge is a To Do list with 25 items. **In order to check each item off your list you will exercise for 5 minutes AND complete the activity.** See notes below.



MY WEEKEND TO DO LIST

✓	Activity	10 Points per Activity
1	Read through the activities 1-25 for this WEC.	
2	Review/renew your BLC38 goals.	
3	Track your food for Friday.	
4	Track your food for Saturday.	
5	Track your food for Sunday.	
6	Track your food for Monday.	
7	Eat 2 green veggies on any day.	
8	Eat 5+ freggies on any day.	
9	Eat 5+ freggies on any day.	
10	Eat 5+ freggie rainbow on any day.	
11	Drink 6+ glasses of water on Friday.	
12	Drink 6+ glasses of water on Saturday.	
13	Drink 6+ glasses of water on Sunday.	
14	Drink 6+ glasses of water on Monday.	
15	10 + minutes of quiet time, meditation or prayer.	
16	10 + minutes of quiet time, meditation or prayer.	

17	10 + minutes de-cluttering or organizing an area of your home.	
18	10 + minutes de-cluttering or organizing an area of your home.	
19	15 + minutes of me time.	
20	15 + minutes of me time.	
21	Plan your workouts for the week ahead.	
22	Plan your meals for the week ahead.	
23	Think about what helps you to stay focused, how can you apply it to your BLC38 goals? Feel free to share on your team's chat thread but it is not required.	
24	Set a goal for the weekend and share it on your team's chat thread.	
25	Post a GOYBAD on your team's chat thread.	
TOTAL		_____/250

Notes:

1. Exercise is defined as **intentional** exercise. Whether that is strength training, cardio or flexibility training is up to you. (125 minutes total exercise to complete the list)
2. You may do only one freggie/veggie activity per day.
3. You may do only one water activity per day
4. You may combine the other activities any way you wish.