BLC41 - WEEK 1 - HEALTHY HABITS CHALLENGE

If Motivation is what gets us started and habits keep us going, then let's get back to the fundamentals of weight loss success. Forget the fads: Take your plan HEALTHY HABITS!

Week 1 Challenge is all about getting Back to Basics with HEALTHY HABITS! Your GOAL is to Reach for the 38 Points per day.

Earn up to 38 positive points a day by completing any of the following activities once per day! Your CHOICE on how you mix it up...most can be repeated several times during the challenge, but some can only be done ONCE during the challenge….and they DO NOT all need to be done.

Healthy Nutritional Habits
Earn 5 points by eating cleaner - no processed food for at least one meal per day
Earn 10 points by tracking your meals for at least one day
Earn 10 points by drinking at least 8 glasses of water per day

Healthy Fitness Habits
Earn 3 points by planning your fitness for the next day
Earn 10 points by doing 10 continuous minutes of any kind of fitness per day
Earn 10 points by completing your planned fitness for the day

Healthy Habits & Routines
Earn 3 point by posting something positive in your team thread
Earn 5 points by posting YOUR healthy plan for the next day on your team thread
Earn 10 points by adding or continuing ONE healthy habit routine per day

ONE TIME ONLY Activities

Earn 10 points - Set your SMART GOALS ….Blog or post on your chat thread.

Tracking Template - Max Positive Points

Friday	Saturday	Sunday	Monday	Total
/38	/38	/38	/38	/152

NOTE: Max Possible points is 152 for this challenge!