

REACH AND MAINTAIN



Reaching and maintaining a healthy weight is one of the greatest challenges in our modern culture and environment; however, it is critical for our health and longevity that we commit to reach and maintain a healthy weight. It is essential that we create a lifestyle that will enable us to get to and stay at a healthy weight. Focus your daily activity on the below six health areas. For each area, please set a personal goal that you plan to commit to over the next 21 days. Determine what is required and yields the greatest return.

Eat Smarter – My Eat Smarter Challenge Goal:

Move More – My Move More Challenge Goal:

Sleep More Soundly – My Sleep More Soundly Challenge Goal:

Manage Stress Better – My Manage Stress Better Challenge Goal:

Cultivate Relationships – My Cultivate Relationships Challenge Goal:

Avoid Risky Substances – My Avoid Risky Substances Challenge Goal:

I _____ commit to the above (please sign and commit!): _____

Date:	Eat: (# of whole foods eaten - fruits, vegetables, whole grains, legumes)	Move: (Minutes of physical activity)	Sleep: (Hours of sleep the night before)	Stress: (Positive stress coping mechanisms)	Relationships: (Strengthen relationships - Who, what, how?)	Avoid: (# of alcoholic drinks, drug, tobacco usage)	Weight: (Daily weight in pounds). Weigh the same time daily.
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