

# 6 WEEK SUMMER WEIGHT LOSS CHALLENGE TRACKING

Week # \_\_\_\_\_

Name \_\_\_\_\_

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
<b>Submit points by Mon. morning 1 point per week</b>								
<b>Drink 64 ounces of water (1 point/day)</b>								
<b>5 Fruits or Veggies (5 points /day)</b>								
<b>No sugary treats (5 point per day)</b>								
<b>Keep a food log (5 points/day)</b>								
<b>Sleep + 7 hours per day (5 points/day)</b>								
<b>Workout for 30 Minutes 5 points/day. Bonus points if 45 minutes 2 points/day (6 days per week max)</b>								
<b>Check in with Buddy (1 point per day)</b>								
<b>Weight (Record once during week: 5pts)</b>								
<b>Measurements (week 1 and week 6) Waist, hips, thighs, bust</b>								
							<b>TOTAL</b>	

## 6 WEEK SUMMER WEIGHT LOSS CHALLENGE RULES

- 1) Take a picture of the scale to start this challenge by Monday, July 8th! You must text this photo to 801-874-7641 or email it to [amy@healthbeet.org](mailto:amy@healthbeet.org)
- 2) Submit points once per week on Saturday night by taking a photo of your point sheet, and texting it to 801-874-7641 or email it to [amy@healthbeet.org](mailto:amy@healthbeet.org)
- 3) Drink 64 ounces of water every day! Grab a measurable water bottle and fill it up enough times during the day to keep track. 1 point per day, max 7 days per week!
- 4) 5 fruits and veggies!! For maximum weight loss, make this 5 veggies! You will get 5 points per day, 7 days per week. This is all or nothing. 5 points or zero. You cannot get a point for each veggie.
- 5) No sugary treats- This includes candy, cookies, ice cream, cake, soda pop, sugary cereal, cupcakes, pudding.. etc. You will know it when you see it. You will get 5 points per day for this, 7 days a week.
- 6) Keeping a food log has been the number one common trait among people who have lost weight and kept it off. Your food log can be in a notebook, a digital app like My Fitness Pal, a piece of paper, or anything that works for you. The important thing is to write down everything that goes in your mouth- whether you are tracking the calories and macronutrients or not. Write down all the food. You will get 5 points per day for this, 7 days a week. (even write down the bad food!)
- 7) Sleeping has been associated with greater will-power! Sleep is vital to staying on your plan every day. Get 5 points for every day you can sleep for 7 hours or longer, 7 days a week.
- 8) Working out for 30 minutes is great. Working out for 45 minutes is even better! Get 5 points per day you exercise for 30 minutes and an extra two points per day if your workout is longer than 45 minutes. Max points is 6 days per week
- 9) Having an accountability partner is like having your own weight loss coach. Share your food journal, chat about your challenges for the day, your successes, or meet up for a workout! Check in every single day for 1 point. 7 days a week. Text, call or email for this to count! Record your weight once a week.

***The winner of the challenge is the individual who has lost the most percentage of weight.  
75% of total money is awarded to the individual with the most percentage of weight lost.  
25% of total money goes to the person with the most points.***