

ADMC Healthy Habits Challenge

The Health Habits Challenge (HHC) is for those ADMC members who choose to participate. The purpose is to support the development and/or reinforcement of a myriad of healthy habits for improved health (body, mind & spirit) and to promote a healthier--and more balanced--lifestyle. The HHC is in keeping with our health and wellness theme of wanting to be the best **and** healthiest consultants.

Through your participation, you will accumulate points. Points are earned by meeting specified HHC criteria. Points come from two different categories: healthy habits and weight loss, if applicable.

Dates of the Healthy Habits Challenge: August 21st to September 30th (6 weeks)

Healthy Habits Challenge Coordinator/Coach: Shari Tastad. Shari, in addition to being an ADMC member and founder of Pathways Coaching, is also a Take Shape for Life Certified Health Coach.

If you want to participate, contact Shari via email at: shari@pathwayscoaching.com.

Once you sign up, you will receive a tracking sheet for easy monitoring and reporting of your point totals. Earning and reporting your points is on the honor system--as an ADMC member, we trust you!

Each week you will turn in your weekly point total to Shari via e-mail for the two categories. Totals will be tabulated and reported for those participating. **There will be weekly prizes, as well as grand prizes in several different areas at the conclusion of the HHC!!**

CATEGORY #1: HEALTHY HABITS POINTS

1. **1/2 hour Quiet time = 1 point (maximum 1 point per day):**

Definition: Spending time reading, listening to peaceful music/material, getting a massage or facial, meditation, prayer, church attendance, gardening, knitting, scrap-booking, crafting or other quiet, restful activity, naps, light yoga, etc.. You can count any time that you take doing something for you that you might not do otherwise, i.e. a phone call to a friend you don't see often. You may split this into two-15min intervals. *TV and Computer time don't count!!!!*

2. **1/2 hour Workout = 1 point (maximum 3 points per day):**

Definition: This must be something you consider a "workout" such as Aerobic classes, cardio machines, power walks, weightlifting, circuit training, challenging yoga, etc.

3. **20 min Target Heart Rate Zone & Cardio Conditioning = 1 point (maximum 3 points per day):**

Definition: Each 20 minutes of cardio within your target heart rate zone is worth 1 point. This CAN overlap with your workout points. For example, if you ran on the treadmill for 1/2 hour and 20 min of that was in your target heart rate zone, you get 1 point for the "Workout" category and 1 point towards the "Target Heart Rate Zone & Cardio Conditioning" category. If you don't know what your target heart rate zone is, we can help you calculate it.

4. **Floss Teeth = 1 point, per day**

Definition: At least once a day (hopefully this is one you don't have to work too hard to earn daily!)

5. **Three Veggies and One Fruit = 1 point, per day**

Definition: For each day that you eat at least 3 servings of vegetables and at least 1 serving of fruit you earn a point. A serving size is the size of your fist or what it says on the package (you be the judge on this one).

6. **No Desserts/Sweets = 1 point, per day**

Definition: For each day that you don't eat desserts or sweets you earn a point. This means no cookies, candy, ice cream, cake, pie etc.--including sugar free desserts. To qualify for a point, you cannot sample desserts--not even a bite. For every 6 days you go without dessert or sweets you get one day to eat ONE serving/portion of dessert and you will still receive 1 point for that day (think of it like a reward for being disciplined the other 6 days).

THREE (3) ADDITIONAL CHALLENGES FOR YOUR PERSONAL PLAN

From the list below, choose 3 additional personal challenges that you want to individually tackle during the 6 weeks. You can earn up to **1 point per day for each challenge**. You must stick with these 3 challenges during the whole 6 weeks. Pick challenges that will stretch you (challenge you). Choose areas that you struggle with or areas in which you want to change habits or learn and grow. For example, if you are already a non-coffee drinker then you don't choose "No Coffee." You earn 1 point for each day that you meet the goal, a maximum of 3 points per day.

1. No Alcohol
2. No Smoking
3. No Junk food (chips, fried food, fast food, etc.)
4. Not Gossiping
5. No Coffee
6. No Soda, Soft Drinks, Sugared Drinks
7. No Caffeine (caffeinated coffee, soda, tea, etc.)
8. No eating after 8PM (except fruits, veggies)
9. Drink at least (6) 8oz glasses of water a day, or 48oz.
10. Take daily vitamins
11. Returning phone calls and e-mails promptly (that same day)
12. Setting a certain business goal that you have been ignoring or procrastinating about (mastering powerpoint, writing an article, meeting with "X" number of potential clients, knocking on some doors, setting up meet-and-greets for yourself, etc.) and spend a dedicated 30+ minutes each day on achieving it
13. Getting up at a certain time every day or going to bed at a certain time every night, or both (you set the time-you can pick a time for Sun-Thu & for Fri/Sat; it must be all 7 days)
14. Personal care: making time just for *you* each day to rejuvenate or care for your body - it can be a different thing each day (face washing, exfoliation, manicure, pedicure, facial, massage, deep condition, hair cut, face lotion, eye cream, etc.)
15. Using kind words along with not saying negative words to a person you see on a daily basis (you choose the person at the beginning of the challenge).
16. No Swearing or Cursing: including mumbling & growling under your breath, even when alone
17. Breaking a personal habit or addiction such as biting your nails, amount of much sugar, etc.
18. Being on Time everywhere (within 5 minutes)
19. TV limited (less than 1/2 hour per day)
20. Computer limited to 20 minutes per day (surfing the net for personal fun - does not include use for work)
21. Learning something new (spend at least 20 minutes daily learning about a new topic or point of interest that is non-work-related)
22. Portion control (eat 5 small meals a day - no grazing, no second helpings).
23. Personal Diet Plan (you choose the plan and limits). You must stick with the same plan/limits for the whole challenge. For example: Medifast, Weight Watchers, Jenny Craig. It can also be one of your own

creation i.e. cut out all whites: potato, all breads, rice, chips; Low Carb Diet (if you eat a plate of pasta for dinner, you don't get the point); Dr. Oz's Healthy Plan; Calorie Limit Diet: (say 1800 calories per day); Mediterranean Diet.

24. No spending money on unnecessary things.

25. Showing or modeling gratitude (a card, a compliment, saying thank you to another person (friend or stranger)

26. Drink 1 cup (8 oz.) of Green Tea per day

27. Trying a new fruit, vegetable, or healthy protein (Tofu, Tempeh, fish)

28. Spend 15 minutes per day tidying up or cleaning an area that has long ago needed it, but has been neglected (your car, a bedroom, your office, etc.)

CATEGORY #2: WEIGHT LOSS CATEGORY POINTS *(If you are not interested in losing weight, you do not have to participate in the weight loss category)*

The weight loss category is based on the percentage of weight loss (pounds lost divided by starting weight). You will NOT report your actual weight. Like the Healthy Habits category, reporting is on the honor system.

Weigh In: Everyone will weigh in at the beginning of HHC. All subsequent weigh-ins should be using the same scale.

Each week you will simply report the cumulative pounds lost (if any) and the % of body mass lost (pounds lost divided by starting weight). You will not need to share your weight, only the cumulative number of pounds you have lost since the start of the program and the percentage lost are used and reported.

Points Earned: You will earn five (5) points for each full percentage point drop of body mass. For example, if my starting weight was 150 and I lost 3 pounds during the 6 weeks, then my percentage loss during the HHC would be 2%, and I would earn ten (10) points for the weight loss category.

WINNERS:

Anyone who participates in HHC will be a winner because everyone who participates will be contributing to their improved health and well-being.

There will be weekly prizes based on participation and weekly point totals. In addition, there will be grand prizes for:

- 1) The top two point earners in the Healthy Habits category,
- 2) The top two point earners in the Weight Loss category, and
- 3) The top HHC total point earners.

RECORDING YOUR PROGRESS:

Once you sign up, you will be provided with an excel spreadsheet for recording your progress and points. Each week will be Sunday through Saturday. You must e-mail your updated spreadsheet in by Monday for the previous week. Progress results will be reported to all participants on each Wednesday.

This is about striving for your personal best and improving your health. Sign up for the ADMC Healthy Habits Challenge by emailing Shari at: shari@pathwayscoaching.com so you will set to go August 21st.