

12-Week Weight Loss Challenge

If you've ever said, "I know what I need to do to lose weight, I just need to do it" then this challenge is for you! We help you turn your "knowing" into "doing"!

If you are overweight or obese, losing 10% or more body weight can improve most chronic diseases including type 2 diabetes, hypertension, knee osteoarthritis, sleep apnea, depression, and even reduce your risk of getting some types of cancers.

	Weight	Resting Heart Rate	Blood Pressure	Body Fat % (if available)
Week 1:				
Week 12:				

MOVE

If you don't take time to figure out when and how to fit exercise into your busy schedule, it won't happen! Use the space below to create an exercise plan that works for YOU. What activities do you enjoy and when can you schedule time into your day? Don't know where to start? Fill in your Team Exercise then pick 4 days/times and write, "30 min Brisk Walk".

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time:	Ex: 6:30 am						
Activity:	Ex: 30 min Brisk Walk						

EAT

Half the battle of healthy eating is having healthy items on-hand when cravings strike. Make a list of your favorite foods for meals and snacks, and make sure to keep your home and office stocked with these items. Make it harder to give in to cravings, don't bring junk food into your home.

GIVE

Volunteering once a month at a local food bank, food pantry or soup kitchen is a fun way to give back and provides a much-needed boost to your motivation while developing your new healthy habits!

Donate Your Weight once a month to celebrate your weight loss victories! Donate at least \$1.00 for every pound you lose to help fight Hunger in your area.



	Volunteer Event #1	Volunteer Event #2	Volunteer Event #3
Day / Time:			
Location:			