

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 have overweight or obesity, 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 below, and make sure to keep your home and office stocked with these items.

Favorite Tip: Learn to cook! Ultra-Processed Foods (UPFs) are designed to make you crave more!

GIVE

Volunteering 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! Volunteer once, or once a month!

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

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.





12-WEEK WEIGHT LOSS CHALLENGE

Who Are We

More than 73% of Americans have overweight or obesity, while more than 12% have food insecurity. America is getting heavier, sicker & more isolated from each other every day.

Our motto, MOVE EAT GIVE reflects our belief that virtually every problem in America could be fixed if we took better care of ourselves and took better care of each other.


See Hunger In A New Light


Just because you can't "see" hunger in America, doesn't mean it doesn't exist. More than 34 million Americans, including 9 million kids, struggle with food insecurity. They are not just numbers, they are your neighbors - and they need your help.

Get Started Now

Our FREE 12-Week Challenge is a plan to help you lose weight by creating healthy habits in a fun and EASY way! While you create new habits, we use compassion and community to keep you motivated, long enough, for your new habits to stick!



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MOVE **EAT** GIVE



START A TEAM

Bring our 12-Week Challenge to the places you live, work & pray.



MOVE AS A TEAM

Don't like exercising alone? Meet in a neighborhood or local park for a 30 min walk or other exercise.



DONATE YOUR TIME

Meet as a team to GIVE! Volunteer at a local food bank, food pantry or soup kitchen.



DONATE YOUR WEIGHT

Celebrate your weight loss victories! Donate \$1 for every pound you lose to help feed your hungry neighbors.