



HOLD THE HOLIDAYS



Make this

holiday season

your healthiest!

Welcome to Hold The Holidays!

Challenge Overview: Participants weigh-in with their pre-Thanksgiving weight and sign a personal contract stating that they will practice healthy diet and exercise habits over the holidays. Participants commit to entering the New Year weighing less, the same, or within two pounds of their initial weight. Weigh-ins are then conducted on a weekly basis.

This 4-week challenge will keep participants motivated to workout, eat right and manage stress throughout the shorter days, colder weather and increased busyness of the holiday season with weekly emails and support.

WESTONKA WELLNESS

soaring to a healthier you



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MY HEALTHY LIVING CONTRACT

As a means of holding myself accountable, I pledge this Healthy Living Contract to myself.

I, _____, do hereby commit to living a healthy lifestyle including managing stress, being physically active and fueling my body with healthy foods and beverages for the next four weeks.

I will remain focused on my goal of maintaining my weight over the next four weeks (within a 2 lb range).

Starting weight: _____ Ending weight: _____

(or)

I commit to losing 1-2 lbs per week for the next four weeks.

Starting weight: _____ Ending weight: _____

- I take full responsibility for my health and my weight maintenance/weight loss process. I will not blame anyone - including myself.
- I realize that this process will not always be easy, but I am willing to do my absolute best. I am ready for this challenge!
- I relinquish all excuses and explanations. I realize they do NOT matter now.
- I will devote time and learn how to lead a healthier life, and I will put what I learn to use.
- I will NOT let slip-ups convince me that because of this I am a lost cause. When I slip-up, I will remain focused, and get back on track as if nothing happened. I will be kind to myself and practice self-compassion & self-care daily.
- I will stop making derogatory comments about myself. When a derogatory comment comes to mind I will replace it with something positive about myself.
- I will reward myself each time I hit a milestone I set.
- I choose to be healthy and happy.

I will do all of the above because: *(highlight all that apply or write in your own)*

I want to feel better, I want to live longer, I want to improve my confidence, I want more energy, I want to feel healthier, I want to be able to play with my children/grandchildren, I want to be there for my family, I want to prove to myself I can do it, I want my family to be proud of me, I want to look/feel my best.

Personalize: _____

I will accomplish all of these things by doing the following: *(highlight all that apply or write in your own)*

- * I will stop eating processed, refined white sugar
- * I will stop eating processed, refined white flour
- * I will eat 3 or more servings of fruits and vegetables a day
- * I will drink no less than 64 ounces of water a day
- * I will do cardio/aerobic exercise no less than 30 minutes a day, 3 days a week
- * I will do strength training no less than 3 days a week
- * I will relax on Sunday

* _____

* _____

* _____

Signed: _____ Date: _____





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WEIGHT LOG

Tips:

- Be sure to use the same scale throughout the challenge.
- You do not need to share your weight or progress with anyone. This is 100% confidential.
- You may choose to have an accountability partner. A co-worker, friends or spouse, who can check-in with and motivate you throughout the challenge.
- Weigh yourself around the same time of day. Morning and evening weight can be quite different.
- You may choose to remove your shoes. If you do, be consistent with removing your shoes throughout the challenge for each of your personal/private weigh-ins

Week 1 weight: _____ Date: _____

Week 2 weight: _____ Date: _____

Week 3 weight: _____ Date: _____

Week 4 weight: _____ Date: _____

Did you reach your goal or maintain your weight within 2 lbs? Did you reach your goal of weight loss?

