

# NEW YEAR, NEW YOU

# WEEK 1: BETTER NUTRITION IN 2012

**Rules:** Complete as many tasks and accumulate as many points as you can this week. Points are in brackets with each task. Where indicated, be sure to keep track of daily tasks to accumulate the most points possible. To help you keep track of your daily points, use the table provided.

On Monday mornings, please report your POINT TOTAL to your team captain for the previous week.

Ate oatmeal with fruit for breakfast <b>(1 pt per day)</b>	Packed lunches the night before <b>(5 pts per day)</b>	Took a multi-vitamin <b>(5 pts per day)</b>	Wrote down 5 nutrition-based goals for 2012 and put in visible place for me to read every day <b>(20 pts)</b>	Ate 2 tbsp ground flax (in smoothie, on toast, in oatmeal) <b>(5 pts per day)</b>	For dinner, my plate consisted of at least two bright colors <b>(10 pts per day)</b>
Drank a cup of Green tea <b>(1 pt per day)</b>	Ate Greek yogurt or cottage cheese with fruit <b>(5 pts per day)</b>	Ate 1 medium orange fruit or ½ cup orange vegetable <b>(1 pt per day)</b>	Ate three servings of fish this week <b>(10 pts per day)</b>	Ate 2 cups of dark, green, leafy vegetables <b>(5 pts per day)</b>	Made a grocery list <b>(10 pts)</b>
Menu-planned for ONE week of meals <b>(20 pts)</b>	Drank 6-8 glasses of water <b>(5 pts per day)</b>	Avoided caffeine after 3pm <b>(1 pt per day)</b>	Lunch [for me/my family] consisted of a vegetable, fruit, grain, and protein, every day this week <b>(5 pts per day)</b>	Drank a cup or Rooibos tea [for heart health] <b>(1 pt per day)</b>	Cooked or baked with the kids <b>(5 pts per day)</b>
Ate quinoa <b>(5 pts per day)</b>	Ate meat alternatives (beans, lentils, tofu) <b>(1 pt per day)</b>	Drank a spinach smoothie <b>(5pts per day)</b>	Tried a new, healthy recipe for dinner <b>(5 pts per day)</b>	Filled half my plate with vegetables for dinner <b>(10 pts per day)</b>	Dinner [for me/my family] consisted of a vegetable, grain, and protein] <b>(5 pts per day)</b>

Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Point Tally						
<b>TOTAL Points for week</b>						

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# WEEK 2: CONSISTENT EXERCISE IN 2012

**Rules:** Complete as many tasks and accumulate as many points as you can this week. Points are in brackets with each task. Where indicated, be sure to keep track of daily tasks to accumulate the most points possible. To help you keep track of your daily points, use the table provided. On Monday mornings, please report your POINT TOTAL to your team captain for the previous week.

<p>Took the stairs instead of the elevator whenever possible <b>(1 pt per day)</b></p>	<p>Booked (or have already booked) a wellness consultation <b>(30 pts)</b></p>	<p>Wore a pedometer <b>(5 pts per day)</b></p>	<p>Completed at least 20 mins of resistance exercise <b>(5 pts per day)</b></p>	<p>Chose not to watch TV or sit in front of the computer after supper and went for a walk instead <b>(1 pt per day)</b></p>	<p>Wrote down 5 exercise-based goals for 2012 and put in visible place for me to read everyday <b>(20 pts)</b></p>
<p>Walked for 30 minutes <b>(5 pts per day)</b></p>	<p>Did 15-20 reps of upper body exercises (shoulders, chest, biceps, or triceps) <b>(5 pts per day)</b></p>	<p>Did 20 minutes of jogging, swimming, or cycling <b>(5 pts per day)</b></p>	<p>Ate a lean, high protein meal after exercising (eggs, hummus, greek yogurt) <b>(5 pts per day)</b></p>	<p>Increased intensity on any cardio machine (speed, incline) by 2 increments <b>(5 pts per day)</b></p>	<p>Did physical activity with the family (skating, swim, walk in the park) <b>(10 pts per day)</b></p>
<p>Did 3 sets of plank, holding for at least 35 seconds <b>(10 pts per day)</b></p>	<p>Walked for at least 40 minutes <b>(10 pts per day)</b></p>	<p>Did 10 minutes of core exercises <b>(1pt per day)</b></p>	<p>Logged at least 6000 steps with a pedometer <b>(10 pts per day)</b></p>	<p>Did 20-30 reps lower body (quads, hamstrings, glutes) <b>(1 pt per day)</b></p>	<p>Went for a refreshing walk at lunchtime <b>(5 pts per day)</b></p>
<p>Parked as far away from destination as possible and walked <b>(5 pts per day)</b></p>	<p>Tried a new physical activity or group exercise class for 30 minutes <b>(5 pts per day)</b></p>	<p>Did 15 reps of push ups, sit ups and lunges each <b>(5 pts per day)</b></p>	<p>Played a sport or attended a fitness class with a friend <b>(5 pts per day)</b></p>	<p>Stretched for at least 10 mins <b>(5 pts per day)</b></p>	<p>Did 15 reps of ergonomic stretches [shoulder rolls and wrist rolls] <b>(1 pt per day)</b></p>

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# WEEK 3: STRESS REDUCTION & IMPROVED SLEEP IN 2012

**Rules:** Complete as many tasks and accumulate as many points as you can this week. Points are in brackets with each task. Where indicated, be sure to keep track of daily tasks to accumulate the most points possible. To help you keep track of your daily points, use the table provided. On Monday mornings, please report your POINT TOTAL to your team captain for the previous week.

Booked my medical for this year <b>(50 pts)</b>	Enjoyed some “me” time for at least 15 min <b>(5 pts per day)</b>	Wrote at least 5 goals for 2012 and placed them in a visible place <b>(20 pts)</b>	Moved my alarm clock as far away from bed as possible [covering it makes it even less distracting!] <b>(1 pt per day)</b>	Read a relaxing book 15 min before sleep <b>(1 pt per day)</b>	As a family, chose a charity to support or volunteered for something <b>(20 pts)</b>
Took 10 deep breaths, twice <b>(1 pt per day)</b>	Practiced deep breathing before falling asleep [take 10 deep breaths, twice] <b>(5 pts per day)</b>	Drank a cup of chamomile tea <b>(1 pt per day)</b>	Ate a healthy mid-afternoon snack (nuts, yogurt, fruit) <b>(1 pt per day)</b>	Arranged a time to talk with/meet a good friend <b>(5 pts per day)</b>	Did 20 shoulder rolls, each way. <b>(5 pts per day)</b>
De-cluttered work space at home or in the office <b>(20 pts)</b>	Ensured my room was very dark [you shouldn't be able to see your hand in front of your face] <b>(5 pts per day)</b>	Wrote down at least 3 things I am thankful for <b>(20 pts)</b>	Turned off TV or computer at least 1 hour before sleep <b>(5 pts per day)</b>	Ate a purple fruit [stress-reducing properties]. I.e: blueberries, blackberries, plums <b>(5 pts per day)</b>	Complimented a co-worker <b>(5 pts per day)</b>
Made double batch of food so to alleviate needing to cook later <b>(10 pts)</b>	Sweated out tension with a good workout [at least 30 mins] <b>(5 pts per day)</b>	Wrote in my journal <b>(10 pts per day)</b>	Got 7-9 hours of sleep <b>(5 pts per day)</b>	Avoided caffeine after 3pm <b>(1 pt per day)</b>	Wrote a TO-DO list for the week or weekend <b>(10 pts)</b>

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