



# Four Week Get Fit Challenge

## Tone-and-Tighten.com

### What you need to know:

- This is a **Four Week Challenge** that starts on a Monday (you pick what Monday to start on). You can make it (a lot) more interesting by adding an entrance fee – we usually do \$25. However, I've also heard people do it with a free entrance. Others have done an office pool where those who did not win (I didn't say "losers") buy lunch for the winner. Make it interesting for your individual group!
- There is a weekly point calendar for each of the 4 weeks – daily points are indicated on each calendar.
- You can exercise each day, but you will only receive **points for exercising 5 days a week (Be sure to check out my Weekly Workout Plans launching every Sunday on Tone-and-Tighten.com).**
- You can choose to not eat sugar/treats everyday, but you will only receive **points for not eating sugar on 6 days** (everyone needs a cheat day!).
- There is a sample food journal after the calendars that you can use or you can use your own kind of food journal to keep track of what you eat. It's amazing how eye-opening this can be! If you bite it, write it.
- Weigh **yourself anytime each Sunday and tally up all points by 9 PM.** Make sure that you weigh yourself under the same circumstances each week (for example: Morning/Night, Empty/Full stomach)
- Choose **someone in your challenge who will be the one you send a weekly email/text to** with your totally weekly points and total weight loss points for the week. They will have to keep track of everyone's points and then have them send out an email or text with everyone's standings on Mondays. We said that all points had to be emailed/texted by midnight on Sunday. If you didn't send an email/text by that time, you received no points for that week (bummer).
- Essentially each week you will send in 3 numbers: Your weekly points, you weight lost for the week, and your total points for that week.
- Daily **contact with teammate:** It's amazing the strength that comes from encouragement from your teammates! We said that you could email, call, or text someone on your team *about the challenge* to encourage them to have a healthy day. It helps knowing that you are all in this together and makes you accountable for what you do or don't do.
- Example of **weight loss points:** You will get 5 points for maintaining your lowest previous weight AND 10 points for each whole pound. For instance, if you gained weight, you will report 0 points AND you don't get any weight loss OR maintenance points in future weeks until you return to the lowest weight you had already achieved. If you maintained your previous lowest weight, you report 5 points. If you lost 1 pound, you would get 5 points for maintaining plus 10 points for that pound, so you would report 15 points.
- Most points at the end of four weeks wins!! We usually divide our **cash money prize** equally between the person who loses the largest *percentage* of weight *and* the person who has the most total points.

The idea for this challenge is from my amazing wife. She wrote a similar challenge on her website, SixSistersStuff.com. Their challenge was later researched by a medical student who conducted a research project and later wrote a journal article about the challenge. It was published in the Journal of American Pharmacists Association. The researcher conducted the challenge with a group of 38 people- 28 people completed the challenge with a total weight loss of 282 pounds! This idea is simple, but effective. Challenge your friends and family and get ready to see some major results! The original challenge my wife wrote is eight weeks long. I have shortened this one to be four weeks long. If you have success, continue for another month, or two months, or three months... let the games begin!

**MAKE IT HAPPEN!!!**



**Starting Weight Sunday night:** \_\_\_\_\_

<b>Week # 1</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>2 pts:</b> Contact with Teammate							
<b>5 pts:</b> 64 oz Water							
<b>3 pts:</b> No eating 2 hrs before sleep							
<b>4 pts:</b> 2 Fruit Servings							
<b>5 pts:</b> 3 Vegetable Servings							
<b>4 pts:</b> No Sweets/Sugary Treats (Only 6 days a week)							
<b>5 pts:</b> Keep a Food Journal							
<b>5 pts:</b> 30 minutes exercise OR <b>7 pts:</b> 45 minutes exercise (Only 5 days a week)							
<b>TOTAL POINTS:</b> (226 possible for the week)							

**Grand Total of Points from Week 1:** \_\_\_\_\_



Starting Weight Sunday night: \_\_\_\_\_

Lowest Weight So Far: \_\_\_\_\_

Week # 2	MON	TUES	WED	THURS	FRI	SAT	SUN
2 pts: Contact with Teammate							
5 pts: 64 oz Water							
3 pts: No eating 2 hrs before sleep							
4 pts: 2 Fruit Servings							
5 pts: 3 Vegetable Servings							
4 pts: No Sweets/Sugary Treats (Only 6 days a week)							
5 pts: Keep a Food Journal							
5 pts: 30 minutes exercise OR 7 pts: 45 minutes exercise (Only 5 days a week)							
<b>TOTAL POINTS:</b> (226 possible for the week)							

Weight Loss Points: \_\_\_\_\_

Grand Total of Points from Week 2: \_\_\_\_\_



Starting Weight Sunday night: \_\_\_\_\_

Lowest Weight So Far: \_\_\_\_\_

Week # 3	MON	TUES	WED	THURS	FRI	SAT	SUN
2 pts: Contact with Teammate							
5 pts: 64 oz Water							
3 pts: No eating 2 hrs before sleep							
4 pts: 2 Fruit Servings							
5 pts: 3 Vegetable Servings							
4 pts: No Sweets/Sugary Treats (Only 6 days a week)							
5 pts: Keep a Food Journal							
5 pts: 30 minutes exercise OR 7 pts: 45 minutes exercise (Only 5 days a week)							
<b>TOTAL POINTS:</b> (226 possible for the week)							

Weight Loss Points: \_\_\_\_\_

Grand Total of Points from Week 3: \_\_\_\_\_



Starting Weight Sunday night: \_\_\_\_\_

Lowest Weight So Far: \_\_\_\_\_

Week # 4	MON	TUES	WED	THURS	FRI	SAT	SUN
2 pts: Contact with Teammate							
5 pts: 64 oz Water							
3 pts: No eating 2 hrs before sleep							
4 pts: 2 Fruit Servings							
5 pts: 3 Vegetable Servings							
4 pts: No Sweets/Sugary Treats (Only 6 days a week)							
5 pts: Keep a Food Journal							
5 pts: 30 minutes exercise OR 7 pts: 45 minutes exercise (Only 5 days a week)							
<b>TOTAL POINTS:</b> (226 possible for the week)							

Weight Loss Points: \_\_\_\_\_

Grand Total of Points from Week 4: \_\_\_\_\_





# Four Week Get Fit Challenge

## Food Journal

### Week \_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>	<b>Snacks</b>