Jan., Feb., Mar.

1st Quarter Weekly Challenges

The Weekly Challenge is a simple suggestion for you to try for a week. It's making a small change in what you do for just seven days. To keep track of your success, post this sheet on your bulletin board at work or on your refrigerator at home and check the box each day you meet the challenge. Try it and see if it makes a difference. The goal is a healthier YOU.

Jan. 1: Make a 2006 New Year's resolution to live healthier. Start by getting an appointment with my doctor for my annual physical and trying the weekly challenges to improve my eating and exercise behaviors.

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Jan. 8: Keep a food and exercise diary for at least three days. (Copy forms from pages 253 and 256 in my book, *Move It. Lose It. Live Healthy.,* or download from www.healthybodyweight.com.)

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Jan. 15: Do stretching exercises during TV commercials. See pages 62-67 from my book, *Move It. Lose It. Live Healthy.,* for good suggestions in starting.

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Jan. 22: Eat two non-starchy vegetables at lunch and dinner.

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Jan. 29: Invite my spouse, friend or co-worker to walk with me.

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Feb. 5: Eat breakfast every day and include at least one high fiber food. For some breakfast ideas, see pages 205-206 in my book, *Move It. Lose It. Live Healthy.,* and see pages 86-87 for the fiber content of foods.

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Feb. 12: Remember my valentine with a special, non-food gift and reward myself for living healthier with a special, non-food treat.

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Feb. 19: Keep a food and exercise diary for at least three days and compare to my previous records.

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Feb. 26: Read the food labels on all food eaten.

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Mar. 5: Eat foods that are not fried.

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Mar. 12: Increase the time exercised each day or as recommended by my doctor.

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Mar. 19: Try a new fruit.

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Mar. 26: Work on or complete a task or chore that I have avoided doing.

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