

Control your weight before it controls you.

Goal: 120 points (and 0 lbs.) through smart choices and watchful weight management

The Maintain Don't Gain challenge gives you the tools to lose weight and keep it off, for good. Exercising regularly, eating a healthy breakfast and enjoying more fruits and vegetables every day will help you find balance and successfully manage your weight. Skipping meals, eating too many sweets and drinking more than one serving of alcohol a day will lose you points, because these are unhealthy and even dangerous. And unhealthy habits will stand in the way of controlling your waistline.

- Earn up to six points each day for healthy activities that help you manage your weight, such as eating a low-fat, high-fiber breakfast.
- Lose up to three points per day for activities that promote unhealthy weight gain, such as skipping a meal.

What's for breakfast?

- Old-fashioned (plain) oatmeal with ½ cup of berries
- Eggs, veggies, low-fat cheese and salsa wrapped in a whole wheat tortilla
- Smoothie blended with skim milk, plain yogurt, frozen fruit and vanilla protein powder
- Whole-grain waffles with a drizzle of honey and a sprinkling of cinnamon

Reach for a delicious, fiber-rich snack

- Medium apple – 3 grams
- ½ cup sweet potato – 3 ½ grams
- ½ cup cubed avocado – 5 grams
- ½ cup hummus – 7 ½ grams
- ½ cup raspberries – 8 grams



Pump up your daily routine

- Clean the house
- Go for a nature hike
- Join the office softball or bowling team
- Plant and care for a garden
- Play with your kids – build a snowman, toss a ball, dance to your favorite music

Use your tracking sheet to record your points daily. Earn a total of 120 points and celebrate your victory over unwanted pounds and inches!



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tracking sheet

Goal: 120 points through smart choices and watchful weight management

How to track your points

Simply use this tracking sheet to record the amount of points you've earned or lost each day and subsequently, each week.

Earn up to six points each day. One point for each:

- Exercising at least 10 minutes
- Eating at least one cup of fruits and/or vegetables
- Eating a low-fat, high-fiber breakfast
- Not skipping meals; breakfast, lunch or dinner
- Limiting sweets to one serving or less
- Limiting alcohol to one serving or less

Lose up to three points a day for:

- Skipping a meal
- Eating more than one serving of sweets
- Drinking more than one serving of alcohol

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 1
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 2
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 3
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 4
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 5
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 6
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Total Points:							_____	



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