

8-Week Weight Loss Challenge

What you need to know:

- This is an 8-Week Challenge that starts on a Monday (you pick what Monday to start on) –January 9th, 2016
- Decide on a prize for the person/people who wins the most weekly points at end of challenge and who loses the largest percentage of weight. And an after-challenge incentive for each person that met her goal each week. -150 points per week
- Choose someone in your challenge who will be the one you send a weekly email/text to with your total 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 Monday. If you didn't send an email/text by that time, you received no points for that week. So each week you will send in 3 numbers: Your weekly points, you weight lost for the week, and your total points for that week. (see graph to keep track)
- There is a weekly point calendar for each of the 8 weeks. Every week there is a double point challenge (highlighted in yellow)
- You can exercise each day, but you will only receive points for exercising 4 days a week.
- You can choose to not eat sugar/treats each day, but you will only receive points for not eating sugar on 5 days (we all need a free day or two, but preferably three!) ;)
- There is a sample food journal that you can use or you can use your own kind of food journal to keep track of what you eat.
- Weigh yourself each Monday and tally up all points by 9 PM. Make sure that you weight yourself under the same circumstances each week (for example: Morning/Night, Empty/Full stomach). HINT: Morning is the best for true weight after potty/before food ☺
- Daily contact with teammate AND read a daily devotional: It's amazing the strength that comes from encouragement from your teammates and God! We said that you could email, call, text, or pray for someone on your team 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. Also, because God is making this all possible we should thank him and get encouragement from Him by reading a daily devotional/Bible Verse/Chapter/etc. You can only get points for doing BOTH each day.
- 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.
- The prize will be divided equally between the person who loses the largest percentage of weight and the person who has the most total weekly points.

Week #1: “Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.” Hebrews 12:1-2

Starting Weight (Monday): _____

Tasks	pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Contact with team & do devotional	2 <i>points</i>							
64 oz water	3 <i>points</i>							
Stop eating before 9pm	3 <i>points</i>							
2 fruit servings (1/2 cup each)	3 <i>points</i>							
3 veggie servings (1/2 cup each)	5 <i>points</i>							
No Sweets/Sugary Treats (for 5 days)	5 <i>points</i>							
Keep a food journal	5 <i>points</i>							
30 or 45 min. exercise (only 4 days)	5 or 7 <i>points</i>							
Total Points	<i>Total possible: 33 per day/200 per week</i>							

Weight Monday Week 2: _____ (10 Points per Pound lost AND 5 points for Maintaining Lowest Weight)

Total Weight Points: _____ Weight Lost Since Last Lowest Weight: _____

Total Week Points _____ + **Weight Points** _____ = **Grand Total for Week** _____

Week #2: "Don't work out because you hate your body, but because you love it."

Starting Weight (Monday): _____ Lowest Weight so far: _____

Tasks	pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Contact with team & do devotional	2 <i>points</i>							
64 oz water	3 <i>points</i>							
Stop eating before 9pm	3 <i>points</i>							
2 fruit servings (1/2 cup each)	3 <i>points</i>							
3 veggie servings (1/2 cup each)	5 <i>points</i>							
No Sweets/Sugary Treats (for 5 days)	5 <i>points</i>							
Keep a food journal	5 <i>points</i>							
30 or 45 min. exercise (only 4 days)	10 or 14 pts							
Total Points	<i>Total possible: 40 per day/228 per week</i>							

Weight Monday Week 3: _____ (10 Points per Pound lost AND 5 points for Maintaining Lowest Weight)

Total Weight Points: _____ Weight Lost Since Last Lowest Weight: _____

Total Week Points _____ + Weight Points _____ = Grand Total for Week _____

Week #3: "You can't change yesterday, but you can change today!"

Starting Weight (Monday): _____ Lowest Weight so far: _____

Tasks	pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Contact with team & do devotional	2 <i>points</i>							
64 oz water	6 <i>points</i>							
Stop eating before 9pm	3 <i>points</i>							
2 fruit servings (1/2 cup each)	3 <i>points</i>							
3 veggie servings (1/2 cup each)	5 <i>points</i>							
No Sweets/Sugary Treats (for 5 days)	5 <i>points</i>							
Keep a food journal	5 <i>points</i>							
30 or 45 min. exercise (only 4 days)	5 or 7 <i>points</i>							
Total Points	<i>Total possible: 36 per day/221 per week</i>							

Weight Monday Week 4: _____ (10 Points per Pound lost AND 5 points for Maintaining Lowest Weight)

Total Weight Points: _____ Weight Lost Since Last Lowest Weight: _____

Total Week Points _____ + Weight Points _____ = Grand Total for Week _____

Week #4: “Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.” 1 Corinthians 10:31

Starting Weight (Monday): _____ Lowest Weight so far: _____

Tasks	pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Contact with team & do devotional	2 <i>points</i>							
64 oz water	3 <i>points</i>							
Stop eating before 9pm	6 <i>points</i>							
2 fruit servings (1/2 cup each)	3 <i>points</i>							
3 veggie servings (1/2 cup each)	5 <i>points</i>							
No Sweets/Sugary Treats (for 5 days)	5 <i>points</i>							
Keep a food journal	5 <i>points</i>							
30 or 45 min. exercise (only 4 days)	5 or 7 <i>points</i>							
Total Points	<i>Total possible: 36 per day/221 per week</i>							

Weight Monday Week 5: _____ **(10 Points per Pound lost AND 5 points for Maintaining Lowest Weight)**

Total Weight Points: _____ **Weight Lost Since Last Lowest Weight:** _____

Total Week Points _____ **+ Weight Points** _____ **= Grand Total for Week** _____

Week #5: “You can’t spell challenge without change. If you’re going to rise to the challenge, you have to be prepared for change.”

Starting Weight (Monday): _____ Lowest Weight so far: _____

Tasks	pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Contact with team & do devotional	2 <i>points</i>							
64 oz water	3 <i>points</i>							
Stop eating before 9pm	3 <i>points</i>							
2 fruit servings (1/2 cup each)	3 <i>points</i>							
3 veggie servings (1/2 cup each)	10 <i>points</i>							
No Sweets/Sugary Treats (for 5 days)	5 <i>points</i>							
Keep a food journal	5 <i>points</i>							
30 or 45 min. exercise (only 4 days)	5 or 7 <i>points</i>							
Total Points	<i>Total possible: 38 per day/235 per week</i>							

Weight Monday Week 6: _____ (10 Points per Pound lost AND 5 points for Maintaining Lowest Weight)

Total Weight Points: _____ Weight Lost Since Last Lowest Weight: _____

Total Week Points _____ + Weight Points _____ = Grand Total for Week _____

Week #6: "For bodily exercise profits a little, but godliness is profitable for all things" 1 Timothy 4:8

Starting Weight (Monday): _____ Lowest Weight so far: _____

Tasks	pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Contact with team & do devotional	2 <i>points</i>							
64 oz water	3 <i>points</i>							
Stop eating before 9pm	3 <i>points</i>							
2 fruit servings (1/2 cup each)	3 <i>points</i>							
3 veggie servings (1/2 cup each)	5 <i>points</i>							
No Sweets/Sugary Treats (for 5 days)	10 <i>points</i>							
Keep a food journal	5 <i>points</i>							
30 or 45 min. exercise (only 4 days)	5 or 7 <i>points</i>							
Total Points	<i>Total possible: 38 per day/225 per week</i>							

Weight Monday Week 7: _____ (10 Points per Pound lost AND 5 points for Maintaining Lowest Weight)

Total Weight Points: _____ Weight Lost Since Last Lowest Weight: _____

Total Week Points _____ + Weight Points _____ = Grand Total for Week _____

Week #7: "Therefore encourage one another and build each other up, just as in fact you are doing." 1 Thess 5:11

Starting Weight (Monday): _____ Lowest Weight so far: _____

Tasks	pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Contact with team & do devotional	2 <i>points</i>							
64 oz water	3 <i>points</i>							
Stop eating before 9pm	3 <i>points</i>							
2 fruit servings (1/2 cup each)	3 <i>points</i>							
3 veggie servings (1/2 cup each)	5 <i>points</i>							
No Sweets/Sugary Treats (for 5 days)	5 <i>points</i>							
Keep a food journal	10 <i>points</i>							
30 or 45 min. exercise (only 4 days)	5 or 7 <i>points</i>							
Total Points	<i>Total possible: 38 per day/235 per week</i>							

Weight Monday Week 8: _____ (10 Points per Pound lost AND 5 points for Maintaining Lowest Weight)

Total Weight Points: _____ Weight Lost Since Last Lowest Weight: _____

Total Week Points _____ + Weight Points _____ = Grand Total for Week _____

Week #8: “I have fought the good fight, I have finished the race, I have kept the faith.” 2 Timothy 4:7

Starting Weight (Monday): _____ Lowest Weight so far: _____

Tasks	pts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Contact with team & do devotional	2 <i>points</i>							
64 oz water	3 <i>points</i>							
Stop eating before 9pm	3 <i>points</i>							
2 fruit servings (1/2 cup each)	3 <i>points</i>							
3 veggie servings (1/2 cup each)	5 <i>points</i>							
No Sweets/Sugary Treats (for 5 days)	5 <i>points</i>							
Keep a food journal	5 <i>points</i>							
30 or 45 min. exercise (only 4 days)	10 or 14 pts							
Total Points	Total possible: 31 per day/228 per week							

Weight Monday Week 9: _____ (10 Points per Pound lost AND 5 points for Maintaining Lowest Weight)

Total Weight Points: _____ Weight Lost Since Last Lowest Weight: _____

Total Week Points _____ + Weight Points _____ = Grand Total for Week _____