



PROJECT ZERO



Name _____ Email _____

YOUR GOALS

The goal of this challenge is **zero weight gain** and **non-scale victories**. No scale? No problem! Focus on the non-scale victories and you can still qualify for the **\$100 drawing**.

Please check your intended non-scale victory goals for the holidays

- Eating Healthy
- Getting Enough Sleep
- Getting Enough Exercise
- Keeping My Stress in Check
- Increasing Energy & Positive Outlook

ACTION POINTS

Each of the **Action Points** below help you make specific choices related to nutrition, exercise, sleep, or stress management. All of these affect your weight and other non-scale goals.

Check off **Action Points** below as you go. 1 point per completed section, 16 possible points.

Send initial photo of scale weight or waist measurement to challenges@welcoaz.org <input type="checkbox"/> Completed – 1 point	Choose moderate portions and no “seconds” at least 3 times <input type="checkbox"/> Completed – 1 point	Send a photo of your healthy lunch or dinner to challenges@welcoaz.org <input type="checkbox"/> Completed – 1 point	Do a relaxation technique at least 5 times <input type="checkbox"/> Completed – 1 point
Do a healthy makeover on a traditional holiday recipe (food or beverage) <input type="checkbox"/> Completed – 1 point	Keep a food log for one week (written log or MyFitnessPal) <input type="checkbox"/> Completed – 1 point	Plan and prep a full week of meals at least 2 times <input type="checkbox"/> Completed – 1 point	Achieve 7-9 hours of sleep at least 5 times <input type="checkbox"/> Completed – 1 point
Consciously limit alcohol intake at least 3 times <input type="checkbox"/> Completed – 1 point	Drink half your body weight in ounces of water at least 3 different days <input type="checkbox"/> Completed – 1 point	Achieve 150 minutes/ week moderate cardio activity at least 3 times <input type="checkbox"/> Completed – 1 point	Make half your plate non-starchy vegetables at least 3 times <input type="checkbox"/> Completed – 1 point
Exercise on Thanksgiving Day (equivalent to a 2-mile walk). Send photo to challenges@welcoaz.org <input type="checkbox"/> Completed – 1 point	Exercise on Christmas Day (equivalent to a 2-mile walk). Send photo to challenges@welcoaz.org <input type="checkbox"/> Completed – 1 point	Exercise on New Year’s Day (equivalent to a 2-mile walk). Send photo to challenges@welcoaz.org <input type="checkbox"/> Completed – 1 point	Send final photo of scale weight or waist measurement to challenges@welcoaz.org <input type="checkbox"/> Completed – 1 point

TOTAL POINTS (16 Possible):

ACCOUNTABILITY POINTS

Earn **5 additional points** per box with the following:

November 20th – 24th Send your holiday goal(s) to your Health Coach (by email) <input type="checkbox"/> Completed – 5 points	November 30th – December 4th Post-Thanksgiving Check-In with your Health Coach (phone or email) <input type="checkbox"/> Completed – 5 points	December 14th – 18th Pre-Christmas Check-In with your Health Coach (phone or email) <input type="checkbox"/> Completed – 5 points	January 11th – 15th Complete the Non-Scale Victory Form <input type="checkbox"/> Completed – 5 points
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TOTAL POINTS (20 Possible):

Complete the **Non-Scale Victory Form** [HERE](#) Submit form and Submit this **Participant Tracker** to challenges@welcoaz.org by **January 15, 2021**

15 Total Points
Win 1 of up to 20 **\$25 e-gift cards**
25 Total Points
Win 1 of up to 5 **\$100 e-gift cards**