

COMMUNITY CRC FRANKFORD – WELLNESS MINISTRY

Including Devotions for Health, Wellness & Weight Loss

2016

JAN 9 – APR 16

**14-WEEK WELLNESS
CHALLENGE**



So whether you eat or drink or whatever you do, do it all for the glory of God.

1 Corinthians 10:31

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14-WEEK 2016 WELLNESS CHALLENGE GUIDELINES

Welcome to the 14-Week 2016 Wellness Challenge! The focus of this challenge is to encourage weight-loss, improved eating habits, and fitness. We meet every Saturday at 8am to weigh-in, pray, then do some form of activity such as a walk together for a time of fellowship while we work towards better fitness and wellness. There is a cost involved with participating so that the participants have a chance to win a reward every week via a point system. Furthermore, at the end of the challenge the proceeds are donated to our friends at the Frankford Youth Centre. If you have any questions, do not hesitate to contact Cynthia Norman for more details at cnorman@ccrcf.org

1. This is a 14-week challenge that starts on Saturday, Jan 9 and ends Apr 16 with our last weigh in. Each participant is expected to pay the \$22 registration fee at the beginning of the challenge and a weekly amount of \$2 to be rewarded to the two winners of the week. You may choose to pay upfront which amounts to \$50 total (\$22 Reg. fee + \$28 (\$2x14wks)). Please bring your payment at our first meeting on Saturday, Jan 9th at 8am.
2. Keep track of your points and measurements by using the attached tracking sheets.
3. Please submit your data by 9pm Friday on weeks when you will be unable to make it to our weekly Saturday morning meetings to weigh in and submit points.
4. Participants submit their Grand Total Weekly Points and this along with their Weight will be confidentially recorded. This information is used in order to distribute winnings on a weekly basis along with a cash prize at the end of the challenge. Every week there are 2 winners of the collected weekly dues: (1) the person who has the highest percent weight lost and (2) the person who accumulated the most points. Note that if the winner happens to qualify for both then the person with the second highest points will get the second pot of collected dues.
 - a. Example: On a given week, Jane has the highest percent weight lost so she wins \$1 x number of participants. She also has the highest weekly points so she can't win the second reward. Sue has the second highest points so she is this week's winner of \$1 x number of participants.
5. At the end of the challenge the money collected will be divided into thirds: 1/3 for the person who has the greatest percentage weight loss over the 14 weeks, 1/3 for the person who accumulated the most points over the 14 weeks, and 1/3 for the Frankford Youth Centre.
6. Food Journal: you are encouraged to record what you are eating every day and even take time to look back on it occasionally. (one option is to use myfitnesspal.com)
7. Accountability Partner: you are encouraged to reach out to your partner every day via email, text message, or make a phone call.

WEEK 1 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 1 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 2 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight + 5 pts for every 1 inch lost (bi-weekly) = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 2 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 3 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 3 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 4 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight + 5 pts for every 1 inch lost (bi-weekly) = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 4 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 5 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/							
TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 5 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 6 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight + 5 pts for every 1 inch lost (bi-weekly) = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 6 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 7 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 7 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 8 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight + 5 pts for every 1 inch lost (bi-weekly) = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 8 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 9 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points							
Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 9 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 10 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points							
Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight + 5 pts for every 1 inch lost (bi-weekly) = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 10 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 11 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 11 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 12 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight + 5 pts for every 1 inch lost (bi-weekly) = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 12 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 13 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 13 GRAND TOTAL OF POINTS = _____ (A+B)

WEEK 14 OF WELLNESS CHALLENGE

Starting Weight Saturday Morning: _____

Lowest Weight So Far: _____

CHALLENGE	SAT	SUN	MON	TUE	WED	THURS	FRI
Drink water (64 fl. oz) – 3 points							
Eat 5 servings (beginners 3 servings) of veggies* – 5 points							
Eat 1 serving of fruit (or an extra veggie)* – 2 points							
Eat complex carbs, protein, and healthy fats – 5 points							
Don't eat refined carbs or sugars (only 6 days)** – 5 points							
Stop eating by 8 pm – 3 points							
Pray and/or meditate on a bible verse – 5 points							
Provide some form of support to your accountability partner – 2 points							
Do at least 30 min of physical activity (only 5 days) – 5 points Do 45 min of physical activity (only 5 days) – 7 points							
Keep a food journal – 5 points							
*1 serving=1/2 cup ** http://www.diagnosisdiet.com/refined-carbohydrate-list/ TOTAL POINTS							

Add an extra 10 points for every 1 pound lost + 5 pts for maintaining lowest weight + 5 pts for every 1 inch lost (bi-weekly) = _____ (A)

Total points from week's challenges (from chart above) = _____ (B)

WEEK 14 GRAND TOTAL OF POINTS = _____ (A+B)

14-WEEK 2016 WELLNESS CHALLENGE MEASUREMENT TRACKER

BODY PART	BEFORE	Wk2	LOST	Wk4	LOST	Wk6	LOST	Wk8	LOST	Wk10	LOST	Wk12	LOST	WK14	LOST	TOTAL 14-WK LOST
neck																
chest																
diaphragm																
upper arm (right)																
upper arm (left)																
waist																
abdomen																
buttocks/hips																
upper thigh (right)																
upper thigh (left)																
upper knee (right)																
upper knee (left)																
calf (right)																
calf (left)																
TOTAL LOST																

Note: Use the attached image to help you with where to place the measuring tape.

14-WEEK 2016 WELLNESS CHALLENGE MEASUREMENT GUIDE

1. Take your measurements every 2 weeks and record your 2-WEEK loss of inches.
2. Add your TOTAL inches lost over the 14 weeks at the end of the challenge.
3. Use this image to help you with where to place the measuring tape.

