

Name: _____
Date of Birth: _____

Lighten Up!

Weight Management Program

A 7 day-a-week guide to lightening your load!
8 Week Wellness Program

Start: January 6th, 2014

End: March 2nd, 2014

Booklet turn-in by: March 7th, 2014

Name: _____

Location: _____

Contact Info (phone and email): _____



How do I participate in the program?

- Get a tracking booklet from your Wellness Champion
- Weigh in with your Wellness Champion the last two weeks of December *and* weight out with your Wellness Champion the last week of the program.
- If there is not a Wellness Champion at your location—you can take a picture of your weight on a scale and e-mail to Tracie Meeker.
- Have them track your initial and final weight in your booklet *and* on your tracking sheet.
- Complete 6 out of 8 possible activities each week (each day = 1 activity). It's your choice which activities you choose. Use the examples on the next page or *make up your own!*

How can I get my name entered into the drawing for prizes?

- You have to weigh in with your Wellness Champion the first week of the program and weight out with your Wellness Champion the last week of the program.
- You need to lose at least 5% of your starting weight OR 10 pounds.
- You need to document what activities you do each week.
- You need to complete at least 6 activities of 8 each week.
- Turn in your booklet to Tracie or your Wellness Champion *no later than* Friday, March 7th, 2013.

What are the prizes?

Prizes are TBD

What are the activities I can do for points each week?

Mindful Eating Mondays - document what you did to be mindful (see examples below):

- Don't eat in front of TV, put food/utensil down between bites, make a homemade dinner, take lunch to work, snack on healthy foods instead of less healthy foods

Time-Management Tuesday - document what you did to manage your time better (see examples below):

- Add, delete, and/or reprioritize tasks, do undesirable tasks first, do easier/more enjoyable tasks last, have family members help with cooking and cleaning, make to-do lists

Weigh-in Wednesday - document your weight for the week

- Weigh at home or with your Wellness Champion

Thirsty Thursday - document water intake (see examples below):

- Drink at least 8-8 ounces glasses of water each day

Fit Friday - document fitness activity and how long it was performed (see examples below):

- Do 30 minutes of aerobic activity like walking, biking, water aerobics, Zumba, etc., do 15 minutes of yoga or yoga poses, try a balance exercise - Tai Chi, yoga, Qi Gong, etc., do 30 jumping jacks or wall push-ups

Sleep-in Saturday - document behavior that led to more sleep (see examples below):

- Don't use the alarm, go to sleep earlier, stretch before bed to help you relax, make to-do lists prior to bed so you aren't thinking about things all night, create a set sleep schedule

Stress Less Sunday - document stress reduction behavior (see examples below):

- Do relaxing full-body stretches, do deep breathing exercises for at least 5 minutes, pause a few seconds to think before reacting, take 5 minutes for yourself, do something you enjoy

Week 1: January 6th-12th



To be eligible for prizes, do 6 out of 8 activities listed each week

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	



Week 2: January 13th-19th

To be eligible for prizes, do 6 out of 8 activities listed each week

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	

Week 3: January 20th-26th



To be eligible for prizes, do 6 out of 8 activities listed each week

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	



Week 4: January 27th-February 2nd

To be eligible for prizes, do 6 out of 8 activities listed each week

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	

Week 5: February 3rd-9th



To be eligible for prizes, do 6 out of 8 activities listed each week

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	



Week 6: February 10th-16th

To be eligible for prizes, do 6 out of 8 activities listed each week

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	

Week 7: February 17th-23rd
(Weigh-outs will be Jan. 7th-11th)

*****Turn in booklets by
Friday, February 28th**



To be eligible for prizes, do 6 out of 8 activities listed each week

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	



Week 8: February 24th-March 2nd
(Weigh-outs will be March 3rd-7th)

*****Turn in booklets by
Friday, March 7th**

To be eligible for prizes, do 6 out of 8 activities listed each week

Weekday Activity	Write in details below
Mindful Eating Monday	
Time-Management Tuesday	
Weigh-in Wednesday	
Thirsty Thursday	
Fit Friday	
Sleep-in Saturday	
Stress-Less Sunday	
FREE Coaching Session	



Community
Health Network



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