



Be Well Smithfield Challenge

Challenge #2

Supported by: Utah State University's Be Well Program

Guidelines: *Please take note of the changes for Challenge #2

*The Healthy Smithfield Challenge is open to all! You do not have to be a member of the Recreation Center to participate!

*The Challenge runs for 4 consecutive weeks, you may start at anytime. We will be holding the challenge 4 times during the year, you may participate each time. **You may complete as many tracking sheets as you would like. We will take your best score for the challenge.**

*Points are awarded for drinking water, exercising, and eating veggies and fruits throughout the month. For this first challenge, you may also earn extra points each week by attending Group Fitness classes here at the Smithfield Recreation Center.

*Use the Personal Tracking Sheet, available at the Recreation Center or online at smithfieldrecreation.com, to record your progress throughout the month. Submit your weekly points and final results to the Recreation Center or email bhansen@smithfieldrecreation.com.

*If you qualify for at least 50% of the total (504) possible points each challenge, **you will receive a Smithfield Recreation T-shirt.** A prize will be awarded for the **highest total points overall** in the challenge. A prize will also be given to the highest point total for the year.

<u>Lifestyle Goals:</u>	<u>Points Earned</u>	<u>Maximum Points Possible</u>
Drinking Water (6-8 cups per day)	1 point per cup	6 pts/day (42 pts/week)
Exercise (30-60 minutes per day)	1 point per 10 min	6 pts/day (42 pts/week)
Veggies and Fruits (5-9 servings per day)	1 point per ½ cup	6 pts/day (42 pts/week)
<u>*Extra Points:</u>		
Group Fitness Classes (Spinning/Aerobics)	2 points per class	4 pts/week

Water: Fresh, local water in reusable containers is recommended. Sorry, but coffee, juice, milk, soda, tea, lemonade etc. do not count. *(Remember it's a challenge!)*

Exercise: A variety of aerobic activity, strength training and stretching is recommended. It's OK to accumulate 30-60 minutes of activity throughout the day in 10 minute sessions. Personal training is available at the Recreation Center.

Veggies & Fruit: Fresh, frozen, canned qualify. (Sorry, french fries and ketchup don't count!) Please do not count juice (high in calories and no fiber) as a fruit. What qualifies as a ½ cup serving? Any of the following: ½ cup celery, ½ medium tomato, 1 small apple, ½ large banana, 6 baby carrots. Add veggies and fruit to each meal and for snacks. You'll be on your way to the top!

Group Fitness Classes: The Smithfield Recreation Center offers many different spinning and aerobic classes to get your heart pumping and muscles toned. We have morning and evening classes. If you are not a member of the Rec Center, you can purchase a Day Pass for the class!

Be Well Smithfield Challenge

Personal Tracking Sheet

Challenge Starts:

April 1, 2010

Name:

Phone Number:

***Veggies and Fruits:** count fresh, frozen, canned, raw, and cooked. Do not count french fries or ketchup as veggies. Please do not count dried fruit or any juice.

Week 1:								
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
Water								0
Exercise								0
Veggies & Fruit*								0
Group Fitness Class**								0
Total								0
Cumulative Total								0

1 pt = 8 oz water	6 pts/day & 42/wk max.
1 pt = 10 mins	6 pts/day & 42/wk max.
1 pt = 1/2 cup	6 pts/day & 42/wk max.
2 pt = 1 class	4 pts/week max.

Week 2:								
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
Water								0
Exercise								0
Veggies & Fruit*								0
Group Fitness Class**								0
Total								0
Cumulative Total								0

1 pt = 8 oz water	6 pts/day & 42/wk max.
1 pt = 10 mins	6 pts/day & 42/wk max.
1 pt = 1/2 cup	6 pts/day & 42/wk max.
2 pt = 1 class	4 pts/week max.

Week 3:								
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
Water								0
Exercise								0
Veggies & Fruit*								0
Group Fitness Class**								0
Total								0
Cumulative Total								0

1 pt = 8 oz water	6 pts/day & 42/wk max.
1 pt = 10 mins	6 pts/day & 42/wk max.
1 pt = 1/2 cup	6 pts/day & 42/wk max.
2 pt = 1 class	4 pts/week max.

Week 4:								
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wk Total
Water								0
Exercise								0
Veggies & Fruit*								0
Group Fitness Class**								0
Total								0
Cumulative Total								0

1 pt = 8 oz water	6 pts/day & 42/wk max.
1 pt = 10 mins	6 pts/day & 42/wk max.
1 pt = 1/2 cup	6 pts/day & 42/wk max.
2 pt = 1 class	4 pts/week max.

Please turn in your totals (on paper or via email) each week to:

bhansen@smithfieldrecreation.com

Final scores are due by:

June 30, 2010

Winners will be announced on:

July 16, 2010

If you have questions, please contact:

Smithfield Recreation Center (435)-563-0048

****Group Fitness Classes: 2 Extra Points per class/ Max 4 extra points per week.**