

# Healthy Habits Challenge





Join the staff at WFR Pelvic Health & Wellness Specialists as we go on a 4-Week Healthy Habits Challenge together! The components of this challenge will promote the key areas of hydration, sleep, intentional movement, mindful eating, and increasing nutritious foods while decreasing added sugars and refined starches.

Enjoy a little friendly competition as you accumulate daily/weekly points in each area of healthy habits! The ultimate reward will be increased energy, more restful sleep, better moods, clearer skin, possible weight loss, and a beginning or refreshing of some great healthy habits 💖

- Keep track of your daily points (habit tracker app or use the attached habit tracker printouts).
- At the bottom of the spreadsheet, add in one unique personal healthy habit goal. Earn 1 point for each day you accomplish it! (e.g., no caffeine, limiting social media, flossing, etc.)
- Share your accumulated points at the end of each week.
- Challenge yourself and other participants to meet & exceed personal goals!

# Focus Areas

1

## Hydration

Increase water consumption – Aim for 64 ounces daily.

- Earn 1 point for drinking at least 40 ounces of water in a day.
- Earn 1 additional point if you drink a total of 64 ounces of water (or more) in a day.



2

## Sleep

Aim for a minimum of 7 hours of sleep

- Earn 1 point for each day you get at least 7 hours of sleep.
- Tip: Shut off devices, do some deep breathing for relaxation, and allow yourself plenty of time to get a good night's sleep.

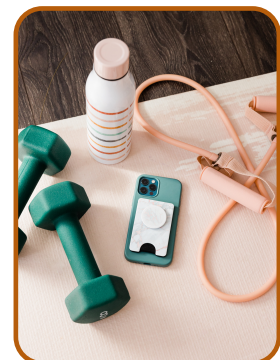


3

## Intentional Movement

Move your body every day

- Earn 1 point for every 20 minutes of intentional movement (walking, biking, yoga, hiking, HIT, dancing, jogging, strength training, etc.)



# Focus Areas

## 4

### Mindful Eating

This takes practice and requires you to be intentional. Mindful eating can help with better digestion, reduce overeating (mindless eating), and bring a renewed appreciation for the taste of your food!

Earn 1 point for every meal you practice being fully aware of your eating experience.

- Eat undistracted - No phone, no book, no computer, no TV. Focus on the food and the people you may be eating with.
- Slow down - Taste your food and really enjoy what you're putting in your body. Good digestion happens when you're relaxed.
- Eat when physically hungry. Practice paying attention to why you're eating (true hunger, boredom, anger, frustration, as a reward or distraction, or just because it looks good).
- Eat mindfully enough to notice when you're satisfied vs. full or over full.



# Focus Areas

## 5

### Nutrition

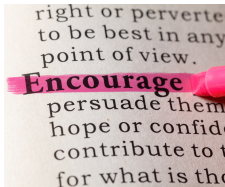
- Aim for 5 servings of vegetables each day (whole food, not juice); earn 1 point for each serving of vegetables (choose mostly non-starchy)
- Aim for 2 servings of fruit each day (whole food, not juice); earn 1 point for each serving of fruit \*You may substitute additional vegetables in place of fruit.
- Reduce "junk food" (fast food, potato chips, candy, packaged sweets, soda); earn 1 point for each day you do not eat junk food.
- Reduce added sugars (check ingredient labels for the words "added sugar"). Earn 1 point for keeping daily "added sugars" below 75 grams; earn 1 more point if it's below 50 grams; earn 1 more point if it's below 25 grams. \*\*Natural sugars in dairy products, fruit, and vegetables do not count towards added sugars.
- Reduce foods high in refined starch and low in fiber (white bread, white rice, pasta, crackers, cereal, pastries); earn 1 point for each day you do not consume any of the refined-starch foods listed.



# Track Your Habits



Use the Habit tracker app by Davetech (or your favorite app) or the attached habit tracker printouts.



Encourage your friends, family members, and WFR staff as they build healthy habits along with you!



Email us your weekly points at [wfrehab2006@gmail.com](mailto:wfrehab2006@gmail.com) so we can encourage you and cheer you on!



Have FUN with a little friendly competition as we focus on taking good care of ourselves ♥

*EAT well*

*MOVE daily*

*HYDRATE often*

*SLEEP lots*

*LOVE your body*

