



Want to be rewarded for maintaining your weight during the holidays? If so, then join the Bristol Hospital and Health Care Group “Maintain, Don’t Gain” challenge beginning November 1<sup>st</sup>, 2017.

The goal is to earn 200 points in 7 weeks. Participants will earn one point for each of the following healthy habits they practice each day. Participants who earn 200 points and maintain or lose weight will have their name entered into a raffle to win a \$100 gift card!

Healthy habits include:

- Exercise for at least 30 minutes
- Exercise for more than 30 minutes (bonus point)
- Eat at least one to two cups of fruits and/or vegetables
- Don’t skip meals – eat breakfast, lunch and dinner
- Drink 6-8 glasses of water
- Limit sweets to one serving or less
- Limit alcohol to 1 serving or less
- Sleep for at least 7 hours

Completed forms must be emailed to [sgregwar@bristolhospital.org](mailto:sgregwar@bristolhospital.org) or dropped off in Human Resources by December 18, 2017 to be entered into winning a prize!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week of 11/1 – 11/5	_____	_____	<b>Start :</b> _____	_____	_____	_____	_____	<input type="text"/>
Week of 11/6 - 11/12	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Week of 11/13 – 11/19	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Week of 11/20 – 11/26	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Week of 11/27- 12/3	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Week of 12/4 – 12/10	_____	_____	_____	_____	_____	_____	_____	<input type="text"/>
Week of 12/11– 12/15	_____	_____	_____	_____	<b>End:</b> _____	_____	_____	<input type="text"/>

I hereby acknowledge that I maintained the honor system during the Maintain Don’t Gain Challenge and the points recorded are true and accurate.

Name: \_\_\_\_\_ Department: \_\_\_\_\_

Total Points \_\_\_\_\_

**Personal Point Tracker:**

<b>Date</b>	<b>Healthy Choices</b>	<b>Notes</b> <i>(optional, but may help you track what is working for you)</i>
11/1/17	<input type="checkbox"/> Exercise 30 mins <input type="checkbox"/> Exercise 60 mins <input type="checkbox"/> At least 2 cups fruits and veggies <input type="checkbox"/> Eat breakfast, lunch, and dinner <input type="checkbox"/> Drink at least 6 glasses of water <input type="checkbox"/> One serving of sweets or less <input type="checkbox"/> One serving of alcohol or less <input type="checkbox"/> Sleep for at least 7 hours	<i>Example:</i> <i>90 minute yoga class</i>  <i>Banana in smoothie,</i> <i>kale/tomatoes/carrots in</i> <i>soup, apple after work</i>  <i>Water: √√ √√ (4)</i>
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