



8 WEEK HEALTH AND WELLNESS CHALLENGE

Food, Fitness, Fun



RULES

- The 8 Week #8weekchallenge starts on Monday, _____. You'll need THIS **8 Week Challenge Calendar** to complete this challenge.
- Each week you will get points for drinking water each day, eating your fruits and veggies, exercising, logging your food/exercise, and obtaining from processed/sugary foods.
- Starting on Week #2 a double point challenge (*highlighted in yellow*) will give you more points for that particular category for that week only.
- You'll receive points for exercise. You can exercise each day, but *you will only receive points for exercising 5 days a week.*
- You'll receive points for eating healthy and staying away from processed and sugary treats. You can choose to not eat processed/treats each day, but *you will only receive points for not eating sugar/processed foods on 6 days.*

DISCLAIMER: SexyMoxieMama.com strongly suggests that you consult with your physician before beginning any health and wellness program. If you engage in this 8-Week Health and Wellness Challenge, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge SexyMoxieMama.com from any and all claims or causes of action, known or unknown, arising out of SexyMoxieMama.com's challenge.

Starting Weight from Sunday Night: _____

WEEK #1	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
2 pts: 64 oz Water							
3 pts: No eating past 8 pm							
2 pts: 2 Fruit Servings (1 cup each)							
3 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
1 pts: Log food and exercise into MFP							
7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (149 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

TOTAL WEEK 1 POINTS:

Total Weekly Points: _____ + Weight Loss/ Gain Points: _____ =

Starting Weight from Sunday Night: _____

WEEK #2	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
2 pts: 64 oz Water							
3 pts: No eating past 8 pm							
2 pts: 2 Fruit Servings (1 cup each)							
3 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
1 pts: Log food and exercise into MFP							
14 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (184 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

TOTAL WEEK 2 POINTS:

Total Weekly Points: _____ + Weight Loss/ Gain Points: _____ =

Starting Weight from Sunday Night: _____

WEEK #3	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
2 pts: 64 oz Water							
3 pts: No eating past 8 pm							
4 pts: 2 Fruit Servings (1 cup each)							
3 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
1 pts: Log food and exercise into MFP							
7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (163 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

TOTAL WEEK 3 POINTS:

Total Weekly Points: _____ + Weight Loss/ Gain Points: _____ =

Starting Weight from Sunday Night: _____

WEEK #4	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
4 pts: 64 oz Water							
3 pts: No eating past 8 pm							
2 pts: 2 Fruit Servings (1 cup each)							
3 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
1 pts: Log food and exercise into MFP							
7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (163 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

TOTAL WEEK 4 POINTS:

Total Weekly Points: _____ + Weight Loss/ Gain Points: _____ =

Starting Weight from Sunday Night: _____

WEEK #5	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
3 pts: 64 oz Water							
6 pts: No eating past 8 pm							
2 pts: 2 Fruit Servings (1 cup each)							
3 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
1 pts: Log food and exercise into MFP							
7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (170 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

TOTAL WEEK 5 POINTS:

Total Weekly Points: _____ + Weight Loss/ Gain Points: _____ =

Starting Weight from Sunday Night: _____

WEEK #6	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
2 pts: 64 oz Water							
3 pts: No eating past 8 pm							
2 pts: 2 Fruit Servings (1 cup each)							
6 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
1 pts: Log food and exercise into MFP							
7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (170 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

TOTAL WEEK 6 POINTS:

Total Weekly Points: _____ + Weight Loss/ Gain Points: _____ =

Starting Weight from Sunday Night: _____

WEEK #7	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
2 pts: 64 oz Water							
3 pts: No eating past 8 pm							
2 pts: 2 Fruit Servings (1 cup each)							
3 pts: 3 Vegetable Servings (1 cup each)							
10 pts: No processed foods/sugary treats (only 6 days/week)							
1 pts: Log food and exercise into MFP							
7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (179 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

TOTAL WEEK 7 POINTS:

Total Weekly Points: _____ + Weight Loss/ Gain Points: _____ =

Starting Weight from Sunday Night: _____

WEEK #8	MON	TUES	WED	THURS	FRI	SAT	SUN
1 pt: Posting update on page							
2 pts: 64 oz Water							
3 pts: No eating past 8 pm							
2 pts: 2 Fruit Servings (1 cup each)							
3 pts: 3 Vegetable Servings (1 cup each)							
5 pts: No processed foods/sugary treats (only 6 days/week)							
14 pts: Log food and exercise into MFP							
7 pts: 45 min. + exercise (Only 5 days/week)							
TOTAL POINTS: (156 possible)							

Weight Loss Points

1 Point per Pound lost

0.5 Point for maintaining weigh-in weight

-1 Point per Pound gained

TOTAL WEEK 8 POINTS:

Total Weekly Points: _____ + Weight Loss/ Gain Points: _____ =

TOTAL 8 WEEKS POINTS:

