

Fit for Fun Lean Plate Club Challenge

Week Four

1 MAINTAIN

Walk 10 minutes before or after lunch, five times/week

Get 5 minutes of activity mid-morning five times/week

Get 5 minutes of activity mid-afternoon five times/week

Chair stands, three times/week

Toe stands, three times/week

Push-ups, three times/week

Sleep 8 hours per night, seven times/week

Walk to one errand instead of driving once this week

2 ADD

One 20 minute walk this week

Executive sit-ups, five times/week

(Sit straight in chair. Tighten abs, pulling belly button towards spine. Breathe in slowly while keeping muscles tight. Breath out slowly. Repeat through the day.)

3 INVESTIGATE

One new physical activity for next week

(Some examples: consider exercise classes, find an activity partner, plan a hike, rent an exercise video, etc.)

4 REWARD

Set a reward (non-food related) to enjoy when you've met your weekly goals
