

**Face Your Life 2011**  
**Week: 5 February 7 – February 13**  
**You're half way there! How are YOU doing?**

**Name:** \_\_\_\_\_

**Team #:** \_\_\_\_\_ **Team Name:** \_\_\_\_\_

Okay, so you are 4-weeks into the Face Your Life Program. How is it going? Are you on your way to accomplishing your goal? We hope the program is working...it's motivating you; it's educating you, and introducing you to new *stuff*.

We are at the half way point, and after reading your goals again, I thought I would let you choose what **You** wanted to learn about this week. The Face Your Life Program allows you to focus on your individual goal...interesting enough, not all of you wanted to lose weight. A lot of you wanted to try to meditate daily, vary your workouts, become stronger – both physically and mentally. So with that said, I am going to let you choose what you want to learn about this week.

1. I have provided a series of **BOSU BALL** exercises (there is a handout and they are posted on the mirror in the aerobics room). You can use the bosu for both strength and cardio workouts. It is really a great piece of fitness equipment. Try one or try them all. Or try doing a circuit workout with the bosu ball; alternate between the strength moves and cardio moves. This is sure to make you sweat. If you have questions, please let me know.
2. **Meditation Made Easy.** This is a great article that will help you make meditation part of your daily routine.
3. Re-think/ Re-vamp your New Years Resolution/ **Face Your Life Goals.** More than 75% of people who make resolutions abandon them within months. But the problem isn't a lack of will power – it's how you frame your goals... Learn what the experts suggest to do to tweak your common vows so you can finally reach your dream weight (continued on the back)...
4. **Healthy Dinner Recipes** posted at the Front Desk

\_\_\_\_\_ **200 points.** Let's look at your Face Your Life goal. If weight loss is your Face Your Life goal, get weighed in this week. How are you doing?

\_\_\_\_\_ IF you had a different goal you are trying reach, how are you doing?

\_\_\_\_\_ We hope you are on your way to accomplishing your goal. What can we do to help you reach your goal?

**Double Workout Points this Week.** To help you stay motivated we are “upping the whammy!” Do it! Make this week count! We have a packed aerobics schedule! Be adventurous and try something new!

**15 minutes = 50 points/ Limit 2-hours a day = 400 points**

Please list your activity followed by the amount of time for each activity:

Monday, February 7:	_____	total _____
Tuesday, February 8:	_____	total _____
Wednesday, February 9:	_____	total _____
Thursday, February 10:	_____	total _____
Friday, February 11:	_____	total _____
Saturday, February 12:	_____	total _____
Sunday, February 13:	_____	total _____

Reminder: A maximum of 4 hours of home workouts can be accounted for.  
 Total Workout Points: \_\_\_\_\_ (should not exceed 2,800)