

**Face Off 2010
Week #1
January 11 – January 17**

Name: _____ Team Number: _____

This year we are encouraging you to create a journal for the next 9-weeks. In this journal you will track your workouts, your diet and your accomplishments. Journalizing can be a very effective way to accomplish your goals. We are not requiring this of you for points, however, if you are striving to meet a specific goal we strongly advise you to keep a journal.

1. Write down your #1 goal for the next 9-weeks. _____ **100 pts**

Make this a challenging but attainable goal, such as lose 8 pounds, or get more exercise.

(Prizes and extra points will be awarded to those who achieve success!)

Post your goal in a place where you will be forced to see them everyday (example: on the refrigerator).

2. Write down 3 lifestyle changes that you will make that will help you accomplish your goals.

1. _____

2. _____

3. _____

Post these on your board so others might implement the same changes in order to accomplish their goals. This can be anonymous _____ **100pts.**

Team Work/ Fun

Post something new about yourself on your board; that people do not know about you _____ **100 pts.**

Motivation

3. Complete 3, 30-minute **CARDIO** workouts this week. They do NOT have to be different workouts. Examples include: walking, running, swimming, dance class, etc. A workout that will get your heart rate up. Use the rpe scale to make sure you are working at the right level.

List your 3, 30-minute **Cardio** Workouts:

1. _____

2. _____

3. _____

_____ **600 pts.**

Which Cardio workout made you get out of your comfort zone?

Education

4. Attend Wendy Olving Nutrition Tips Seminar on the following dates:

Wednesday, January 13, 11am – 12pm or on Thursday, January 14 from 5pm-6pm

Please pre-register at the front desk. Wendy Olving, publisher of "**Good Things Come to those who Weight**", will be reviewing important, helpful tips for losing weight. _____ **300 points.**

New Exercises

4-Week Ab Makeover From Shape Magazine. Try 4 out of the 8 moves. If you would like incorporate them into your weekly workout plan. These are very effective exercises.

If you have poor knees, do not perform the ab exercises with "lunges". _____ **200 pts**

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Daily Activity Sheet

15 minutes = 25 points
30 minutes = 50 points

45 minutes = 75 points
60 minutes = 100 points

Monday, January 11:

_____ Total Points: _____

Tuesday, January 12:

_____ Total Points: _____

Wednesday, January 13:

_____ Total Points: _____

Thursday, January 14:

_____ Total Points: _____

Friday, January 15:

_____ Total Points: _____

Saturday, January 16:

_____ Total Points: _____

Sunday, January 17:

_____ Total Points: _____