Biggest loser challenge

Point system

* Drink 8 glass of water – a point for each glass of water
* Exercise everyday – exercise 1 hour a day for 7 point, 30 minutes for 4 point. (Only 5 days a week)
* No soda
* No fast food
* Eat 2 serving fruit everyday
* Eat 3 serving of vegetables everyday meal
* Keep a food journal
* No sweets/ sugary treat: (Only 6 days a week.)
* Weekly weight in every week for 15 point.
* If your weight for down it is 5 extra point if it stays the same no points.
* Monthly Activity 15 points
* Read your scriptures every day for 1 point
* Pray every day for 1 points
* Family night /date night every week for 5 points

Johnson’s Biggest Loser Challenge

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Points | Mon | Tues | Wed | Thurs | Fri | Sat | | Sun | Total |
| Drink 8 glasses of water | 1 pt per glass |  |  |  |  |  | |  |  |  |
| Exercise Daily | 1 hour – 7 pts.  30 min. – 4 pts. |  |  |  |  |  | |  |  |  |
| Going for a walk | 10 pts. |  |  |  |  |  | |  |  |  |
| No soda | 3 pts. |  |  |  |  |  | |  |  |  |
| No Fast Food | 3 pts. |  |  |  |  |  | |  |  |  |
| Eat 2 serving of fruit daily | 3 pts. |  |  |  |  |  | |  |  |  |
| Eat 3 serving of vegetables daily | 3 pts. |  |  |  |  |  | |  |  |  |
| Eat well balance Breakfast | 3 pts. |  |  |  |  |  | |  |  |  |
| 8 hours of sleep | 3 pts. |  |  |  |  |  | |  |  |  |
| No eating after 9 pm | 3 pts. |  |  |  |  |  | |  |  |  |
| Keep food Journal | 3 pts. |  |  |  |  |  | |  |  |  |
| No sweets/ sugary treat (only 6 days a week.) | 10 pts. |  |  |  |  |  | |  |  |  |
| Weekly weight in weekly | 15 pts. |  |  |  |  |  | |  |  |  |
| If weight goes down  If it stays the same  If you gain weight | 5 extra points  No points  -1 point |  |  |  |  |  | |  |  |  |
| Monthly Activity | 15 pts. |  |  |  |  |  | |  |  |  |
| Read Scriptures Daily | 1 pt. |  |  |  |  |  | |  |  |  |
| Pray Daily | 1 pt. |  |  |  |  |  | |  |  |  |
| Family night/ Date night Weekly | 5 pts. |  |  |  |  |  | |  |  |  |