20 GO! 11

CHALLENGE

Take stock of your habits, identify a "stretch" goal and track your activity for four weeks.

My stretch goal(s) for the **GO! Challenge:**

This tracking sheet is offered for general informational purposes only and should not be seen as recommending a specific course of action. Always seek the advice of your physician or other qualified health care provider before starting an exercise program or significantly changing your diet.

If an activity you do fits multiple categories (e.g., playing tennis with family members), take multiple stars.

It's OK to count time in increments (e.g., walking 15 minutes to and from work counts as 30 minutes).

Got questions along the way? Visit the Mayo Clinic EmbodyHealth web portal (*www.elcaforwellness.org*), public web sites, the library, your community center or doctor's office.

ELCA-primary plan member? Enter your GO! Challenge **date of completion** on the Mayo Clinic EmbodyHealth web portal *My Rewards* page to earn your 200 reward points.

HOW WILL YOU GO?

Week 1 REVIEW THE CATEGORIES, CHOOSE YOUR STRETCH GOAL. MENTALLY COMMIT TO 4-WEEKS.

Week 2 HOW DO YOU FEEL? ANY SURPRISES? NEED TO ADJUST YOUR STRETCH GOAL?

	CATEGORIES	STARS PER DAY	/	/	/	/	/	/	/		/	/	/	/	/	/	/	
Eat well	**Healthy breakfast** — start the day with a nutritious meal e.g., whole grains, low-fat protein, low-fat dairy, fruit, vegetables	1 star																
	Healthy lunch — a nutritious midday meal e.g., whole grains, fruit, vegetables, lean meat serving no bigger than a deck of cards, low-fat dairy	1 stars																
	Healthy dinner — end the day with a nutritious meal e.g., whole grains, fruit, vegetables, lean meat serving no bigger than a deck of cards, low-fat dairy	1 star																
	Healthy snacks — fruits, veggies, whole grains or nuts	1 star																
	H2O — drink eight+ 8-ounce glasses water	1 stars																
Exercise	**Physical activity** — choose aerobic, strength training, core exercise or a combination e.g., walk, run, swim, sports, chores, resistance machines, free weights, pilates, yoga, abdominal crunches	30 min = 2 stars 45 min = 3 stars 60 min = 4 stars																
Nurture	**Feed your spirit** e.g., pray, meditate, listen to music, journal	30 min = 1 star																
	Care for your social network e.g., quality time with family/friends, volunteer, grow a relationship	60 min = 1 star																
	Do what you love — indulge your passion e.g., do a hobby, cook, garden, read, play a musical instrument	30 min = 1 star																
	Sleep — at least 7 hrs	1 star																
		TOTAL																

WEEKLY TOTAL

WEEKLY TOTAL

2 week total ___

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HOW WILL YOU GO?

	CATEGORIES	STARS PER DAY	Week 3 GETTING STRONGER? WHAT ARE YOU DISCOVERING? / / / / / / /	⬇ WEEKLY TOTAL	Week 4 TIME TO CELEBRATE! WHAT WILL YOU CONTINUE? / / / / / / /	⬇ WEEKLY TOTAL
Eat well	**Healthy breakfast** — start the day with a nutritious meal e.g., whole grains, low-fat protein, low-fat dairy, fruit, vegetables	1 star				
	Healthy lunch — a nutritious midday meal e.g., whole grains, fruit, vegetables, lean meat serving no bigger than a deck of cards, low-fat dairy	1 stars				
	Healthy dinner — end the day with a nutritious meal e.g., whole grains, fruit, vegetables, lean meat serving no bigger than a deck of cards, low-fat dairy	1 star				
	Healthy snacks — fruits, veggies, whole grains or nuts	1 star				
	H2O — drink eight+ 8-ounce glasses water	1 stars				
Exercise	**Physical activity** — choose aerobic, strength training, core exercise or a combination e.g., walk, run, swim, sports, chores, resistance machines, free weights, pilates, yoga, abdominal crunches	30 min = 2 stars 45 min = 3 stars 60 min = 4 stars				
Nurture	**Feed your spirit** e.g., pray, meditate, listen to music, journal	30 min = 1 star				
	Care for your social network e.g., quality time with family/friends, volunteer, grow a relationship	60 min = 1 star				
	Do what you love — indulge your passion e.g., do a hobby, cook, garden, read, play a musical instrument	30 min = 1 star				
	Sleep — at least 7 hrs	1 star				
		TOTAL				

Tell us your story!

Share your GO! Challenge photos, videos and stories on the *Live Well ELCA* facebook page (*www.facebook.com/livewellelca*) or by e-mail at *livewell@elcabop.org*.

Grand total ___

60-150 (11/2010)