



Healthy Holidays Challenge

November 20, 2023 – January 7, 2024

Initial Weigh-in
(11.13–11.20):

Challenge of the Week		Challenge Completed (✓)							Weekly Goal Achieved	Webinar Watched	Weekly Weigh-in
		Mon	Tue	Wed	Thu	Fri	Sat	Sun			
WEEK 1: 11.20 – 11.26	Movement Focus: A Step Challenge will run throughout the entire program (Nov. 20 – Jan 7) with the goal of 7,000 steps per day on average for the entire challenge. Focus this week on getting started. Sign up on the Pacer app.	steps	steps	steps	steps	steps	steps	steps		1 Healthy Holidays	
WEEK 2: 11.27 – 12.3	Water Focus: Shoot for 64 ounces of water every day this week.	water	water	water	water	water	water	water			
WEEK 3: 12.4 – 12.10	Nutrition Focus: Aim for 5 servings of fruits/veggies every day this week. Already getting 5? Strive for 8!	f/✓	f/✓	f/✓	f/✓	f/✓	f/✓	f/✓		2 Holiday Eating	
WEEK 4: 12.11 – 12.17	Mindfulness/Stress Focus: Take 10 minutes every day to practice mindfulness . Try yoga, meditation, or anything else that encourages you to calm your mind.	10 mins	10 mins	10 mins	10 mins	10 mins	10 mins	10 mins		3 Holiday Stress	
WEEK 5: 12.18 – 12.24	Sleep Focus: This week, challenge yourself to get 6–8 hours of sleep each night.	sleep	sleep	sleep	sleep	sleep	sleep	sleep			
WEEK 6: 12.25 – 12.31	Health Check: Choose one habit you would like to abstain from , like a certain indulgent food, late night binge watching, or alcohol use. Abstain from that habit for at least 6 days this week. Write your habit here: _____	habit	habit	habit	habit	habit	habit	habit			
WEEK 7: 1.1 – 1.7	C.Y.O.C. - Choose Your Own Challenge: Finish strong by choosing 2 challenges that will make YOU feel great . Repeat a previous challenge, choose from the examples below, or create your own. #1 _____ #2 _____	1	1	1	1	1	1	1			
		2	2	2	2	2	2	2			
		steps	steps	steps	steps	steps	steps	steps			

Final Weigh-in
(1.3–1.10):

How it Works:

- Track your participation in the weekly challenges and weigh-in every Monday morning (self-reported)
- Initial weigh-in is 11.13 – 11.20 and final weigh-in is due 1.3–1.10
- Optional weekly virtual group sessions via Zoom will be held every Thursday 3–3:30 pm ET
- Watch at least 1 of the 3 recorded webinars brought to you by Marathon Health (track above)
- Deadline to submit your challenge calendar is 1.10**

C.Y.O.C. Ideas for Week 7:

- Complete 3 sessions of a 15 minute resistance training or yoga sessions
- Limit alcohol intake to no more than 7 alcoholic drinks for the entire week
- Do 30 each day: push-ups, squats, sit-ups
- Try for 10,000 steps instead of 7,000

I want to complete this challenge because: