

MPA Wellness Challenge

6 Weeks: May 17 - June 28

Objective: Become a little healthier, create good habits, and have some accountability by competing against each other for cash prizes.

Price: \$30 a person; \$20 into the pot, \$10 to MPA

Who: Minnesota Power Athletics parents, friends & family (Please note that this is not intended for our athletes or other kids as we do not wish to instill ideas of weight loss. However, they can complete aspects of the wellness challenge alongside you for fun and promotion of overall health!)

What you need:

- 1) a scale...digital works best, but not necessary
- 2) a Facebook account

How it works: Contestants get points each week by participating in healthy habits. They also submit a weekly weight and get points for any weight loss. At the end of the challenge, the pot will be split between the top point getter and the person who has lost the highest percentage of weight.

Point Categories:

1. Exercise: 4-6 days a week for at least 30 minutes. There will be a picture or meme on the group page each day. Comment on that meme with a selfie from during or after the workout. If you work out six days, you get 20 points for the week. If you work out 4-5 days, you get 10 points for the week.
2. Vegetables and Fruit: Eat at least two servings of veggies and a serving of fruit every day. If you do this, you get 15 points. Note: you can substitute your fruit for another veggie, but not the other way around.
3. Water: Drink 64 ounces of water every day for 15 points. Unsweetened sparkling water (like La Croix) counts, but coffee, tea, soda, etc. do not count.
4. Sweets: You can have one "sweet" each week. (Definition later in rules) One sweet or less for the week and you get 10 points.
5. Alcohol: Two days of alcohol are allowed for the week. Abstain at least five days and get 10 points.
6. Encouragement: Encourage a challenge member every day on FB. Do this for all seven days and get five points.

7. Weighing yourself only on weigh-in day: Only weigh yourself on Sunday and get 5 points. Exceptions: Doctor's appointments and if you're already a Weight Watchers member and you have a different weigh-in day.
8. Category of the week: Each week, there will be a bonus category. The bonus categories are listed at the end of the rules. Completing it is worth 10 points.
9. Maintenance: If you maintain the weight within one pound of your **lowest weight in the contest** (or you've lost weight), you get five points.
10. Weight loss: You get 10 points for every **whole pound lost** from the week before (sorry, I'm not getting into decimals). Even if you gained weight the prior week, you're going from the previous weigh-in.

Rules:

1. Most of this is done on good faith and it would be very easy to cheat. Don't be a cheater.
2. Sundays mark the beginning of the week and weigh-in days. Charts from the previous week and your weigh-in are due by 5pm on Sunday (for the best weigh-in, though, do it in the morning). We're all busy, I know that, but please try to get your info in on time. Hunting people down is awkward.
 - a. To weigh-in, take a picture of the weight and your feet on the scale and send it in through FB messenger. If you are not using a digital scale, please also add a piece of paper with the weight written on it so I can see it better.
 - b. Either fill out charts electronically or take a picture of the completed chart and send it to me through FB messenger.
 - c. You can find the chart here: [MPA Wellness Challenge Chart](#) (Please make a copy or print!)

Nuts and Bolts:

1. Sweets include desserts (cookies, pies, doughnuts, chocolate, candy, etc) and added sugar. Fruit and yogurt are okay, as are protein bars or drinks that include sugar (but be smart about this...many Starbucks drinks have more sugar than candy). Soda is allowed, but will not help with weight loss. Added honey, real maple syrup, and stevia is allowed, but again, be smart. This is super confusing, I know, but we can take it on a case-by-case basis if we need to.
2. If you weigh yourself naked and have a glass scale, please be aware of reflections. Please.
3. Money is due on May 17. Please provide your email address and owner/founder Haley Huchon will send you an invoice.

Bonus Category of the Week:

Week 1: Take before measurements and photos and write two goals for the challenge.

Week 2: Find a new healthy recipe, make it, and share it.

Week 3: Do ten minutes each day of some sort of mindful practice (yoga, prayer, meditation, journaling, etc.)

Week 4: No soda (diet or regular)

Week 5: Share a Non Scale Victory (NSV)

Week 6: Take after measurements and photos and evaluate goals.