



**Please Turn In Your  
Log By  
SEPTEMBER 11<sup>th</sup>**

Prizes:

10 lb weight loss  
**-Sports Watch**

5 lb weight loss  
**-Keen Kanteen**

500 points  
**-Travel Adaptor**

**USF Well – Life**

## **Summer 2009 Flab-U-Less Challenge**

**Lose weight  
Get Functionally Fit**

**Earn Great Prizes**



**June 8th - September 8th  
(3 months)**



## **Point System**

### **Daily Points**

5 points – Each day you are active for 30 minutes. (Walk, bike, swim, take a class, or garden)

5 points – Each day you eat a healthy breakfast

5 points – Each time you take a class with Well-Life or Koret

### **Bonus Points**

10 points – Get a physical

20 points – Keep a food journal. (Jot down all food intake)

20 points – Get a nutrition consult with Well – Life

10 points – For a Flab-U-Less department team of 5 or more people

Name \_\_\_\_\_

Extension \_\_\_\_\_

Total Points \_\_\_\_\_

### Point Codes

#### June

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#### July

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#### August

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#### September

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A = Active Day

B = Healthy Breakfast

K = Koret

W = Well-Life Class

(5 pts each)

### Bonus Section

60 Bonus Points Possible-Check Off

10 pts  
Get A Physical

\_\_\_\_\_

20 pts  
Food Journal

\_\_\_\_\_

20 pts  
Nutrition Consult

\_\_\_\_\_

10 pts  
Flab-U-Less Team

\_\_\_\_\_

### Path to Wellness



Starting Weight \_\_\_\_\_

Finishing Weight \_\_\_\_\_

