

Step Into September THM Challenge

SEPTEMBER 2018 / with *Wonderfully Made & Dearly Loved*

Challenge Guide

How to Participate

1. Join the sponsored [Facebook Group](#) or [Google+ Community](#)
2. Track your progress with the checklist.
3. Participate in the daily threads each week.
4. Have FUN! Keep it real!

Weekly Rewards

- *Wonderfully Made & Dearly Loved* will be awarding a weekly reward to 1 participating member each week.
- You must post in each daily thread within the theme to qualify for the drawing.
- Comments on the daily threads need to be posted before midnight central time to qualify.

Daily Themes

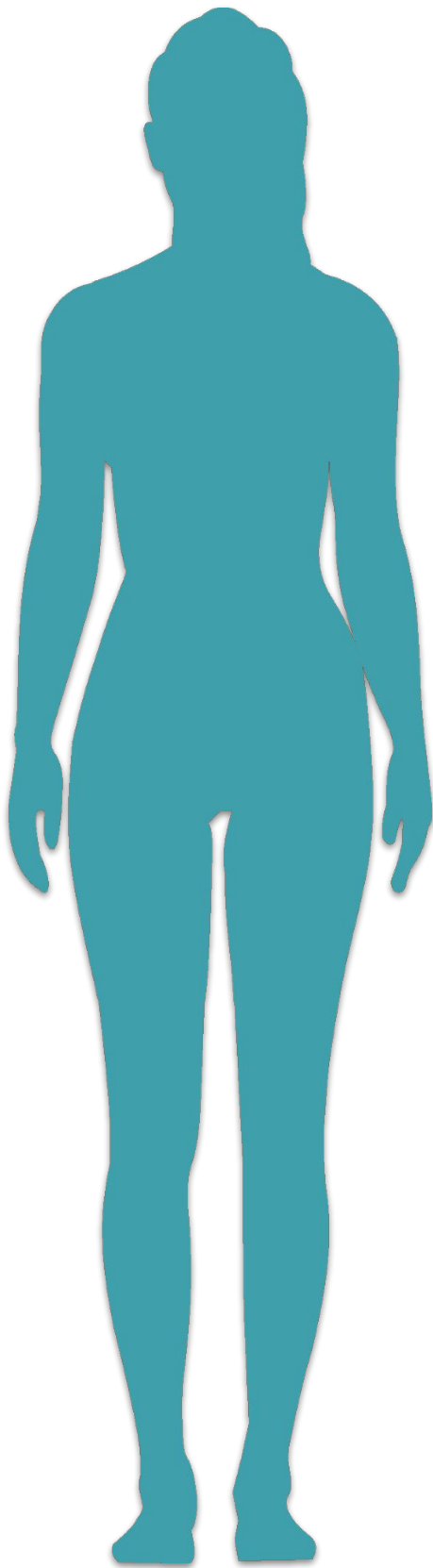
- **Motivation/ Meal Planning Mondays**
 - share your motivation
 - share your weekly meal plan
 - lift up another participant
- **Try It Tuesdays**
 - try a new recipe
 - try a new workout technique
 - try a new on plan ingredient
- **Work Ins Wednesdays**
 - how are you exercising?
 - log your time (min 20 minutes)
 - share ways that you get Loving Movement in daily

- **Thankful/Thoughtful Thursdays**
 - what are your Non Scale Victories or Scale Victories?
 - share ways you overcome 'stinking thinking'
 - lift each other up for success.
- **Food Journal Fridays**
 - start a Food Journal
 - post a photo of your food journal.
 - share ways that your food journal has helped you in your journey.
- **Superfood Saturdays**
 - what superfoods are you including in your meals & snacks?
 - share the benefits of your favorite superfoods
 - post if you used the featured superfood
- **Graceful Sunday Success**
 - share your Grace Filled Victories
 - lift others up in prayer and support

Optional Small Groups

1. Small Group THM Lifestyle Coaching is available through *Wonderfully Made & Dearly Loved* - Contact Judy
 - Please remember that this group is sponsored by *Wonderfully Made & Dearly Loved* -- by supporting WMDL you are giving back to this group and enabling the ability for there to be prizes.

Measurements



Weight	Before:	After:
Neck		
Arms		
ForeArms		
Wrists		
Bust		
Waist		
Hips		
Thighs		
Knees		
Calves		
Ankles		

My Food Log

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snacks</i>	<i>notes:</i>
<i>Monday</i>	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	
<i>Tuesday</i>	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	
<i>Wednesday</i>	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	
<i>Thursday</i>	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	
<i>Friday</i>	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	
<i>Saturday</i>	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	
<i>Sunday</i>	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	Protein: Fuel: Veggies:	

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<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i>Sunday</i>					

Healthy Habits Tracker

Use this worksheet to track your progress toward your healthy habit goals.

Week 1

Healthy Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 2

Healthy Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 3

Healthy Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 4

Healthy Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Menu Plan

Breakfast

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Lunch

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Snacks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Dinner

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Drinks

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Goals/Notes

Step Into September THM Challenge 2018

Checklist

Daily Goals

- On Plan breakfast, lunch & dinner
- Each 20 minutes of exercise
- Increase fiber
- Non starchy vegetables at each meal
- Post in daily thread
- 7 hours of sleep
- Eat within 1 hour of waking
- Drink ½ body weight in water
- Share a NSV
- Meet fiber goal of 20-25 grams per day
- No food 2 hours before bed (unless FP)
- 10 minutes additional loving movement
- Start/Keep a food journal

Personal Goals

- _____
- _____
- _____

Weekly Goals

★ Stayed On Plan

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

★ Had a Scale or Non Scale Victory

- _____
- _____
- _____

★ Gracefully Loved On Myself

- _____
- _____

★ Set Myself Up for Success

- _____
- _____
- _____