

Spring to Summer Weekly Challenge

MEATLESS MONDAYS!

Every Monday, go the whole day without eating any meat. Substitute high fiber sources like beans and lentils.

TINY TUESDAYS!

On each Tuesday, eat the correct portion sizes, if not a bit smaller. Eat to 80% full for each meal, don't overeat.

WEIGHTLESS WEDNESDAYS!

Weigh yourself, today. It's the middle of the week, and you should base the rest of the week on how you do on this day!

THIRSTY THURSDAY!

Drink 8+ glasses of water today. **ONLY** water. No diet soda, teas, coffee, or anything else.

FRUITY FRIDAYS!

Your breakfast and lunch should consist of a serving of fruit. If they already do, make it 4 servings of fruit for the entire day.

SAVORY SATURDAYS & SUNDAYS!

Tread yourself **ONE** time on the weekend!

www.fbchoctaw.org/fitness