



HEART HEALTH CHALLENGE

DECEMBER 1-21, 2021

BASELINE HEART HEALTH

Weight: Body Fat %: BP: / Vitamin D Level:

Cholesterol: LDL: HDL: Blood Sugar (Fasting):

GOAL HEART HEALTH

Weight: Body Fat %: BP: / Vitamin D Level:

Cholesterol: LDL: HDL: Blood Sugar (Fasting):



HEART HEALTH CHALLENGE DECEMBER 1-21, 2021 WEEK 1 DAILY LOG



METHUEN FIRE		Each 🗸	=1 Poi	nt			
NUTRITION/FUEL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8+ Fresh veggies & fruits							
Raw veggie before every meal							
2 Healthy fats (EVOO, avocado, almonds, salmon, +)							
No fried food & vegetable oils (inflammatory) No alcohol & recreational drugs (toxic)							
No sugar & processed food (inflammatory)							
No smoking (toxic, inflammatory)							
FITNESS/MOVEMENT	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Walk/elliptical: daily (20-40 minutes)							
Weight train: 3-4x week (20-40 minutes)							
Stretch: daily! (10+minutes) Hacks: take the stairs, schedule it in	, find a v	vorkout p	partner, u	use your h	nealth ph	none app	
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OPTIMIZE SLEEP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	IHUKSDAT	FRIDAY	SATURDAY
7+ hours in a row Asleep by 10pm (when off-duty)							
Hacks: room temp 65, blackout sha	des, no s	creen tin	ne 1 hou	r before k	ped, mag	nesium	
HYDRATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drink half your weight in ounces of clean water							
Drink one large glass of water upon waking (1st)							
Coffee Black Only (or no coffee)							
One large water before each meal One large water before each alcoholic bev /no alc)							
No soft drinks or sweet drinks							
MINDOCT /CTDCCC MANAGEMENT	CHNDAV	MONDAY	THECDAY	WEDNECDAY	THIDEDAY	FDIDAY	CATUDDAY
MINDSET/STRESS MANAGEMENT	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MINDSET/STRESS MANAGEMENT	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning 10! Pick one: Meditate, breath, or gratitude journal 10 minutes daily							
Breath out stress: Apply most applicable: 10+ deep breaths, 10+ box breaths, or 10+longer exhales							





BONUS POINTS THIS WEEK: 5 points each						
Lose 4 LBS Get Blood Sugar Checked						
Get Vitamin D Levels Checked	Add Omega Supplement Daily					
Get Cholesterol Checked	Add Fibo	Add Fiber Supplement Daily				
Get Blood Pressure Checked	Make Al	Make Alli's Cookbook Meal				
TOTAL PO	TOTAL POINTS THIS WEEK:					
NOTES: What is working this week?						
What is not working?						
What should I change next week?						





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Get Vitamin D Levels Checked	Add Omega Supplement Daily					
Get Cholesterol Checked	Add Fib	Add Fiber Supplement Daily				
Get Blood Pressure Checked	Make A	Make Alli's Cookbook Meal				
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Add Omega Supplement Daily						
Add Fiber Supplement Daily						
Make Alli's Cookbook Meal						
WEEK:						
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CHALLENGE WRAP-UP: Give this completed page to your Fit Lead!

Name:		Date: Shift:			
	BASELINE HEART HEALTH (optional)				
Weight:	Body Fat %:	BP: / Waist: Hip:			
Cholesterol:	LDL: HDL:	Blood Sugar (Fasting): Vit D:			
	FINAL HEART	HEALTH STATS (optional)			
Weight:	Body Fat %:	BP: / Waist: Hip:			
Cholesterol:	LDL: HDL:	Blood Sugar (Fasting): Vit D:			
TOTAL P	OINTS EARNED:	(Add Up All 3 Weeks!)			
What did you like best about the Heart Health Program or Challenge?					
Which of these cha	allenge habits can yo	ou 100% continue to do on your own?			