



METHUEN FIRE

HEART HEALTH CHALLENGE

DECEMBER 1-21, 2021

Name: _____

Date: _____

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):



WEEK 1 DAILY LOG



Each ✓ = 1 Point

NUTRITION/FUEL

- 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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

FITNESS/MOVEMENT

- 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 workout partner, use your health phone app

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

OPTIMIZE SLEEP

- 7+ hours in a row
- Asleep by 10pm (when off-duty)

Hacks: room temp 65, blackout shades, no screen time 1 hour before bed, magnesium

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

HYDRATION

- 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MINDSET/STRESS MANAGEMENT

- 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



WEEK 1 LOG



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 Fiber Supplement Daily

Get Blood Pressure Checked

Make Alli's Cookbook Meal

TOTAL POINTS THIS WEEK:

NOTES:

What is working this week?

What is not working?

What should I change next week?



WEEK 2 DAILY LOG



NUTRITION/FUEL

- 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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

FITNESS/MOVEMENT

- 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 workout partner, use your health phone app

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

OPTIMIZE SLEEP

- 7+ hours in a row
- Asleep by 10pm (when off-duty)

Hacks: room temp 65, blackout shades, no screen time 1 hour before bed, magnesium

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

HYDRATION

- 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MINDSET/STRESS MANAGEMENT

- 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



WEEK 2 LOG



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 Fiber Supplement Daily

Get Blood Pressure Checked

Make Alli's Cookbook Meal

TOTAL POINTS THIS WEEK:

NOTES:

What is working this week?

What is not working?

What should I change next week?



WEEK 3 DAILY LOG



NUTRITION/FUEL

- 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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

FITNESS/MOVEMENT

- 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 workout partner, use your health phone app

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

OPTIMIZE SLEEP

- 7+ hours in a row
- Asleep by 10pm (when off-duty)

Hacks: room temp 65, blackout shades, no screen time 1 hour before bed, magnesium

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

HYDRATION

- 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

MINDSET/STRESS MANAGEMENT

- 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



WEEK 3 LOG



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 Fiber Supplement Daily

Get Blood Pressure Checked

Make Alli's Cookbook Meal

TOTAL POINTS THIS WEEK:

NOTES:

What is working this week?

What is not working?

What should I change next week?



CHALLENGE WRAP-UP: *Give this completed page to your Fit Lead!*

Name: _____ **Date:** _____ **Shift:** _____

BASELINE HEART HEALTH (optional)

Weight: <input type="text"/>	Body Fat %: <input type="text"/>	BP: <input type="text"/> / <input type="text"/>	Waist: <input type="text"/>	Hip: <input type="text"/>
Cholesterol: <input type="text"/>	LDL: <input type="text"/>	HDL: <input type="text"/>	Blood Sugar (Fasting): <input type="text"/>	Vit D: <input type="text"/>

FINAL HEART HEALTH STATS (optional)

Weight: <input type="text"/>	Body Fat %: <input type="text"/>	BP: <input type="text"/> / <input type="text"/>	Waist: <input type="text"/>	Hip: <input type="text"/>
Cholesterol: <input type="text"/>	LDL: <input type="text"/>	HDL: <input type="text"/>	Blood Sugar (Fasting): <input type="text"/>	Vit D: <input type="text"/>

TOTAL POINTS EARNED: **(Add Up All 3 Weeks!)**

What did you like best about the Heart Health Program or Challenge?

Which of these challenge habits can you 100% continue to do on your own?
