

Water Intake

Based upon the honor system, record how much water (in ounces) you drink on a daily basis and upload each Friday into the dropbox. You should be drinking at least half your weight in ounces of water each day. Only count if it's plain water, not anything else made from water (coffee, tea, etc.). Flavored water can be counted, but plain water is better for you. The goal is to drink at least 8 - 8oz glasses of water each day. Use the habit tracker to track how many ounces you consumed each day

For this challenge, upload your tracking log showing your daily water intake in ounces each week.

Caffeine Intake

Can you imagine starting the day without a cup of coffee? Coffee supplies us with a jolt of caffeine, a mild stimulant to the central nervous system that quickly boosts our alertness and energy levels. Caffeine is addictive and can be hard on your digestive system. Did you know that decaffeinated coffee still contains some caffeine? A typical cup of decaf coffee has about 2 mg of caffeine, compared to a typical cup of regular coffee, which has about 95 mg of caffeine. Caffeine can also be found in certain foods, energy drinks, and supplements.

<https://www.hsph.harvard.edu/nutritionsource/caffeine/>

How many days can you go without any caffeine? For this challenge, upload your tracking log showing your daily caffeine intake each week.

Active Minutes

Active minutes are a form of exercise that indicates you have spent more than 10 minutes in an activity that burns three times as many calories as you do at rest. Physical activity guidelines recommends at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity exercise per week, all done in blocks of 10 minutes. Brisk walking counts, as long as you can get up to at least 3 miles per hour in speed.

Check out this article in Runner's World: https://www.runnersworld.com/news/a26972526/walking-speed-health-benefits/?fbclid=IwAR1Wi2fHAo7_42T1nXq6xi3laJ5tmxGmvSzJz9g5pacTTm2LHk810cFTZl8

For this challenge, upload your tracking log showing your daily activity minutes each week.

Fiber Intake

There are many beneficial side effects of adding more fiber to your daily diet, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer. Fiber-rich foods not only fill you up faster and keep you satisfied longer, they also prevent your body from absorbing some of the calories in the foods you eat.

How much fiber should you eat? Men: 30-38g Women: 21-25g

How to add more to your plate?

Breakfast: Choose a high fiber cereal or oatmeal, and add berries and seeds.

Snack: Pair raw vegetables with bean dip, or raw fruit with nut butter.

Lunch: Have a salad. If you make a sandwich, choose 100% whole grain bread.

Dinner: Add beans and other vegetables to casseroles and stews. Try a variety of cooked whole grains.

For this challenge, upload a digital tracking log for your daily fiber intake amount each week.

Soda

Coke can be used to clean oil stains on your driveway, stains out of your tile grout, and rust off your golf clubs. What is it doing for your body? It could be toxic to the healthy bacteria living in your gut and increases acidity in your mouth, wearing down your teeth enamel. Those who drink soda tend to consume more total calories, as liquid sugar doesn't make you feel full.

For this challenge, upload your tracking log showing your daily soda intake in ounces for the week.

Sugar

Not all sugar is bad, but too much can be detrimental. Everything in moderation. Sweets can be a part of a healthy eating pattern. This challenge will focus on the "added sugars", not the ones naturally found in food. While added sugar can be in everything from your salad dressing to that Snickers bar you are holding, we are going basic. We want to track your unhealthy snacks and desserts, and see how many days you can go without candy, cookies, cakes, pies, ice cream, and the like.

Check out some options here: <https://www.eatthis.com/satisfy-sweet-tooth/>.

For this challenge, upload your tracking log showing how many days you went without any added sugars each week.

Fast Food

It's highly processed, mass-produced, and cooked on a grill or in a fryer/microwave. High levels of sodium can increase your blood pressure. Refined carbohydrates leave you bloated and processed carbohydrates can contribute to digestive problems. While some fast food places offer a healthier alternative, it's better for your health to menu plan and skip the drive-thru.

Check out these unhealthy examples: <https://www.businessinsider.com/unhealthy-fast-food-items-2015-12#chipotles-carnitas-burrito-18/>

Check out these healthier options: <https://www.mdlinx.com/article/healthiest-fast-food-options/lfc-4137>.

For this challenge, upload your tracking log showing how many days you were able to stay away from any fast food.

Fried Food

Many people like the taste of fried foods. Fried foods are high in trans fat (harder to break down chemical structure), calories, and often salt. Eating them often can have negative effects on your health, including heart disease risk, type 2 diabetes risk, and cancer risk.

Check out this article: <https://www.eatthis.com/this-is-what-happens-to-your-body-when-you-eat-deep-fried-foods/>.

For this challenge, upload your tracking log showing how many days you were able to stay away from all fried foods.

Consistent Sleep

Studies say most adults need 7-9 hours of sleep each night. Sleep is important because it helps regulate hormones and maintains the immune system, among other benefits. In essence, the body heals and restores energy while it's sleeping. There are habits to help you get a better nights' sleep, such as a sleep schedule. The focus for this challenge is the consistency of your sleep, not just in hours each night, but going to bed and waking up close to the same time each day.

Check out this article on sleep cycles and habits: <https://my.clevelandclinic.org/health/articles/12148-sleep-basics>

For this challenge, upload your digital tracking log showing your daily sleep activity each week.

Menu Planning

Why menu plan? Save money, eat healthy, and try new recipes! Changing this one habit could change your eating habits just enough to get started on your way to a healthier you (and saves you from the drive-thru!).

Here is a helpful way to get started: <https://projectmealplan.com/importance-of-meal-planning/>.

For this challenge, upload your weekly menu plan at the start of the week, and then what you actually ate at the end of the week.