

## Four-Week Healthy Habits Challenge Packet

The goal of the Healthy Habits Challenge is to introduce and encourage new healthy habits each week to help your employees reach their goals, whether it's to lose weight, reduce body fat, find improved health and well-being, gain more endurance and energy or build stronger, leaner muscles.

This packet includes four different weekly challenges and customizable materials you can use to launch and run your challenge.

The challenge categories are:

- Mindfulness
- Hydration
- Nutrition
- Exercise

The customizable materials are:

- Registration announcement: Send two weeks before start.
- Promotional announcement: Send one week before start.
- Reminder e-mail: Send the morning challenge begins.
- Four-Week Healthy Habits Challenge tracker



## Registration announcement

*Customize the [blue](#) text below with your challenge information.  
Then copy and paste into an e-mail or newsletter or post on your intranet.*

The goal of the **Four-Week Healthy Habits Challenge** is to encourage new healthy habits and help you reach your goals, whether it's to lose weight, reduce body fat, find improved health and well-being, gain more endurance and energy or build stronger, leaner muscles. This challenge is also a great time to evaluate your eating and exercise habits. New, healthy habits are introduced every week to encourage and help you prioritize new aspects of your health. By trying new things, you may find something you enjoy and that inspires you to stick with it.

The **Four-Week Healthy Habits Challenge** will run from [\[date\]](#) to [\[date\]](#) and is available for anyone to join!

To register, email [\[email address\]](#) and you will get a tracker to record your progress. Keep the following dates in mind below:

Challenge start date: [\[date\]](#)

Challenge end date: [\[date\]](#)



Questions? Contact [\[name\]](#) at [\[e-mail\]](#).

## Promotional announcement

*Customize the **blue** text below with your challenge information.  
Then copy and paste into an email or newsletter or post on your intranet.*

### Four-Week Healthy Habits Challenge



The goal of the Four-Week Healthy Habits Challenge is to encourage new healthy habits and help you reach your goals, whether it's to lose weight, reduce body fat, find improved health and well-being, gain more endurance and energy or build stronger, leaner muscles. This challenge is also a great time to evaluate your eating and exercise habits. New, healthy habits are introduced every week to encourage and help you prioritize new aspects of your health. By trying new things, you may find something you enjoy and that inspires you to stick with it.

**Challenge start and end dates:** <Customize here>

**Registration information:** <Customize here>

**Incentive information:** <Customize here if incentivized>

Questions? Contact [name] at [email].

## Reminder Email

Customize the *blue* text below with your challenge information.  
Then copy and paste into an email or newsletter or post on your intranet.



Ready, set, go!

Today's the first day of the **Four-Week Healthy Habits Challenge**.  
Your weekly challenges and tracking sheet are attached.

**Challenge goal:** Track every day you complete a challenge activity on your tracking sheet.

At the end of the challenge, return your tracker to [\[name\]](#) at [\[email\]](#).

*Copy and paste into an email or newsletter or post on your intranet.*

## Week One of the Healthy Habits Challenge

**Goal:** Commit to doing as many challenge activities as you can throughout the week.



### **Mindfulness challenge:**

Get enough sleep. Sleep is crucial for exercise recovery and has even been shown to reduce your risk of developing dementia and Alzheimer's. Sleep deprivation is linked to an increase in hunger hormones and weight gain. Your goal this week is to go to bed 15 minutes earlier than normal. Turn off the TV and your phone and drift into a blissful, sleepy slumber.

### **Hydration challenge:**

Drink a minimum of a 64 ounces of water per day.

### **Nutrition challenge:**

Reduce the consumption of processed foods, including sweets, baked goods, granola bars, candy, pop and ice cream. Fruit is good and encouraged.

### **Exercise challenge:**

Complete 20 minutes of exercise every day this week, such as HIIT, strength training, yoga, Pilates and jump rope. You can break your workouts into 10-minute sessions.

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## Week Two of the Healthy Habits Challenge

**Goal:** Commit to doing as many challenge activities as you can throughout the week.



### **Mindfulness challenge:**

Go for a sensory walk outside and look for five things you can see, four things you can hear, three things you can touch, two things you can smell and one thing you can taste. Spending time in nature shows added health benefits to our overall well-being. Dress for the weather.

### **Hydration challenge:**

Drink a minimum 64 ounces of water per day.

### **Nutrition challenge:**

Reduce white foods. This includes white flour, white pasta, white rice, white sugar, white potatoes. You can eat quinoa, brown rice, oatmeal (not instant), sweet potatoes and whole wheat bread, pasta, etc. Onions, cauliflower, turnips and white beans don't fall into this category. Use this opportunity to try new whole grains like millet, farro and kamut.

### **Exercise challenge:**

Complete 30 minutes of exercise every day this week. Break your exercise into several short sessions, if necessary.

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## Week Three of the Healthy Habits Challenge

**Goal:** Commit to doing as many challenge activities as you can throughout the week.



### **Mindfulness challenge:**

Do one random act of kindness each day this week. Here are a few suggestions: offer a compliment to a co-worker, open a door, plant a tree, be tolerant, smile at someone, forgive mistakes, encourage a friend.

### **Hydration challenge:**

Drink a minimum of 128 ounces of water per day.

### **Nutrition challenge:**

Eat at least 10 servings of fruits and vegetables a day. Remember to check the serving size. A big salad is multiple servings. Smoothies are a good way to get in extra fruits and vegetables. Studies show that eating seven or more fruits and vegetables lowers mortality rates by 42% and most nutritionists today point to 10 servings or 100 grams as the optimal number.

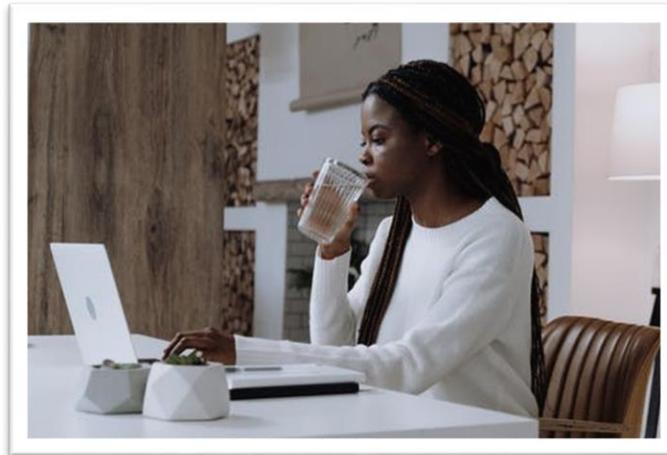
### **Exercise challenge:**

Complete 40 minutes of exercise every day this week, such as HIIT, strength training, biking, running, yoga, Pilates or jump rope. Break your exercise into several short sessions, if necessary.

*Copy and paste into an email or newsletter or post on your intranet.*

## Week Four of the Healthy Habits Challenge

**Goal:** Commit to doing as many challenge activities as you can throughout the week.



### **Mindfulness:**

Meditate, sit in silence or practice deep breathing exercises for 10 minutes a day. Reducing stress can lower cortisol levels, which are linked to weight gain and other hunger hormones. Stress reduction can also help improve your sleep at night. Try one of our mindful meditations at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).

### **Hydration challenge:**

Drink a minimum of 128 ounces of water per day.

### **Nutrition challenge:**

Meal prep for the work week; for weekend dinners, try a new recipe. Eating out is correlated with a higher BMI, higher blood pressure and higher cholesterol.

### **Exercise challenge:**

Complete 60 minutes of exercise every day this week, such as HIIT, strength training, biking, running, yoga, Pilates or jump rope. Break your exercise into several short sessions, if necessary.

## Four-Week Healthy Habits Challenge Tracker

Customize the *blue* text below with your challenge information.  
Then copy and paste into an email or newsletter or post on your intranet.

**Challenge goal:** Do as many challenge activities as you can throughout the week during the Four-Week Healthy Habits Challenge. Track the days you completed each challenge activity each week below.

Week 1	Challenge Activity	M	T	W	T	F	S	S
Mindfulness challenge	Go to bed early.							
Hydration challenge	Drink minimum 64 oz. of water.							
Nutrition challenge	Reduce processed foods and sweets.							
Exercise challenge	Exercise 20 minutes throughout the day.							

Week 2	Challenge Activity	M	T	W	T	F	S	S
Mindfulness challenge	Take a sensory walk.							
Hydration challenge	Drink minimum 64 oz. of water.							
Nutrition challenge	Reduce white foods and refined flour.							
Exercise challenge	Exercise 30 minutes throughout the day.							

Week 3	Challenge Activity	M	T	W	T	F	S	S
Mindfulness challenge	Perform random acts of kindness.							
Hydration challenge	Drink minimum 128 oz. of water.							
Nutrition challenge	Eat at least 10 servings fruits & vegetables.							
Exercise challenge	Exercise 40 minutes throughout the day							

Week 4	Challenge Activity	M	T	W	T	F	S	S
Mindfulness challenge	Meditate and try a <a href="#">new meditation</a> .							
Hydration challenge	Drink minimum 128 oz. of water.							
Nutrition challenge	Meal prep.							
Exercise challenge	Exercise 60 minutes throughout the day.							

Submit your tracking sheet to [\[name\]](#) at [\[email\]](#) at the end of the challenge.