



points

You need just **330** points every 21 days to stay on the island!!!
Unless otherwise stated, everything is worth 10 points.

How to earn points...

1. Attend your training session (weights, cardio)
2. Be on time for your training session
3. Ring BELL & SAY "Embrace the Day " before leaving the studio
4. Lose weight (20 pts)
5. Lose body fat (20 pts)
6. Say "The 8 Food Rules" **FIRST** during the weight training session
7. Article: Read/Write 3-Sentence Review the NEW Fit Chicks! Clean Eating Manifesto
8. Submit a recipe you've tried - include nutrition information and a picture
9. Track/Record your nutrition for FOUR days straight
10. Prepare FOUR Days worth of meals and snacks in ready-to-go-containers/bags
11. Drink at least 70 oz of water for FOUR days straight
12. Eat breakfast and drink 8oz water within 1st hr of waking up for FIVE days straight
13. Eat enough protein - at least 80 grams for FIVE days straight
14. Abstain from ADDED SUGAR for FIVE days straight (20 pts)
15. Try a new vegetable and post a picture on the Fit Chicks! facebook page (20 pts)
16. Prepare a NEW Master Meal Plan with Fall recipes and foods/drinks (30 pts)
17. Abstain from Ultra-processed or any Packaged Foods for 3 days (20 pts)
18. Magazine: Read article in Cooking Light, Experience Life or Eating magazine - Write 3-sentence review of a feature article
19. Blog: <http://beafitchick.com/home/good-stuff> - Post a 3-sentence comment (20 pts)
20. Blog: <http://denisfaye.com> - The Nutrition Nerd – Write a 3 sentence review
21. Blog: <http://journals.lww.com/acsm-healthfitness/pages/default.aspx> Fitness Journal - Write a 3-sentence review
22. Short Video: Daniel Plan What's in Your Pantry/Refrigerator (cooking videos)
23. Short Video: The Science of Addictive Food
24. Video: Fat, Sick, and Nearly Dead
25. Video: Dr. Gerger's Food As Medicine Presentation (30 pts)
26. Video: Dr. Lustig's Ted Talk (30 pts)
27. Video: Dr. Brene Brown's Ted Talk

Updated Oct 27st



28. Movie: Super Size Me (20 pts)
29. Movie: Vegucated (30 pts)
30. Movie: Fed Up! (20 pts)
31. Movie: Food Matters (20 pts)

32. TED Talk: Why Some People Find Exercise Harder, by Emily Balcetis
33. TED Talk: What's Wrong With What We Eat, by Mark Bittman
34. TED Talk: A Life of Purpose, by Rick Warren
35. TED Talk: The Single Biggest Health Threat Woman Face, by Merz
36. TED Talk: The Happy Secret To Better..., by Achor
37. TED Talk: How To Live Passionately-No Matter Your Age, by Allende
38. TED Talk: How I'm Preparing To Get Alzheimer's, by Shaikh
39. Book: *The Daniel Plan* by Rick Warren (20 pts)
40. Book: *The End To Overeating* by Kessler (20 pts)
41. Book: *Super Foods, Fourteen Foods that Will Change Your Life* by Pratt (20 pt)
42. Book: *The Eat-Clean Diet, Recharged!* by Tosca Reno (20pts)
43. Book: *Sweet Fire: Sugar, diabetes, and Your Health* by Toscano (20 pts)

44. Attend Event: Super Sunday Session in November or December (20 pts)
45. Attend Event: Book Club Meeting in October – Monday, October 31 @7:30 (online)
46. Attend Event: Book Club Meeting in November
47. Wear your Fit Chicks! t-shirt

48. Plank Challenge! Hold a straight body plank through TWO sets (20 pts)
49. Push-up Challenge! In 35-Seconds knock out 22 push ups (20 pts)
50. Wall Squat Challenge! Hold a wall squat, holding a 4lb MB away from body for 2 Sets – 85 seconds (20 pts)
51. Sit-up Challenge! In 35-seconds hit 25 sit-ups - 1 set (20 pts)
52. Sit-up Challenge! In 85-seconds/2 sets hit 50 sit-ups (20 pts)
53. Lateral Raise Challenge! In 85 seconds/2 sets complete 50 reps (20 pts)
54. Hit 100 Jumping Jacks before hopping on Cardio
55. Submit a *personal* testimonial using Fit Chicks! form (20 pts)
56. Achieve Personal Best on Cardio (20 pts)
57. Cardio - Get 260 calories in 25 minutes
58. Decorate your cardio log with motivational cut-outs of quotes, pictures, glitter

59. Create a motivational *notecard* for yourself
60. Write an encouraging *notecard* to another client (20 pts)
61. Write a S.M.A.R.T. Goal – Finish 2016 on a HIGH (see form) (20 pts)
62. Do self-care for 10 minutes or longer, *send us an email*

Jackpot! 50 POINTS

“Ohh, the *SALMON-COLOR STICKER*”

Jackpot! Volunteer during the Thanksgiving – Christmas Season

Jackpot! Create a list of “100 Gratitudes”

Jackpot! Create a 2nd list of “100 Gratitudes”

Jackpot! @100lbs Leg Press 60 reps in 4 sets

Jackpot! Plank through FOUR sets

Jackpot! 400 calories in 25 minutes

Jackpot! 100 push up in 4 sets

Jackpot! 100 full sit up in 4 sets

Jackpot! Write a Review on Google, LinkedIn or Yelp

Jackpot! Refer a friend who is invited to join the studio

Jackpot! Complete a 5K on Turkey Day (3.1 miles while the studio is closed for the Thanksgiving Holiday Break)

