

2024

Center for Weight Management & Wellness

Monthly Challenge

Join us for a whole year of daily and monthly challenges to help you stay focused and engaged on your health journey! Challenges include healthy eating, physical activity, and self-care tasks.

Participate in any way that feels right for you—try and complete every day or just complete the ones that feel most helpful for you. Although it's a challenge, it's not a competition! So have fun with it and be sure to share your progress with us and fellow patients on our group **Facebook page**. Just ask your dietitian how to join!

For additional resources and information about educational events and behavioral/nutrition groups, please see our website:

<https://www.brighamandwomens.org/cwmw/patient-and-family-resources>

January Challenge

Back to basics food journal



2024

Please refrain from adding any foods mentioned in the calendar to your diet if you haven't reached that stage yet.

Pick an app or journal you want to use to keep track of your food each day. Use the questions in each day to review your log and inspire any changes you want to make.

Helpful tip: Your [nutrition guidelines](#) book can be helpful for reviewing portion sizes and food groups.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 How many times did you eat today?	2 What do you notice about the timing of your meals?	3 Where in your day were you most hungry?	4 Any eating when you were not hungry?	5 How did you feel after your meals?	6 Which foods made you feel your best?
7 Which foods made you feel your worst?	8 Rank your portions—not enough, too much, just right.	9 How many servings of veggies did you have?	10 Track your hunger + fullness before/after each meal using a hunger scale or pendulum .	11 How many different colors did you eat today?	12 What was your favorite thing you ate today?	13 How many grams or servings of protein did you have?
14 What meals/snacks were planned vs. unplanned.	15 What were your snacking habits like today?	16 What was the least exciting thing you ate today?	17 How many servings of fruit did you have?	18 Did you feel sluggish or tired at any point today?	19 How prepared did you feel today?	20 What factors helped you make better choices today?
21 Was your eating fast or slow at each meal?	22 Where did you eat your meals today?	23 How many servings of starch (bread, rice, pasta, potatoes, starchy veg, snacks) did you have?	24 When/where did you have the most energy today?	25 How did your environment influence how or what you ate today?	26 What types of cravings did you have today?	27 What factors are making it harder to stay consistent with healthy habits?
28 What high fiber foods did you eat today?	29 Track your hunger + fullness before/after each meal. Any difference from earlier in the month?	30 What healthy fats (plants/seeds/nut oils) did you have today?	31 What changes do you want to make?			

February Challenge

Self-Care



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Please refrain from adding any foods mentioned in the calendar to your diet if you haven't reached that stage yet.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Start a gratitude journal- write in it daily this month! ♥	2 Savor your morning coffee/tea.	3 Spend time with animals- your own or someone else's.
4 Plan out when you will exercise this week. ♥	5 Eat lunch with zero distractions (no screens or multi-tasking)	6 De-clutter a room or desk.	7 Delegate something today to allow more time for self-care.	8 Get to bed 1 hour earlier than usual.	9 Take a long shower or bath	10 No chores today- order out, leave the laundry, take a rest.
11 Make your favorite meal	12 Journal your feelings for 5 minutes.	13 No screens/phone 1 hour after waking and 1 hour before bed.	14 Call or spend time with a loved one. ♥	15 Listen to a favorite song.	16 Have a phone-free night.	17 Schedule something fun.
18 Have a home spa day.	19 Recognize one thing you love about your body. ♥	20 Take 3 long deep breaths 3 times today. Notice where you need it most in your day.	21 Get something done that you have been procrastinating.	22 Eat dinner with zero distractions (no screens or multi-tasking).	23 Watch a movie or show with a loved one ♥	24 Go through your social media and unfollow any accounts that are not serving you.
25 Treat yourself- a candle, special food, new clothes, haircut, etc.	26 Do a 10 minute meditation.	27 Give yourself a compliment.	28 Give yourself a face or hand massage.	29 Reflect on everything you wrote in your gratitude journal, notice what is most important to you ♥		

March Challenge

Get outside



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Please refrain from adding any foods mentioned in the calendar to your diet if you haven't reached that stage yet.

Getting outside has numerous physical and mental health benefits. March is one of the most challenging times to commit to getting outside every day, so here we are working on our ability to do hard things!

Your challenge this month is to get outside for 10 minutes per day!

This can be a walk or just sitting in nature outside. If it's not safe for you to go outside, then sit by a window for 10 minutes. Check off each day completed, see how many you can get!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>
11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>
18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>
25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>

April Challenge

Try something new



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Please refrain from adding any foods mentioned in the calendar to your diet if you haven't reached that stage yet.

Try something new from the category listed each day!

Examples:

- New learning → take a class, watch a YouTube video, read a book
- New friend → private message someone on social media, have a conversation with someone new at work
- New morning routine → take 5 minutes to meditate, make coffee at home instead of buying, snuggle with a child

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Podcast or Audio Book 🎧	Dinner Recipe	Stretch or Yoga Pose	Outfit or accessory (scarf, watch, hat)	Hobby
7	8	9	10	11	12	13
Find a new home for unwanted stuff (donation, recycle)	Breakfast	Fruit	Workout 🏋️	Bedtime routine	Game	Visit a new park or outdoor area
14	15	16	17	18	19	20
Learning	Book 📖	Snack	Friend	Green, Red, or Orange Vegetable	Dinner Recipe 🍲	Affirmation or motivational quote
21	22	23	24	25	26	27
Craft or home project	Route to Work	Breakfast	Healthy Drink 🥤	New song or radio station	Fruit 🍓	Snack
28	29	30				
Red Vegetable	Morning routine	Healthy Snack				

May Challenge

Healthy Eating



2024

Please refrain from adding any foods mentioned in the calendar to your diet if you haven't reached that stage yet.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Keep a food log/journal everyday this month! 🍽️	2 Get in 2 servings of fruit today.	3 Try a new vegetable.	4 Do a fridge/pantry makeover or clean out.
5 Plan out at least 3 meals you want to make this week.	6 Make at least ½ your plate fruit or vegetables at each meal. 🍎	7 Have protein with every meal/snack.	8 Include a serving of nuts or seeds in one meal/snack today.	9 Have a veggie for a snack.	10 Try a new protein- lamb, seafood, tofu, lentils	11 Eat without distractions today. 📵
12 Research new recipes or come up with a new meal planning system.	13 Try and have no "added" sugar today (natural sugar in fruit/dairy is ok!)	14 Plan a healthy snack and eat it at the table (not your desk, car, etc.)	15 Post a nutrition question on the Facebook group.	16 Pay attention to hunger/fullness cues today.	17 Rate your fullness at the end of each meal, see if you can stop at or before 80% full.	18 Try a new whole grain- amaranth, buckwheat, quinoa, etc.
19 Write down all your food thoughts and urges today. What do you notice? 🍽️	20 Have a meatless meal today	21 Have vegetables with your breakfast (veggie omelet, sausage and veggie stir fry, breakfast burrito, etc.)	22 Include 3 different colors with your dinner today.	23 Chew 30-40 times per bite at one meal today.	24 Try a new leafy green- arugula, spinach, kale, collards, swiss chard, etc. 🌿	25 Eat only foods with one ingredient today (fresh meats/poultry, veggies, fruits, whole grains/starch)
26 Use at least one fresh herb in cooking today. 🌿	27 Have one orange vegetable today (carrots, squash, sweet potato, etc.	28 Practice reading nutrition labels.	29 Have one meal be a salad or include a side salad.	30 Write down 10 ways you can soothe or entertain yourself without food. 🍽️	31 Try a new seasoning or spice.	

June Challenge

Photo Challenge



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Please refrain from adding any foods mentioned in the calendar to your diet if you haven't reached that stage yet.

Take or find a photo that represents the theme for each day!

Examples:

- A goal → photo of your kids on the floor, picture of a kayak or rollercoaster
- Something green → a salad, a veggie, forest where you walk
- How you rest → your favorite chair, a cup of tea, yoga mat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Post a selfie to start the challenge
2 Your favorite weekend breakfast	3 Make your bed.	4 Your favorite beverage	5 How you rest and recover during the week.	6 A goal	7 Old or new clothes.	8 Something you are grateful for.
9 A treat.	10 Your favorite snack	11 Weekday exercise routine.	12 Something green.	13 Clean or declutter something	14 An old habit.	15 Your favorite walk or spot in nature
16 How you prep for the week- meal plan, groceries, stocked fridge?	17 Something orange.	18 A non-scale victory.	19 Your go-to weekday breakfast	20 Favorite book or current read.	21 Something yummy.	22 Your progress.
23 How you rest and recover on the weekend.	24 Something red.	25 Your daily step count.	26 Your inspiration.	27 Favorite protein.	28 A recipe.	29 Self-care
30 Whatever you want!						

July Challenge

Healthy Habits



2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Set a non-scale victory goal for this month	2 Appreciate the progress you've made! 🙌	3 Expose yourself to nature 🌿☀️ for 10-30 min	4 [Independent Day] Walk out and watch fireworks 🎆	5 Practice mindful eating by considering where the food came from and how it was prepared	6 Write a food journal 📝
7 Enjoy a "high-protein low-calorie" meal with your family & friends which can be as easy as grilled salmon with asparagus	8 Bring your water bottle with you and stay hydrated 💧	9 Pack a snack with protein and fiber	10 Commit to >30 min of any kinds of physical activity	11 Challenge yourself to avoid too much added sugars (< 15 gm) for a day	12 You are doing great!	13 Try a "themed" day, such as "Italian Saturday" with healthy choices such as spaghetti squash lasagna
14 Plan your meals for next week and go grocery shopping 📝	15 Listen to one health related podcast 🎧	16 Enjoy a fresh fruit/vegetable recipe	17 Practice 10 min meditation/yoga before bed 🧘	18 Take a break from social media	19 Clean your room 🧹	20 Take a walk for 10-30 min
21 Go for a picnic with high-protein and low-calorie food choices 🥗	22 Enjoy your breakfast 🍌	23 Select one of your favorite recipes and adapt it to reduce the calories and fat	24 Experiment with a new herbal tea such as hibiscus or citrus, make it iced! 🧊	25 10-30 min strength training exercises, try your best!	26 [National Bagelfest Day] Enjoy ½ whole wheat bagel with protein choices 🥯	27 Explore the CWMW Facebook group
28 Watch a movie 🎬	29 Enjoy a relaxing bath or spa 🛀	30 [National Avocado Day] Experiment with avocado recipes 🥑	31 Revisit your progress and celebrate your achievements!			

August Challenge

Healthy Habits-part 2



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Set a non-scale victory goal for this month	2 Sort through and donate clothing that no longer fits 	3 [Grab some Nuts Day] 🥜 Grab 1 tablespoon of your favorite raw or toasted nuts as part of your snack
4 Buy a healthy cookbook 📖	5 Give yourself credit for being consistent with your multivitamin regimen 💊	6 Try exercises inspired by animal movements for 10-30 min such as crab 🦀 walks	7 Make yourself snacks with high-protein and low-calorie choices 🧐🔍 such chia protein pudding	8 [National Zucchini Day] Enjoy your favorite zucchini recipe	9 Write to express your emotions and experiences 📝	10 Treat yourself with love and kindness ❤️
11 Create a meal with different color foods 🌈	12 [National Peach Month] 🍑 Try a no or low-sugar peach recipe, like grilled peaches w/ spices (cinnamon, nutmeg)	13 Any 30 min strength training such as lifting and resistance bands	14 Make sure you are meeting your 48-64 oz fluid goals 💧	15 Take a deep breath to show your appreciation before the meals	16 Draw to express your emotions and experiences 🎨	17 Focus on consuming lean proteins such as chicken breast, fish, tofu, lentils, edamame etc.
18 Engage in 30 minutes of moderate cardio exercise	19 [Potato Day] 🥔 Share your favorite potato recipe and tips to make it healthier	20 Savor each bite and listen to your body's hunger cues	21 Engage your senses through soundscape 🗣️ or spa 🧖	22 Try a variety of textures in your meals (crunchy, creamy, and smooth)	23 Take a nap and enjoy your weekend 😴	24 [National Waffle Day] Enjoy your favorite high-protein waffles 🍷
25 Enjoy an outdoor activity like hiking 🏞️ or biking 🚲	26 Make a bucket list for yourself 📝	27 Experiment with a unique source of lean protein (e.g. tempeh)	28 Stay hydrated 💧 and aim for >64 oz fluids	29 Explore different herbs and spices such as thyme and rosemary with chicken breast 🌿	30 Reflect on your health journey and achievements	31 [Eat Outside Day] Plan a picnic on a beach nearby 🏖️

September Challenge

Weekly Progress



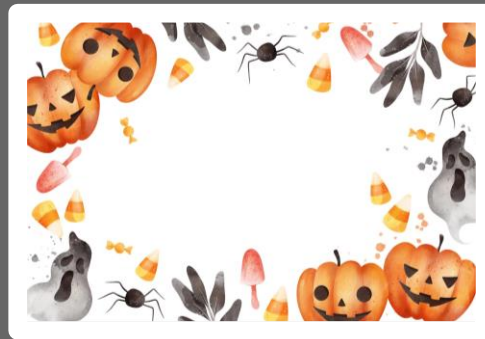
2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><u>FITNESS WEEK</u></p> <p>15 min walk</p>	<p>2</p> <p>10 min stretching routine</p>	<p>3</p> <p>10 min of aerobic</p>	<p>4</p> <p>10 min core workout</p>	<p>5</p> <p>15 min physical activity</p>	<p>6</p> <p>10 min strength training</p>	<p>7</p> <p>[National Acorn Squash Day] Enjoy acorn squash with high protein and non-starchy vegetable choices</p>
<p>8</p> <p><u>Mindful Eating Week</u></p> <p>Avoid distractions while eating and focus on portion control</p>	<p>9</p> <p>[National "I love Food" Day]</p> <p>Choose one your favorite recipe and pay attention to the colors, smells, and flavors of your food</p>	<p>10</p> <p>Plan your meals and pack your lunch, eat slowly and chew thoroughly</p>	<p>11</p> <p>Listen to your body's hunger cues and put down your fork between each bite</p>	<p>12</p> <p>[National Chocolate Milkshake Day] 🥤 Enjoy your day with chocolate flavored protein shakes, sip slowly</p>	<p>13</p> <p>[National Peanut Day] 🥜 Choose nutrient-dense snacks such as peanut butter with apple</p>	<p>14</p> <p>Journal about any emotional challenges and successes toward foods 🍽️</p>
<p>15</p> <p><u>Nutrition Week</u></p> <p>Start a food journal (app or diary) to track your daily intake 📅</p>	<p>16</p> <p>[National Guacamole Day] 🥑 Enjoy new guacamole recipe with minimal fat added</p>	<p>17</p> <p>Try a new international cuisine with options that align you're your guidelines</p>	<p>18</p> <p>Create a colorful and visually appealing meal</p>	<p>19</p> <p>[National Butterscotch Pudding Day] 🍮 Try sugar-free butterscotch pudding with sugar-free pudding and protein powder</p>	<p>20</p> <p>Come up with your own recipe and share it with others or post on social media</p>	<p>21</p> <p>Experiment with spiralized vegetables to replace pasta in a dish</p>
<p>22</p> <p><u>Vision of Victory Week</u></p> <p>Evaluate your last 3 weeks and reevaluate goals that works the best for yourself</p>	<p>23</p> <p>Create a time capsule about your weight loss journey 📦</p>	<p>24</p> <p>Place an additional item in the time capsule that represents your future goals and aspirations. 📦</p>	<p>25</p> <p>Include another item in the time capsule about your achievements and successes. 📦</p>	<p>26</p> <p>Conceal your time capsule and schedule a reminder to unveil it in the future. ⌚</p>	<p>27</p> <p>Plan a dream vacation</p>	<p>28</p> <p>Take a break</p>
<p>29</p> <p>Celebrate and reward yourself (e.g. buy new clothes)</p>	<p>30</p> <p>Explore new tools to help you stay with your goals such as Apps and elastic bands</p>					

October Challenge

Mindful Mondays, Throwback Tuesdays, Fitness Wednesdays, Tactical Thursdays, Friday Funday, Self-care Saturdays, and Sunday Re-Set



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 [Homemade Cookies Day] 🍪 Make yourself non-flour, high protein, no/low sugar cookies such as garbanzo bean cookie	2 Take a 3 min stretch break every hour after sitting at the table.	3 Make a realistic eating and movement plan for the weekend.	4 [National Taco Day] 🌮 Make yourself a new taco recipe with chicken, lettuce, and no-added sugar salsa	5 Pick-your-own apples 🍏 from local farms. Remember to stay hydrated!
6 Do one thing today to make the rest of your week easier.	7 Portion control day - measure your portions for all meals and record them	8 Reflect on your progress outside of the scale.	9 20 min of strength training 🏋️	10 Make a realistic eating and movement plan for the weekend.	11 [World Egg Day] 🍳 Enjoy your favorite omelet or egg dish	12 Engage in a relaxing self-care activity such as skin care and bath 🛀
13 Do one thing today to make the rest of your week easier.	14 Reflect on your portion control progress and set new goals	15 Write down 3 things you have learned since starting this journey.	16 Take a 3 min stretch break every hour after sitting.	17 Make a realistic eating and movement plan for the weekend.	18 Try a new recipe or restaurant.	19 Plan a day trip outdoors. Remember to stay hydrated! 💧
20 Do one thing today to make the rest of your week easier.	21 Eat your meals regularly - 3 meals per day with snacks	22 Complete this sentence: "one year ago I never would have thought ____"	23 25 min of strength training	24 Make a realistic eating and movement plan for the weekend.	25 Plan something fun.	26 Try crafting
27 Do one thing today to make the rest of your week easier.	28 Continue to practice mindful eating by savoring each bite	29 [National Oatmeal Day] 🥣 Enjoy the oatmeal with Greek yogurt or protein powder	30 Take a 3 min stretch break every hour after sitting.	31 [Halloween] 🎃 Enjoy "Trick or Treat" and remember to control your portion of sweets		

November Challenge

Fitness month



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Please refrain from adding any foods mentioned in the calendar to your diet if you haven't reached that stage yet.

Consult with your dietitian to discover and customize the physical activity that best suits you!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					15 min walk ¹	10 min stretching routine ²
20 min of any low-impact aerobics such as stationary cycling ³	10 min of any core workout ⁴	15 min of any kind of physical activity ⁵	10 min meditation ⁶	Take a break ⁷	20 min walk ⁸	[National Greek Yogurt Day] Enjoy your Greek yogurt with nuts or fruits ⁹
15 min stretching routine ¹⁰	20 min of any low-impact aerobics ¹¹	10 min strength training (light weights or resistance bands) ¹²	20 min any kind of physical activity ¹³	10 meditation ¹⁴	Take a break ¹⁵	25 min walk ¹⁶
15 min stretching routine ¹⁷	20 min of any water aerobics if able ¹⁸	15 min strength training ¹⁹	25 min any kind of physical activity ²⁰	10 min yoga or dance ²¹	Take a break ²²	30 min walk ²³
15 min stretching routine ²⁴	25 min of any aerobics ²⁵	15 min strength training ²⁶	Take a break ²⁷	[Thanksgiving] 🦃 30 min walk with your family and friends; Remember to control your portion size but enjoy variety of foods ²⁸	[Native American Heritage Day] Explore healthy recipes to use holiday leftover ²⁹	25 min strength training ³⁰

December Challenge

Staying focused & balanced



2024

Please refrain from adding any foods mentioned in the calendar to your diet if you haven't reached that stage yet.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Plan for upcoming holidays and gatherings. What does a realistic and loving plan look like?	2 Stay hydrated 💧 - aim for >64 oz fluids everyday	3 Incorporate holiday spices like cinnamon and nutmeg into your meals	4 Enjoy a warm, nourishing soup or stew 🍲	5 Follow a YouTube home training for 10-30 min	6 Express gratitude for your health and support team	7 Try a new no or low-sugar holiday beverage 🍷
8 Create your own activity and meal goals, fill in 1 per day M-F	9 _____	10 _____	11 _____	12 _____	13 _____	14 Halfway mark! Anything you want to adjust or do different?
15 Create yourself a checklist to meet daily liquid, weekly physical activity goals etc.	16 Stay hydrated 💧 Eat regular meals 🍴 Keep moving 🚶	17 Stay hydrated 💧 Eat regular meals 🍴 Keep moving 🚶	18 Stay hydrated 💧 Eat regular meals 🍴 Keep moving 🚶	19 Stay hydrated 💧 Eat regular meals 🍴 Keep moving 🚶	20 Stay hydrated 💧 Eat regular meals 🍴 Keep moving 🚶	21 Plan a winter-themed outdoor activity such as ice skating 🛼
22 Reorganize your kitchen and fridge	23 Make a plan for the week that is realistic and you feel good about.	24 Stay mindful and present, listen to your body.	25 Enjoy some rest and time off.	26 Explore healthy recipes to use holiday leftover	27 Reflect on growth and achievements in the past year	28 Sort through and donate clothing that no longer fits
29 Connect with loves ones through a fun outing or board game.	30 Set new goals for the upcoming year (health, nutrition, activity, work goals etc.) using SMART goals (specific, measurable, achievable, relevant, and time-bound)	31 [New Year's Eve] 🎉 Look at what you've accomplished this year. You did great!				