

Granite School District Wellness Challenge

Progress Chart

(c^{s+}) all goals accomplished (c^s) partial goals accomplished (c^{s-}) will commit to goals next time

Week #1: October 7

	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Body Comp</u> <u>(opt.)</u>	<u>Weight</u> <u>(opt.)</u>
Activity									
Stress Reduction									
Nutrition									

Week #2: October 14

Wellness Wednesday Salad Bar – October 17

	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Body Comp</u> <u>(opt.)</u>	<u>Weight</u> <u>(opt.)</u>
Activity									
Stress Reduction									
Nutrition									

Week #3: October 21

	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Body Comp</u> <u>(opt.)</u>	<u>Weight</u> <u>(opt.)</u>
Activity									
Stress Reduction									
Nutrition									

Granite School District Wellness Challenge

Week #4: October 28

Wellness Wednesday Salad Bar – October 31

	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Body Comp</u> <u>(opt.)</u>	<u>Weight</u> <u>(opt.)</u>
Activity									
Stress Reduction									
Nutrition									

Week #5: November 3

	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Body Comp</u> <u>(opt.)</u>	<u>Weight</u> <u>(opt.)</u>
Activity									
Stress Reduction									
Nutrition									

Week #6: November 10

Wellness Wednesday Salad Bar – November 14

	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Body Comp</u> <u>(opt.)</u>	<u>Weight</u> <u>(opt.)</u>
Activity									
Stress Reduction									
Nutrition									

Granite School District Wellness Challenge

3

Exercise as an Alternative

Check (✓) the options you can really, *really* do. Be realistic and practical. Keep looking for *comfortable* ways you can spend more Calories.

- 1. I can do some general carpentry work for 2 hours and burn 375 to 425 Calories.
- 2. I can enjoy an hour hike in a hilly area and burn 425 to 500 Calories.
- 3. I will explore my artistic talents for an hour and get rid of 125 to 150 Calories (standing at an easel).
- 4. I can enjoy a game of billiards for 30 minutes and use 75 to 80 Calories.
- 5. I will clean windows for an hour and spend 200 to 250 Calories.
- 6. I can clean house for an hour and spend 222 to 252 Calories.
- 7. I will work in the garden for an hour and get rid of 300 to 375 Calories.
- 8. I can spend 2 hours golfing and use 600 to 700 Calories.
- 9. I will iron clothes for on hour and burn 114 to 264 Calories.
- 10. I can jog for 20 minutes at a 1-mile in 9 minutes rate and use 228 to 260 Calories.
- 11. I can run for 20 minutes at a 1-mile in 6 minutes rate and use 312 to 350 Calories.
- 12. I will paint the inside or the house for an hour and burn 120 to 132 Calories.
- 13. I will go fishing for two hours and use 400 to 500 Calories.
- 14. I can spend 200 to 250 Calories during an hour of grocery shopping.
- 15. I can march in a band for one hour and get rid of 500 to 550 Calories.
- 16. I will knit for two hours and use 150 to 200 Calories.
- 17. I can skip rope for twenty minutes and burn about 200 Calories.
- 18. I will bowl for an hour and get rid of approximately 200 Calories.

Granite School District

Wellness Challenge

4

- 19. I can type for two hours on an electric typewriter and spend about 200 Calories.
- 20. I can vacuum for twenty minutes and use about 50 to 65 Calories.
- 21. I can spend an hour cooking and get rid of 150 to 200 Calories.
- 22. I will work at the sewing machine for one hour and use 160 to 185 Calories.
- 23. I can walk at a normal pace for an hour and burn 282 to 325 Calories.
- 24. I will wallpaper a room for one hour and be free of 160 to 200 Calories.
- 25. I can join in a game of volleyball for 30 minutes and use about 100 Calories.
- 26. I will enjoy an hour of tennis and burn of 384 to 450 Calories.
- 27. I can play table tennis (ping-pong) for 30 minutes and enjoy getting rid of 120 to 130 Calories.
- 28. I can tread water for 15 minutes and burn of 55 to 65 Calories.
- 29. I can swim the backstroke for 15 minutes and use 150 to 175 Calories.
- 30. I can snow ski downhill at a moderate speed for one hour and enjoy using up 420 to 500 Calories.
- 31. I will practice the piano for an hour and enjoy spending 144 to 160 Calories.
- 32. I will scrub the floor for twenty minutes and work of 128 to 150 Calories.
- 33. I can mow the lawn for 30 minutes and work off 198 to 228 Calories.
- 34. I can go horseback riding for an hour and expend 150 to 170 Calories.
- 35. I will rake leaves for 30 minutes and use 96 to 111 Calories.
- 36. I can play cards for two hours and use 180 to 200 Calories.
- 37. I can leisurely canoe for two hours and burn off 300 to 375 Calories.
- 38. I will play badminton for 30 minutes and use 170 to 200 Calories.
- 39. I will leisurely bike ride for an hour and remove 228 to 264 Calories.

Granite School District

Wellness Challenge

- 40. I can enjoy a 1-hour game of croquet and lose 210 to 240 Calories.
- 41. I can spend twenty minutes ballroom dancing and spend 60 to 70 Calories.
- 42. I can spend 30 minutes doing circuit training (with weights) at the local fitness center and work of 325 to 400 Calories.
- 43. I can drive a tractor for an hour and work of 132 to 150 Calories.
- 44. I can play basketball for an hour and burn 485 to 564 Calories.
- 45. I will trim trees for 30 minutes and use 228 to 264 Calories.
- 46. I will play field hockey for an hour and lose 474 to 546 Calories.
- 47. I can chop wood for twenty minutes and work off 100 to 116 Calories.
- 48. I can play football for 30 minutes and use 234 to 270 Calories.
- 49. I can go snow shoeing for an hour and work off 588 to 678 Calories.
- 50. I will practice judo for 30 minutes and burn away 345 to 399 Calories.
- 51. I can play racquetball for 30 minutes and burn 300 to 400 Calories.
- 52. I will go ice-skating or roller-skating for 45 minutes and use as much as 250 Calories.
- 53. I can do medium level aerobic dancing for twenty minutes and use 120 to 150 Calories.
- 54. I will go gross country skiing for an hour and burn as much as 500 Calories.
- 55. I will _____

Granite School District

Wellness Challenge

6

EAT Intentionally and Budget Calories

Check (✓) those alternative-eating options that hold potential and sound easy to you. Select those to which you want to commit for at least 80% of the rest of your life.

- 1. I will have a glass of skim milk (90 Cal.) instead of whole milk (150 Cal.) and save 60 Calories per glass.
- 2. I can have a hamburger (225 Cal.) at McDonald's instead of a Big Mac (563 Cal.) and save 203 Calories.
- 3. I can replace every two tablespoons of flour used to thicken gravy and sauces with one tablespoon of cornstarch and eliminate fifteen Calories per tablespoon.
- 4. I will moisten bread stuffing with broth rather than butter or margarine and save up to 780 Calories per ½ cup broth used in place of the butter.
- 5. I can chill my gravies and soups, remove hardened fat and save 100 Calories for every tablespoon of fat taken out.
- 6. In recipes, I can replace every ounce of unsweetened chocolate with 3 tablespoons of unsweetened cocoa plus 3 tablespoons of water and save 95 Calories per ounce of chocolate replaced.
- 7. I can use canned evaporated skim milk in place of heavy cream and save 632 Calories per cup.
- 8. I will choose a 4 ounce broiled flank steak instead of a 6-ounce serving of meat loaf and save 460 Calories.
- 9. I can make a sandwich with 2 ounces of white meat chicken instead of bologna and eliminate 78 Calories.
- 10. I can use low Calorie mayonnaise in place of regular mayonnaise and save 51 Calories per tablespoon.
- 11. I can have a frozen gelatin pop instead of an ice cream sandwich and save 133 Calories.
- 12. Nothing but butter will do? I can use whipped butter instead of regular butter and save 27 Calories per tablespoon.

Granite School District

Wellness Challenge

7

- 13. At Dairy Queen, I will order a small chocolate dipped cone (150 Cal.) instead of a Buster Bar (390 Cal.) and save 240 Calories.
- 14. I can have a medium baked potato (104 Cal.) and skip the French fries (10 French fries = 274 Cal.), saving 170 Calories.
- 15. Instead of a $\frac{3}{4}$ cup serving of granola cereal (375 Cal.) for breakfast, I will have $\frac{3}{4}$ cup of Bran Flakes (92 Cal.) and save 283 Calories.
- 16. When the munchies strike, I will reach for popcorn (1 cup=54 Cal., without butter) and avoid the potato chips (2 oz =318 Cal.) and save 264 Calories.
- 17. I can have a chocolate chip cookie (46 Cal.) instead of a brownie (192 Cal.) and avoid 146 Calories
- 18. I can choose diet beverages and bypass the high Calorie, sugar packed variety to save about 150 Calories per 12 oz serving.
- 19. I will have a Lean Cuisine (under 300 Cal.) instead of a pot-pie (about 500 Cal.) and save 200 Calories.
- 20. I can use low-Calorie blue cheese dressing (11 Cal. per Tbl.) instead of regular blue cheese dressing (77 Cal. Per Tbl.) a savings of 66 Calories.
- 21. I can blend fresh fruit with apple juice and use in place of syrup on pancakes and save about 180 Calories per $\frac{1}{4}$ cup.
- 22. I will substitute ice milk (184 Cal. per cup) in place of rich ice cream (349 Cal. per cup) a savings of 165 Calories.
- 23. I can have a bran muffin instead of a jelly donut and save 122 Calories.
- 24. I will buy water packed tuna instead of oil packed and eliminate 80 Calories per $\frac{1}{2}$ cup of tuna.
- 25. I can have a wine “spritzer” instead of a regular glass of wine and save 40-50 Calories.
- 26. I can choose pistachios (30=88 Cal.) instead of mixed nuts (30=313 Cal.) and save 225 Calories.
- 27. I can trim the fat off steak and eliminate over 100 Calories.
- 28. I will try a tablespoon of grated Parmesan cheese on popcorn instead of butter and save 67 Calories per Tbl.

Granite School District

Wellness Challenge

8

- 29. I can substitute plain low-fat yogurt for sour cream in recipes, on baked potatoes, etc. and save 77 Calories per $\frac{1}{4}$ cup.
- 30. I will substitute skim milk for cream or creamers in coffee and tea, saving about 14 Calories per Tbl.
- 31. I can have a broth-based soup instead of cream soup and save about 80 Calories.
- 32. I will choose water packed fruits instead of Syrup packed fruits saving approximately 64 Calories.
- 33. I can have mashed potatoes ($\frac{1}{2}$ cup = 94 Cal.) rather than scalloped potatoes ($\frac{1}{2}$ cup = 125 Cal.) and save about 30 Calories.
- 34. I will have $\frac{1}{3}$ cup of fruit cobbler (160 Cal.) instead of a piece of fruit pie (300-400 Cal.) and save 140 to 240 Calories.
- 35. I can order one slice of Canadian bacon instead of two bacon strips and save 25 Calories.
- 36. I can trim off 211 Calories by selecting a 4 oz. serving of pork center loin chop trimmed instead of a 4 oz. serving of spareribs.
- 37. I will substitute lemon juice for butter on lobster and save a whopping 96 Calories per tablespoon of butter.
- 38. I can have a tomato cottage cheese salad ($\frac{1}{4}$ cup) for lunch rather than a grilled cheese sandwich and eliminate 220 Calories.
- 39. I can prepare canned cream soups with water instead of milk and save 95 Calories per cup.
- 40. I will satisfy my sweet tooth with a 2" piece of sponge cake instead of a 2" piece of cheesecake and save 80 Calories.
- 41. I will choose pretzel sticks (2oz = 222 Cal.) rather than potato chips (2oz = 318 Cal.) and save 96 Calories.
- 42. I can grab an apple (1med. = 81 Cal.) instead of a chocolate bar (160 Cal.) and save 96 Calories.
- 43. I can have fresh strawberries with a low Calorie whipped topping instead of strawberry shortcake with high Calorie whipped topping and eliminate up to 300 Calories.

Granite School District Wellness Challenge

- 44. I will choose one slice of banana bread instead of a slice of chocolate cake with icing for dessert and avoid 306 Calories.
- 45. I can sauté onions in a tablespoon of water rather than a tablespoon of butter or margarine and eliminate 100 Calories.
- 46. I can substitute low fat cottage cheese in recipes calling for whole milk ricotta cheese and eliminate 52 Calories per ½ cup.
- 47. I can stir fry vegetables and meats in water instead of oil and save 100 Calories per Tablespoon.
- 48. I can substitute imitation bacon bits (2Tbl = 12 Cal.) for real bacon bits (2Tbl. = 80 Cal.) on salads, eggs, and recipes, saving 68 Calories.
- 49. I will have au jus gravy (1/2 cup = 9 Cal.) instead of thickened gravy (1/2 cup = 328 Calories) and save 319 Calories.
- 50. I can substitute plain low-fat yogurt (1 cup = 144 Cal.) with fresh strawberries added for flavor, instead of strawberry flavored yogurt (1/2 cup = 240 Cal.) and save 96 Calories.
- 51. I will _____

- 52. I will _____

- 53. I will _____

Granite School District Wellness Challenge

Body Fat “Rating Scale”

Many people desire a “rating system” for assessing their current level of body fat. The following table provides a meaningful rating system.

MALE

Age	RISKY	EXCELLENT	GOOD	FAIR	POOR	VERY POOR
19-24	<6%	10.8%	14.9%	19.0%	23.3%	>23.3%
25-29		12.8%	16.5%	20.3%	24.4%	
30-34		14.5%	18.0%	21.5%	25.2%	
35-39		16.1%	19.4%	22.6%	26.1%	
40-44		17.5%	20.5%	23.6%	26.9%	
45-49		18.6%	21.5%	24.5%	27.6%	
50-54		19.8%	22.7%	25.6%	28.7%	
55-59		20.2%	23.2%	26.2%	29.3%	
60+		20.3%	23.5%	26.7%	29.8%	

FEMALE

Age	RISKY	EXCELLENT	GOOD	FAIR	POOR	VERY POOR
19-24	<9%	18.9%	22.1%	25.0%	29.6%	>29.6%
25-29		18.9%	22.0%	25.4%	29.8%	
30-34		19.7%	22.7%	26.4%	30.5%	
35-39		21.0%	24.0%	27.7%	31.5%	
40-44		22.6%	25.6%	29.3%	32.8%	
45-49		24.3%	27.3%	30.9%	34.1%	
50-54		26.6%	29.7%	33.1%	36.2%	
55-59		27.4%	30.7%	34.0%	37.3%	
60+		27.6%	31.0%	34.4%	38.0%	

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14

Emotional Alternatives To Eating

Identify one to three alternative ways you can address an emotional need instead of eating. Note: You can choose to feed and emotional hunger *or* a non-food technique. They are satisfying. They *do* work!

When I feel DEPRESSED (instead of eating),

- 1. I'll cry.
- 2. I'll Scream.
- 3. I'll walk, escape, or run away (figuratively or literally)
- 4. Instead of eating a large pizza, I'll have a small piece of my favorite dessert.
- 5. I'll _____

When I feel TIRED (instead of eating),

- 1. I'll give myself permission to go to bed early
- 2. I'll exercise (we guarantee it will wake you up and cure fatigue...at least temporarily).
- 3. I'll climb into bed with a good book.
- 4. Instead of eating a piece of cake with icing, I'll have a piece of fresh fruit.
- 5. I'll _____

When I feel OVERWHELMED (instead of eating),

- 1. I'll talk, complain, problem-solve or do something about it.
- 2. I'll give myself permission to delegate.
- 3. I'll take a breath, go for a walk and escape
- 4. Instead of eating a package of cookies, I'll go someplace where I can relax for a few minutes and have two cookies.
- 5. I'll _____

Granite School District

Wellness Challenge

15

When I feel FRUSTRATED (instead of eating),

- 1. I'll say I'm mad, stressed or frustrated.
- 2. I'll give myself permission to do something else (i.e. exercise) for a while and come back to the situation later.
- 3. I'll make an appointment with myself to think and deal with it tomorrow.
- 4. Instead of eating a large steak, I'll trim off the fat and eat a small steak.
- 5. I'll _____

When I feel WORRIED (instead of eating),

- 1. I'll ask myself two questions: What is the worst thing that could happen? How many times will that really, *really* happen?
- 2. I'll imagine the situation turning out the way I want it to. I'll STOP seeing, hearing and feeling it turning out wrong (i.e. worrying). For example, I'll picture myself giving the speech very well. Hear myself calmly and effectively saying what needs to be said. Feel myself handling the situation just as I would like to.
- 3. I'll read about the situation. Thousands of other people have already faced my situation and scores have written about how they successfully handled it.
- 4. Instead of nervously munching on chocolate-covered peanuts, I'll munch on unbuttered popcorn.
- 5. I'll _____

Granite School District Wellness Challenge

Instead of eating when I feel HAPPY,

- 1. I'll celebrate by calling, talking or exercising with a friend, co-worker or relative.
- 2. I'll laugh, tease or spend money. I'll do something that is fun and enjoyable to me.
- 3. I'll make plans for an afternoon or evening out (go to a movie, listen to a concert, visit a friend, go shopping, etc.)
- 4. Instead of eating a hot fudge sundae, I'll have a single scoop of ice cream without the fudge.
- 5. I'll _____

When I feel GUILTY (instead of eating),

- 1. I'll question the standard that I am accepting as RIGHT. Is it *really* right for me, now, in our society or in this situation?
- 2. I'll realize that tomorrow is a new day and I can change.
- 3. I'll talk the situation over with a good friend – others can sometimes help me see things more realistically. I am sometimes too hard on myself.
- 4. Instead of eating a triple cheeseburger, I'll order a small hamburger.
- 5. I'll _____

When I feel DEPRIVED (instead of eating),

- 1. I'll spend money on myself.
- 2. I'll ask someone to love me.
- 3. I'll do something nice for myself (i.e. take a long leisurely bubble bath, spend the afternoon in the shade with a good book, finish that project I've been working on, spend a day with the kids, etc.)
- 4. Instead of drinking an alcoholic beverage, I'll consume a low-Calorie, non-alcoholic drink that I truly enjoy.
- 5. I'll _____

Granite School District Wellness Challenge

17

When I feel LIKE LOVING THE KIDS (instead of feeding them),

- 1. I'll talk with them, share jokes, and laugh together.
- 2. I'll take them to a special place and enjoy it with them.
- 3. I'll play with them.
- 4. Instead of buying them candy bars I'll buy them frozen gelatin pops.
- 5. I'll _____

When I feel LIKE GETTING OFF THIS WORLD (instead of eating),

- 1. I'll write a long letter or call a close friend.
- 2. I'll go buy that book I've always wanted to read and immerse myself in it for a while.
- 3. I'll do something that makes me feel good (i.e. take a nap, play a game of golf, get a new haircut, etc.)
- 4. Instead of eating half a box of candy, I'll treat myself to a dinner out.
- 5. I'll _____

When I feel EXCITE, READY FOR ADVENTURE, (instead of trying a new dish),

- 1. I'll get out the travel logs and begin planning.
- 2. I'll try a new hobby.
- 3. I'll try a new sport or exercise.
- 4. I'll try decolorizing and new or old favorite recipe.
- 5. I'll _____

Granite School District

Wellness Challenge

18

When I feel like I deserve a TREAT, (instead of eating),

- 1. I'll read the latest issue of my favorite magazine, watch a videotape, or go to a movie.
- 2. I'll go buy myself something special.
- 3. I'll case a friend.
- 4. I'll make myself a cup of tea or sugar-free cocoa.
- 5. I'll _____

When I feel CONFUSED, (instead of eating),

- 1. I'll talk with a religious leader, counselor, or friend, and I'll pray about it.
- 2. I'll write down all the pros, cons and possibilities to help sort out things.
- 3. I'll get involved in some other project or activity for a while and take some time to think.
- 4. Instead of eating a donut when I'm not really hungry, I'll munch on few pretzels or a piece of fruit.
- 5. I'll _____

When I feel like I deserve a TREAT, (instead of eating),

- 1. I'll treat myself to an enjoyable exercise opportunity.
- 2. I'll go someplace special and enjoy myself.
- 3. I'll give myself a whole day to do whatever it is that is rewarding for me.
- 4. Instead of ordering pizza, I'll pick up some carryout stir-fry.
- 5. I'll _____

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19

When I feel LONELY (instead of eating),

- 1. I'll call a friend.
- 2. I'll go to my church, synagogue, or chapel.
- 3. I'll say to myself "It's O.K. to be alone" and mean it.
- 4. Instead of eating half a pound of chocolate, I'll have two chocolates for dessert after dinner.
- 5. I'll _____

**EMOTIONAL HUNGERS GO AWAY WHEN
WE EAT, BUT THEY ALSO GO AWAY WHEN
WE SELECT NON-FOOD ALTERNATIVES!**