

DIABETES DEFENSE CHALLENGE

THIS CHALLENGE GIVES YOU PRACTICE IN DEFENDING AGAINST DIABETES THROUGH NUTRITION, MOVEMENT, STRESS AND OVERALL LIFESTYLE HABITS.



GOAL: GET A MINIMUM OF 14 POINTS BEFORE THE GAME ENDS

YOU VS DIABETES

QUARTER

1
NUTRITION
1 POINT EACH

TRACK YOUR FOOD FOR 1 DAY	EAT ONE SERVING OF WHOLE GRAINS	FOCUS ON FIBER: EAT BEANS OR 1 EXTRA SERVINGS OF VEGGIES	PASS ON UNHEALTHY FATS, OPT FOR AVOCADO OR NUTS	PRE-PORTION YOUR MEALS FOR 1 DAY	WRITE YOUR PLAYBOOK: MEAL PREP FOR THE WEEK
---------------------------	---------------------------------	--	---	----------------------------------	---

TOTAL POINTS

2
MOVEMENT
2 POINTS EACH

WALK 7,000 STEPS IN ONE DAY	DO 20 MINUTES OF RESISTANCE TRAINING	STRETCH FOR 15 MINUTES	MOVE FOR 5 MINUTES EVERY HOUR OF THE WORKDAY	SPEND 30 MINUTES DOING CARDIO	WORK ON AGILITY WITH 10 MINUTES OF YOGA OR TAI CHI
-----------------------------	--------------------------------------	------------------------	--	-------------------------------	--

3
STRESS
3 POINTS EACH

SPEND 10 MINUTES DOING BREATH WORK OR MEDITATION	GO TO BED AT THE SAME TIME EVERY NIGHT FOR 1 WEEK	NO SCREENS FOR 1 HOUR BEFORE BED FOR 3 DAYS IN A ROW	SPEND 20 MINUTES OUTSIDE/IN NATURE	WRITE OUT 3 POSITIVE MOMENTS THAT HAPPENED TODAY	DESIGNATE A STRESS FREE ZONE AT HOME, SPEND 10 MINUTES THERE
--	---	--	------------------------------------	--	--

4
LIFESTYLE
4 POINTS EACH

IDENTIFY ANY "FOUL PLAY" HABITS LIKE SMOKING OR MINDLESS EATING	REACH OUT TO A FAMILY MEMBER OR FRIEND YOU HAVEN'T CONNECT WITH LATELY	REVIEW YOUR BUDGET AND SET NEW GOALS	TRY A RECIPE WITH A "NEW TO YOU" FOOD	SCHEDULE YOUR NEXT ANNUAL DOCTOR VISIT	EAT ONE MEAL WITH MINDFUL PRACTICES (NO DISTRACTIONS)
---	--	--------------------------------------	---------------------------------------	--	---

NAME:

FINAL SCORE