

# Resolution Solution 2015 – Eat Right For Life

(Adapted from WELCOA's Eat Right For Life incentive challenge)

## Week 1 Goals: Do Your Fats Right

- \_\_\_\_\_ Eliminate from your diet most trans fats from processed foods at least 5 days this week (10 points)
- \_\_\_\_\_ Limit red meat to two or fewer servings this week (10 points)
- \_\_\_\_\_ Add one serving of omega-3 or monounsaturated fat to your intake at least 5 days this week (10 points)
- \_\_\_\_\_ Moved for 5 minutes every 55 minutes at least 6 times each day this week (10 points)
- \_\_\_\_\_ Performed at least 90 minutes of cardiovascular fitness (10 points)
- \_\_\_\_\_ Performed at least 1 strength training session this week (10 points)

## Week 2 Goals: Do Your Carbs Right

- \_\_\_\_\_ Consume at least 3 whole grain foods at least 5 days this week (10 points)
- \_\_\_\_\_ Consume legumes at least twice this week (10 points)
- \_\_\_\_\_ Eliminate sugar-sweetened beverages from your diet at least 5 days this week (10 points)
- \_\_\_\_\_ Moved for 5 minutes every 55 minutes at least 6 times each day this week (10 points)
- \_\_\_\_\_ Performed at least 90 minutes of cardiovascular fitness (10 points)
- \_\_\_\_\_ Performed at least 1 strength training session this week (10 points)

## Week 3 Goals: Eat Your Fruits and Veggies

- \_\_\_\_\_ Eat at least 2 red, yellow, orange and green fruit/veggie this week (in other words you ate 4 different colors of fruit/veggies throughout the week) (10 points)
- \_\_\_\_\_ Eat at least 2 cups of fruit and 3 cups of veggies each day 2 days this week (10 points)
- \_\_\_\_\_ Eat at least 2 cups of fruit and 5 cups of veggies at least 4 days this week (10 points)
- \_\_\_\_\_ Moved for 5 minutes every 55 minutes at least 6 times each day this week (10 points)
- \_\_\_\_\_ Performed at least 90 minutes of cardiovascular fitness (10 points)
- \_\_\_\_\_ Performed at least 1 strength training sessions this week (10 points)

## Week 4 Goals: Select the Right Proteins

- \_\_\_\_\_ Eat low fat dairy products in place of full fat dairy products at least 5 days this week (10 points)
- \_\_\_\_\_ Eat two servings of fish this week (10 points)
- \_\_\_\_\_ Substitute a vegetable source of protein for an animal source twice this week (10 points)
- \_\_\_\_\_ Moved for 5 minutes every 55 minutes at least 8 times each day this week (10 points)
- \_\_\_\_\_ Performed at least 120 minutes of cardiovascular fitness (10 points)
- \_\_\_\_\_ Performed at least 2 strength training sessions this week (10 points)

## Week 5 Goals: Drink the Right Beverages

- \_\_\_\_\_ Drink at least 9 cups of fluids daily and choose water most frequently at least 5 days this week (10 points)
- \_\_\_\_\_ Substitute water in place of sugar-fortified beverages, dessert coffee beverages and energy drinks at least 5 days this week (10 points)
- \_\_\_\_\_ Eliminated sugar-sweetened beverages from your diet every day this week (10 points)
- \_\_\_\_\_ Moved for 5 minutes every 55 minutes at least 8 times each day this week (10 points)
- \_\_\_\_\_ Performed at least 120 minutes of cardiovascular fitness (10 points)
- \_\_\_\_\_ Performed at least 2 strength training sessions this week (10 points)

## Week 6 Goals: Putting it all together

- \_\_\_\_\_ Eat at least 2 cups of fruit and 5 cups of veggies at least 4 days this week (10 points)
- \_\_\_\_\_ Eliminated sugar-sweetened beverages from your diet every day this week (10 points)
- \_\_\_\_\_ Add one serving of omega-3 or monounsaturated fat to your intake each day (10 points)
- \_\_\_\_\_ Moved for 5 minutes every 55 minutes at least 6 times each day this week (10 points)
- \_\_\_\_\_ Performed at least 150 minutes of cardiovascular fitness (10 points)
- \_\_\_\_\_ Performed at least 2 strength training sessions this week (10 points)

## Week 7 Goals: Eating Right for Life!!!

- \_\_\_\_\_ Eliminate from your diet most trans fats from processed foods at least 5 days this week (10 points)
- \_\_\_\_\_ Consume at least 3 whole grain foods at least 5 days this week (10 points)
- \_\_\_\_\_ Drink at least 9 cups of fluids daily and choose water most frequently at least 5 days this week (10 points)
- \_\_\_\_\_ Moved for 5 minutes every 55 minutes at least 6 times each day this week (10 points)
- \_\_\_\_\_ Performed at least 150 minutes of cardiovascular fitness (10 points)
- \_\_\_\_\_ Performed at least 2 strength training sessions this week (10 points)

## Resolution Solution Extras

- Weekly emails with weekly goal information to help you make healthier choices

## Resolution Solution Incentives

Participants will be entered into a drawing for the following Wellness Prizes:

Participants who received 360 points or more

- 3 winners
- \$25 in bod bucks each

Participants who received 300 points or more

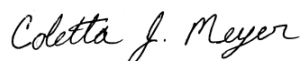
- 15 winners
- Wellness prize of your choice (while supplies last): Gourmet Trio-Lunch Box, EW Tote Bag, EW Grill Set, or choice of Mayo Clinic Book

Participants who received 240 points or more

- 10 winners
- Wellness prize of your choice (while supplies last): EW Tote Bag or choice of Mayo Clinic Book

Good luck and let me know if you have any questions!

Sincerely,



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