

Fit Flock Challenge

Are you ready to get healthy and earn 16th Street Church the FIT FLOCK TITLE?
We need you to help push us toward victory!

To participate, you'll need:

Complete Registration Form (Form below)
Track your healthy habits from Nov. 8-18
Submit your scores by 11:59 PM PST on Nov 19

The winner will be announced on Nov. 21 during the West Coast Worship Collaboration

Scoring:

You can earn a total of 66 points. Each day, you can achieve up to 6 points. You receive 1 point for each healthy habit you complete.

The healthy habits are:

- 1 point for eating breakfast
- 1 point for eating 1 serving of fruit and 2 servings of vegetables
- 1 point for drinking 6 cups of water
- 1 point for at least 15 mins of exercise
- 1 point for at least 6 hours of sleep
- 1 point for doing an additional healthy habit of your choice

Keep track of your points daily on the score sheet. On, November 19, add up all your points and submit your scores. You can submit your scores online [HERE](https://docs.google.com/forms/d/1HkOjCgDaGBhbW-x25IfINQktvaW93Eu1MtZLHFeiZEA/edit) [Please insert this link to the word "here" <https://docs.google.com/forms/d/1HkOjCgDaGBhbW-x25IfINQktvaW93Eu1MtZLHFeiZEA/edit>] or you can call them into the church office at 909-888-0084. Please make sure you submit your scores by Nov. 19 at 11:59 p.m. to make sure they are counted.

Healthy Habits:

Breakfast

It is said that Breakfast is the most important meal of the day. Well it is very true. Your brain needs fuel to function properly. The best fuel for your brain to start your day is carbohydrates. Properly fueled your brain is much sharper, quicker, and will hold focus much better. Give yourself a point for each day you start your day with breakfast.

Nutrition

Your body needs the proper fuel to stay strong and healthy. Fruits and vegetables are high in vitamins and minerals. It is best to use food as a medicine to help us thrive for an ounce of prevention is truly worth a pound of cure. Eating fruits and vegetables daily are that ounce of prevention that usually prevents that need for a pound of cure. Give yourself a point for every day you eat 1 serving of fruit and 2 servings of vegetables.

Water

Most of your body is made of water and it is crucial for your health that you replenish it daily. Water is essential for many of your bodily functions and for healthy skin. Drinking water lubricates your joints, prevents wrinkles, helps maintain blood pressure and may assist with weight loss. You can give yourself a point for each day you drink 6 cups of water but you should aim for at least 8 cups a day.

Exercise

Exercise helps to keep your body healthy. It helps to keep you feeling well and looking good. It also reduces your risk of heart disease and helps to regulate your blood sugar levels. Exercise does wonders for your brain also. It helps your thinking, learning and judgement and well as improves your mental health and mood. It even reduces your risk for some cancers. Your goal should be to get at least 30 minutes of a day of exercise. Give yourself a point for each day you do at least 15 minutes of physical activity.

Sleep

Rest is so important to the bFody. Sleep is as important as good nutrition and exercise. It helps boost your immune system. It helps with improving your productivity, concentration and memory. Good sleep habits strengthen your heart. They can also help prevent weight gain. Give your self a point for each day you get at least six hours of sleep, but you should aim for eight hours daily.

Personal Goal

This goal is free for your choosing. Here you will write in for your personal reminder that I know I should ... something related to health. It could be something as simple as flossing your teeth or as complicated as a 30 day challenge. Whatever it is, write it and begin a new healthy habit today. Give yourself a point for each day you complete your own personal goal.