

10 in '10

Created by Katie Carone

The **10 in '10 Challenge** is a goal to start **2010** with healthy living.

10 Weeks 10 Goals 10 Pounds (optional)

Try to incorporate ALL of the following goals into the next 10 weeks!

1. Don't skip breakfast (or any other meals)
2. Allow yourself 1-2 healthy snacks a day
3. Drink 6-8 glasses of water a day
4. TRY to get 6.5-8.5 hours of sleep per night
5. Limit yourself to TWO (or less) moderate desserts per week
6. Exercise 3 hours per week (minimum); track your exercise
7. Watch your portion sizes and eat a variety of foods from the food guide pyramid; track your diet
8. Don't eat after 8 pm
9. Use the buddy system/find an accountability partner
10. Set a reward for yourself

10 Rule Rationale

1. **Don't Skip Breakfast (or other meals).**

This can put your body into “starvation” mode, where it clings to and stores fats. Also, you need energy intake so you can exercise or do other activities throughout the morning. If you are not a big breakfast eater, at least have something small (like a granola bar) in the morning and then a mid-morning snack.

2. **Allow yourself 1-2 healthy snacks a day**

When you allow yourself to become too hungry in between meals, you often overeat at your next meal. Eating small, healthy snacks can help you keep from getting overly hungry. If you have a hard time making it from lunch to dinner, plan in an afternoon snack. A good example of a snack might be a low-fat yogurt, dried or fresh fruit, nuts or trail mix, or a granola bar.

3. **Drink 6-8 glasses of water a day.**

Water helps eliminate waste from your body. It can also help you feel fuller. Just as hunger can make you tired and grouchy, being dehydrated can also drain you of energy. In addition, sometimes your body confuses thirst and hunger. So, try drinking a large glass of water before going for that extra snack.

4. **Limit yourself to TWO (or less) moderate desserts per week.**

All things in moderation! Totally depriving yourself of desserts or sweets can actually lead to binging later. In addition, food is such a part of so many social customs and traditions, you don't need to feel like you can't participate in social events because you are avoiding foods. Just limit those desserts. Other than the two desserts you are allowing a week, try to avoid candy, potato chips, soda or other items you know are less healthy. Having a lot of sugar and salt in one's diet can also prevent weight loss.

5. **Exercise 3 hours per week (minimum).**

Exercise is an essential part of any weight-loss or healthy lifestyle program. Be sure to try and include elements of cardio, strength, and flexibility. If weight loss is your goal, you will want to focus mainly on cardio, with some strength training as well.

6. **Try to get 6.5-8.5 hours of sleep per night.**

Getting a good night sleep can be near impossible to a lot of people. However, we KNOW that it is an important part of being healthy and happy (i.e. not grumpy!). Research has also shown that people that don't get enough sleep have a harder time losing weight. In addition to messing with your brain chemicals, tired people also have a tendency to snack more.

7. Healthy Eating & Tracking

Watch your portion sizes and eat a variety of foods from the Food Guide Pyramid. See “Diet Plan” for more information on tracking your diet. If you want something even more rigorous, keeping a daily food diary is a good way to get an honest look at what you are eating.

8. Don't eat after 8 pm.

In many countries the large meal of the day is at lunch. This is helpful because your body still has time to expend many of the nutrients you take in. Eating late is occasionally a necessity, but try to avoid it when possible.

9. Use the buddy system.

Accountability is the number one key to sticking with any kind of program. Keeping a food and exercise diary is part of that accountability process. However, it helps to also have one or more people to report to (and also to remind and encourage you). If you're accountability partner is participating in the same program—even better!

10. Set a reward!

In addition to the reward of living healthy, external rewards can also be helpful. You may need to discuss with a significant other if applicable. Some examples can include \$5 per week or per pound (so \$50 to spend as you like if completed!). Try to avoid food as a reward. Also keep in mind that a reward does not need to cost money. For example, your reward could be a nap, reading a book you've been wanting to read, or just an hour to yourself each week.

Additional Notes:

- Personalize it! Your circumstances may not permit you to do ALL the goals. Commit to what you CAN do and stick with it.
- Make it a slip, not a fall. We all slip up sometimes. If you slip up on a goal, just keep going and commit to doing better the next week. Don't let your slip become a full-fledge “fall”. Don't give up!

10 in '10 Diet Plan

The main goal here is to eat a balance diet. The below chart is to help you track what you have eaten throughout the day. For those whose goal is weight loss, portion sizes will be slightly smaller than normal to help reduce calories. Mark off each box as you eat it throughout the day to help you tally approximate intake. For a lot of things you will just have to make your best guestimate. Some examples are below.

Calories: If you have access to the food label, approximate calories for each box/food group should be noted approximately is as follows. This will allow you approximately 1200-1300 calories, which is ideal for weight loss.

- Milk = 90 cal
- Meat = 75 cal
- Fruit = 80 cal
- Veggies are unlimited
- Bread = 80 cal
- Fats = 45 cal

MILK						
MEAT						
FRUIT						
VEGGIES						
BREAD						
FATS						

Portion Sizes

Milk. 1 Box Equals:

- 1 cup of skim milk
- ½ cup 2% milk
- 1 light yogurt

Meat. 1 Box Equals:

- 1 oz of meat (like 1 thin slice of lunch meat; note a typical meat portion size is 3 oz, which is about the size of your palm and ½ inch deep)
- 1 oz cheese (like 1 string cheese)
- 1 oz nuts

Fruit. 1 box = 1 piece of fruit

Veggies. 1 box = ½ cup of veggies (except corn, potatoes, and peas that are starchy and count as a bread). Veggie intake on this plan is unlimited. You can eat as many veggies as you like.

Bread. 1 box equals:

- ½ cup rice or pasta
- 1 slice of bread
- ½ bagel
- ½ large tortilla

Fats. 1 box equals:

- 1 TSP of butter or margarine
- 1 TBSP of peanut butter, mayo, salad dressing
- 2 TBSP of light salad dressing, sour cream, or whip cream

Examples: Many foods fall into more than one food group. See examples below.

- A cookie would count as 1 bread and 1 fat.
- A 2X2" piece of cake would count as 2 breads and 2 fats.
- A small piece of lasagna would probably be 2 meat (1 for the meat, 1 for the cheese), 1 bread (for the noodles), and 1 veggie (for the sauce), and probably 1-2 fats depending on the type of meat and cheese used.

*Diet plan was created by registered dietician, Susan Richards, RD.

10 in '10 Weekly Tracking Chart

Day 1

MILK						
MEAT						
FRUIT						
VEGGIES						
BREAD						
FATS						

Food Notes:

Exercise Notes:

Day 5

MILK						
MEAT						
FRUIT						
VEGGIES						
BREAD						
FATS						

Food Notes:

Exercise Notes:

Day 2

MILK						
MEAT						
FRUIT						
VEGGIES						
BREAD						
FATS						

Food Notes:

Exercise Notes:

Day 6

MILK						
MEAT						
FRUIT						
VEGGIES						
BREAD						
FATS						

Food Notes:

Exercise Notes:

Day 3

MILK						
MEAT						
FRUIT						
VEGGIES						
BREAD						
FATS						

Food Notes:

Exercise Notes:

Day 7

MILK						
MEAT						
FRUIT						
VEGGIES						
BREAD						
FATS						

Food Notes:

Exercise Notes:

Day 4

MILK						
MEAT						
FRUIT						
VEGGIES						
BREAD						
FATS						

Food Notes:

Exercise Notes:

End of Week Summary:

What were your two desserts (or more)?

What did you do really well on this week?

What do you need to work on more for next week?