



JIU JITSU FOUNDATION

Healthy Eating Challenge

Week # 1 Stay Hydrated

Calculate how much water you should drink every day by dividing your weight in pounds by two. Then drink that number in ounces every day for the next seven days. For example: if you weigh 100 pounds you should drink 50 ounces of water every day. That equals five 10 ounce glasses. Try to start your day with at least 10 ounces of water first thing in the morning. This will really help you start your day right. Try to carry a water bottle with you and constantly sip from it.

Week # 2 Eat Low on the Food Chain and Eat Fresh and Unprocessed Foods

Eat Low on the Food Chain: Eat a minimum of **five servings** of fresh fruits and vegetables every day, with at least three of the servings coming from vegetables. Drinks do not count in this challenge. It has to be the real thing. Fresh or frozen is always better than canned or overcooked.

Eat Fresh and Unprocessed Foods: Replace all white flour products with whole grain products. Make sure the label doesn't just say "Wheat or Multi Grain". It must say 100% Whole Wheat. Replace white rice with brown rice. Replace all over-processed breakfast cereal with a more natural, healthy choice.

Eat fruit instead of drinking fruit juice. If you want juice, try squeezing your own from fresh fruit. Eliminate or minimize the use of high calorie condiments like butter and margarine, mayonnaise, BBQ Sauce, etc.

Week # 3 Eat Smaller Portions and Eat Mindfully

Eat Smaller Portions: Make a conscious effort to eat a bit less at every meal. (Kids, this doesn't apply to fruits and vegetables. Don't skimp on those. It applies to things like macaroni and cheese, french fries, potato chips, ice cream, cookies, crackers and sugary cereal.)

Eat Mindfully: Eat at least one meal a day mindfully from start to finish based on the description above. It can be breakfast lunch or dinner, whichever one works best for you, but it has to be at least one time per day. With your other meals make sure you chew the first three bites in a slow mindful fashion. If you can do more, that's great but at least get the first three bites. **Slow down the meal.** Enjoy it. You'll be glad you did.

Week # 4 Eliminate or Reduce Something Unhealthy From Your Diet

Reduce Something Unhealthy From Your Diet: Pick any one item that you currently eat on a regular basis that is considered less than healthy. It might be bacon, soda, boxed juice, mayonnaise, sour cream, butter, or of course any dessert item. Completely eliminate it from your diet for the next seven days. At the end of each day, fill out the daily checklist.



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Student Name _____ **Due date: 02/05/2022**

Encourage the rest of your family to participate with you and track your progress on the charts below.

You must stick to the Healthy Eating Challenge for 5 of the 7 days of the week in order to successfully complete a weekly challenge. If you complete all 4 weeks of Healthy Eating, you will receive a color stripe on your belt.

Healthy Eating Challenge Log

Stay Hydrated

WEEK #	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1					

Student Signature _____ Parents Initials _____

Eat Low on the Food Chain and Eat Fresh and Unprocessed Foods

WEEK #	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
2					

Student Signature _____ Parents Initials _____

Eat Smaller Portions and Eat Mindfully

WEEK #	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
3					

Student Signature _____ Parents Initials _____

Eliminate or Reduce Something Unhealthy From Your Diet

WEEK #	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
4					

Student Signature _____ Parents Initials _____