



How to Begin

Setting-Up

Join a team!

- ▶ Either set up a new team of friends, family and/or co-workers or contact us at getfitguilford@gmail.com to be added to an established team.
- ▶ Each team needs to pick a designated scorekeeper to turn in the entire team's score each week of play.

Start Date

- ▶ Our last round of play began on May 7, 2012. It runs for 4 consecutive weeks.

Winning Teams

- ▶ The winning team of each round will be recognized during the Get Fit Guilford Celebration on June 9, 2012 at the Guilford Green. Prizes will be awarded!
- ▶ Additionally, the winning team will be posted on Facebook, the Guilford Chamber website, in the Guilford Courier and on Twitter!



How to Play!

Each game is played for four consecutive weeks.

Each player tallies his/her points per week and must report it weekly to the scorekeeper on a designated day chosen by your team (scores from the week are typically reported on the following Monday).

Keeping score

A perfect day is worth 100 points, which include:

- ▶ 30 meal points: earn 6 points per meal for eating five fully sanctioned meals
- ▶ See the portion sizes section within this list of rules to learn what a sanctioned meal consists of
- ▶ 20 exercise points: earn these points by doing some form of exercise for a minimum of 20 minutes daily
- ▶ 10 water points by drinking 2-3 liters of water
- ▶ Avoid all other forms of liquid (no juices, NO diet soda etc)
- ▶ One cup of coffee is ok if you must; herbal teas are allowed (avoid full fat dairy, artificial dairy creamers, artificial sweeteners...)
- ▶ 15 sleep points by sleeping a minimum of 7 hrs nightly
- ▶ 20 transformation points: 10 points by practicing a new healthy habit and 10 points for eliminating an old, unhealthy one
- ▶ You must pick one good habit to adopt at the start of the game and pick one bad habit to give up
- ▶ 5 communication points by being in contact with one teammate and/or one opponent daily

Exceptions:

- ▶ Each week, you get one "meal off" in addition to one "day off" (they may not be saved and carried over to the next week)
- ▶ With your "meal off", you may eat whatever you like including one portion of alcohol without having to take on any penalty points
- ▶ This means you could eat your proper meals throughout the day and enjoy a nice dinner out consisting of whatever you want without losing points for that day
- ▶ The "day off" means that you do not lose points for not eating properly, not exercising, not drinking enough water, not sleeping enough, not keeping up with your transformation points or communications points, and you may (safely) consume alcohol freely without penalty
- ▶ Note: be careful with your transformation points, especially if it is something as important as quitting smoking etc – you don't want to lose all your good work by smoking on your "day off" but it is allowed once a week
- ▶ When you are keeping track of your points on the score sheet, these exceptions count as free points. Give yourself full credit for these points during your "meal off" and "day off"

Bonus points:

- ▶ You may earn a 20% bonus of your entire week's points by attending a Get Fit Guilford! Workshop (if available) that week – if the workshop is an exercise class, you get points for exercising that day and the bonus points for attending a workshop!
- ▶ You may earn 10 bonus points at the end of each week by turning in your score to the scorekeeper by the designated time that your team selects at the beginning of play (this is added in the end and is not part of your 20% overall bonus if you attend a health workshop)



Food Choices and Portions

Healthy foods to enjoy during your challenge: Join a team!

Carbs:

Beans- any type
 Bread (whole grain)
 Corn
 Leeks
 Milk
 Oatmeal
 Palm hearts
 Pasta (whole grain)
 Peas
 Potato (baked or sweet)
 Rice (brown or wild)
 Taro
 Whole grains- any type (amaranth, barley, bran, buckwheat, bulgar, millet, quinoa, rye)
 Yams

Dairy:

Cheese (not full-fat)
 Greek yogurt / high quality yogurt
 Egg whites

Animal/plant proteins:

Fish (wild, low mercury is best!)
 Lean ground beef
 Buffalo
 Chicken breast
 Duck
 Lamb

Pork tenderloin
 Steak (lean cuts only)
 Turkey breast or ground
 Venison
 Wild game meats
 Shellfish
 Seitan
 Soy foods
 Tempeh
 Tofu
 Veggie burger

Fats:

avocado
 egg yolk (one)
 olives
 nut butters such as almond, cashew, peanut, sesame
 nuts (raw, unsalted)
 seeds (dried and unsalted)
 oils such as fish oils, flaxseed, nut oils, oil spray, olive oil, udo's oil, vegetable oil

Vegetables:

Alfalfa*
 Artichoke
 Asparagus*
 Bamboo shoot
 Green beans*
 Beetroot
 Broccoli*
 Brussel sprouts*

Cabbage*
 CarrotCauliflower
 Celery*
 Swiss chard*
 Chinese cabbage
 Collards*
 Cucumber*
 Eggplant
 Endive*
 Fennel*
 Gourd
 Kale*
 Lettuce*
 Mushrooms
 Okra*
 Onion
 Peas
 Peppers
 Pumpkin
 Radish
 Seaweed/kelp*
 Spinach*
 Squash
 Tomatillo
 Turnip
 Watercress*
 Zucchini*

Fruits:

apple
 apricot
 banana
 berries (blackberries, blueberries, raspberries, strawberries, etc)
 cherry

clementine
 cranberry
 currant
 date
 fig
 grape
 grapefruit
 guava
 kiwi
 kumquat
 lemon
 lime
 lychee
 melon
 orange
 papaya
 passion fruit
 peach
 pear
 pineapple
 plantain
 plum
 pomegranate
 rhubarb
 tangerine
 tomato
 watermelon

Sweeteners:

agave nectar
 honey
 pure maple syrup (NO artificial sweeteners!)

Portion Sizes/How to Create a "Sanctioned Meal"Join a team!

- ▶ Eat a fist sized portion of the healthy carbs or fruits list with every meal
 - ▶ Eat a palm sized portion of protein with every meal
 - ▶ Eat a thumb sized portion of fats with every meal
 - ▶ Add at least two fist sized portions of vegetables to at least three meals each day
- ** you may eat unlimited greens with the asterisk next to them with all of your meals**
- ▶ Sweeteners should be used sparingly
 - ▶ Check the Support page at www.healthoptionsct.com/getfit for sample recipes and helpful tips!



Food to Avoid

Baked goods
Sugary cereal
Most breakfast bars
Cakes
Candy
Chocolate
Condiments
Cookies
Donuts
Ice cream
Pastries

Baked goods
Sugary cereal
Most breakfast bars
Cakes
Candy
Chocolate
Condiments
Cookies
Donuts
Ice cream
Pastries

Pies
Granola
Potato chips
French fries
Fruit "drinks"
Sodas / sugar sweetened
soft drinks, regular and
diet soda
Bacon
Fast food
Hot dogs

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Granola
Potato chips
French fries
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soft drinks, regular and
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Bacon
Fast food
Hot dogs

Scorekeeper Guidelines

- ▶ Initially, contact us at getfitguilford@gmail.com with your team name which can be your company name, family name or organization. Provide us with your phone number, address, and email address.
- ▶ Each week, you will collect your teammates' scores, combine them, and divide by the number of players to get your team's mean score for that week.
- ▶ You must email it to getfitguilford@gmail.com by the following Tuesday. For example, during week one of play, each player keeps track of their own points. Your teammates will then contact you with their score. You must then compile and average them and get the score to us in a timely fashion.
- ▶ At the end of the fourth week, you will add up each weekly score and divide by four to get your Final Score!