



# 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](mailto: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](http://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

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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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Fast food  
Hot dogs

## Scorekeeper Guidelines

- ▶ Initially, contact us at [getfitguilford@gmail.com](mailto: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](mailto: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!