

PRINCETON CLUB

BIGGEST LOSER WEIGHT-LOSS CONTEST



Weekly Challenges

For credit on all challenges, unless otherwise stated, make a Facebook post and tag Princeton Club, and/or upload the appropriate file in the challenges tab in the contestant portal.

- Week 1-** Make a social media post and tag Princeton Club (or upload a document to the website) about what you want out of this program, what you expect the biggest challenges to be, and how you are feeling about starting!
- Week 2-** Set up a free one-on-one session with a Trainer of your choice. The session can be scheduled for a future week to accommodate both schedules.
- Week 3-** Find a healthy recipe and make it! Take a photo of your delicious and nutritious meal and share the recipe via social post or upload.
- Week 4-** Write down a weekly plan! You know your schedule best. Long term success comes from stringing together productive days which turn into productive weeks. Write down what your ideal week looks like when it comes to workouts and make it fit into your schedule. Upload a photo of your weekly plan
- Week 5-** Make a small, positive nutrition change. Whether you are adding something positive to your diet, or eliminating a negative habit, the goal of this challenge is to analyze and identify areas of your diet that can be improved. Long term success comes from making small, lasting changes that can be grafted into your lifestyle, not extreme fad diets that are bound to fizzle. Write a short summary of the change and upload it!
- Week 6-** What is the exercise/movement that you have struggled with the most through the workouts thus far? Whatever that is. Ask your trainer, or find an online resource about how to get better at it. Implement what you learned into your next workouts and write a short summary of what you find.

- ❑ **Week 7-** What has been your biggest challenge thus far? Whether it has been dietary changes, motivation, physical challenge, or something else, write as short or as long of a summary as you would like for a social media post or to upload.
- ❑ **Week 8-** Try a group exercise class here at the club! Tell us which one you did and how it went. How was it different from our weekly workouts? What are the pros/cons of each?
- ❑ **Week 9-** Design a workout for yourself using the things you have learned from your group training. If you need any guidance, reach out to your trainer! Do this workout on your own or have a friend join you. Upload a document/picture/screenshot of your workout
- ❑ **Week 10-** Re-analyze your weekly plan from week 4. Were you able to stick to it? If not, make the necessary adjustments so that you can. If so, is there anything that you can add to make your workout week even better? Upload a picture/screenshot of your updated plan and a short summary of what you changed and why.
- ❑ **Week 11-** Complete a 30 minute steady state cardio workout of your choosing. Whether you choose an incline walk on the treadmill, a jog on the track or outside, stair climber, stationary bike, or any other method of steady state cardio, upload a photo of the screen from your piece of equipment or the readout from your fitness tracker along with a short summary of how it went!
- ❑ **Week 12-** Write a summary of what you are most proud of throughout this program. What was the biggest challenge you have overcome, the biggest change(s) you have made to your lifestyle, the most significant change you have noticed in yourself? How are you going to carry the momentum you have created through this program into the rest of your life? Upload a document with your summary to the website.