#### **Questions?**

Kirksville Parks and Recreation Department (660)627-1485 801 E. Mill Street Kirksville, MO 63501 getactive@kirksvillecity.com

getactive.kirksvillecity.com

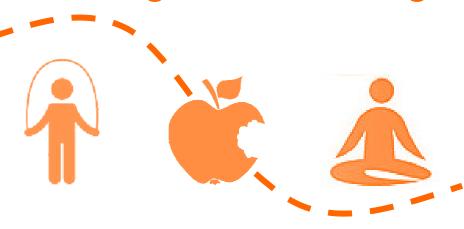




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# Healthy<sub>2013</sub> Handbook Your eight week challenge



As a family or by yourself, set your fitness, nutrition and lifestyle goals and track your progress to improve your overall health!



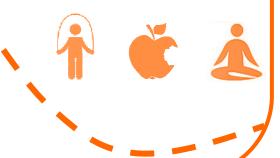
# **Getting Started**

- 1. Pick any eight weeks to complete your Healthy Handbook between the months of May and October.
- 2. Next fill in the challenge blanks with your personal goals.
- 3. Set your overall weekly point goal.
- 4. Track your daily progress and tally your final points at the end of the week.
- 5. Challenge yourself and increase your point goal each week!
- 6. Be on the lookout for the 3 weekly "Bonus Challenges". In order to receive the challenges make sure you are signed up with the City's Textcaster and or Facebook page.
  - If you are not signed up for the City's Textcaster program visit www.kirksvillecity.com to register.
  - Are you already on Textcaster with the City? Make sure you update your preferences to include Get Active, or email getactive@kirksvillecity.com with your phone number and we will update it for you.
  - To "Like" us on Facebook search for Kirksville Parks and Recreation.

For more information and resources or for links to register for Textcaster visit:

#### getactive.kirksvillecity.com

You set your goal...
Are you up
to the challenge?



# Finishing Up

- 1. Once you have completed your eight week challenge take the end of program survey at getactive.kirksvillecity.com.
  - Make sure you have your Healthy Handbook in hand to report your weekly point goals and totals.
  - You will also be asked to answer a few short questions about your eight week journey.
- 2. After completing the survey stop by the Kirksville Aquatic Center and get your prize. All participants will get a prize!
- 3. All participants will be entered in the Grand Prize Drawing. The winner will be announced on November 7, 2013.

If you are unable to access the internet to complete the survey please visit the Kirksville Aquatic Center for a paper copy.

## **Tools For Your Challenge**

Looking for help setting your goals, making things fun for your family, or finding activities to do? Visit getactive.kirksvillecity.com and check out the Program Tools. There you will find worksheets, websites, and an updated listing of community activities you can include in your challenge.

#### getactive.kirksvillecity.com

You set your goal... Are you up to the challenge?







# Week EIGHT Point Goal:\_\_\_\_\_

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise minutes							
Be active outside for minutes							
Park in the furthest spot							
Stretch for minutes							
Make your own fitness goal:							
Make your own fitness goal:							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink ounces of water							
Eat servings a fruit							
Eat servings of veggies							
Stop eating by pm							
Make your own nutrition goal:							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than hours of TV							
Take minutes to unwind							
Tell people about your Get Active goal.							
Attend a class or program							
Make your own lifestyle goal:							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 22- 10 points							
Bonus Challenge # 23- 10 points							
Bonus Challenge # 24- 10 points							
Daily Totals:							

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# Week ONE Point Goal:\_\_\_\_\_

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise minutes							
Be active outside for minutes							
Park in the furthest spot							
Stretch for minutes							
Make your own fitness goal:							
Make your own fitness goal:							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink ounces of water							
Eat servings a fruit							
Eat servings of veggies							
Stop eating by pm							
Make your own nutrition goal:							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than hours of TV							
Take minutes to unwind							
Tell people about your Get Active goal.							
Attend a class or program							
Make your own lifestyle goal:							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 1- 10 points							
Bonus Challenge # 2- 10 points							
Bonus Challenge # 3- 10 points							
Daily Totals:							

Week ONE Total Points:_	

# Week TWO Point Goal:\_\_\_\_\_

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise minutes							
Be active outside for minutes							
Park in the furthest spot							
Stretch for minutes							
Make your own fitness goal:							
Make your own fitness goal:							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink ounces of water							
Eat servings a fruit							
Eat servings of veggies							
Stop eating by pm							
Make your own nutrition goal:							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than hours of TV							
Take minutes to unwind							
Tell people about your Get Active goal.							
Attend a class or program							
Make your own lifestyle goal:							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 4- 10 points							
Bonus Challenge # 5- 10 points							
Bonus Challenge # 6- 10 points							
Daily Totals:							_

Weel	k TWO	Total	Points:_			

#### Week SEVEN Point Goal:\_\_\_\_\_

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise minutes							
Be active outside for minutes							
Park in the furthest spot							
Stretch for minutes							
Make your own fitness goal:							
Make your own fitness goal:							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink ounces of water							
Eat servings a fruit							
Eat servings of veggies							
Stop eating by pm							
Make your own nutrition goal:							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than hours of TV							
Take minutes to unwind							
Tell people about your Get Active goal.							
Attend a class or program							
Make your own lifestyle goal:							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 19- 10 points							
Bonus Challenge # 20- 10 points							
Bonus Challenge # 21- 10 points							
Daily Totals:							

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# Week SIX Point Goal:\_\_\_\_\_

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise minutes							
Be active outside for minutes							
Park in the furthest spot							
Stretch for minutes							
Make your own fitness goal:							
Make your own fitness goal:							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink ounces of water							
Eat servings a fruit							
Eat servings of veggies							
Stop eating by pm							
Make your own nutrition goal:							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than hours of TV							
Take minutes to unwind							
Tell people about your Get Active goal.							
Attend a class or program							
Make your own lifestyle goal:							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 16- 10 points							
Bonus Challenge # 17- 10 points							
Bonus Challenge # 18- 10 points							
Daily Totals:							_

W	eek SI)	( Total	Points:				

#### Week THREE Point Goal:\_\_\_\_\_

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise minutes							
Be active outside for minutes							
Park in the furthest spot							
Stretch for minutes							
Make your own fitness goal:							
Make your own fitness goal:							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink ounces of water							
Eat servings a fruit							
Eat servings of veggies							
Stop eating by pm							
Make your own nutrition goal:							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than hours of TV							
Take minutes to unwind							
Tell people about your Get Active goal.							
Attend a class or program							
Make your own lifestyle goal:							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 7- 10 points							
Bonus Challenge # 8- 10 points							
Bonus Challenge # 9- 10 points							
Daily Totals:							

	Neek	THREE TO	tal Points:				
<i>N</i> eek THREE Total Points:							

# Week FOUR Point Goal:\_\_\_\_\_

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise minutes							
Be active outside for minutes							
Park in the furthest spot							
Stretch for minutes							
Make your own fitness goal:							
Make your own fitness goal:							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink ounces of water							
Eat servings a fruit							
Eat servings of veggies							
Stop eating by pm							
Make your own nutrition goal:							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than hours of TV							
Take minutes to unwind							
Tell people about your Get Active goal.							
Attend a class or program							
Make your own lifestyle goal:							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 10- 10 points							
Bonus Challenge # 11- 10 points							
Bonus Challenge # 12- 10 points							
Daily Totals:							
					_	_	

W	lee	k I	0	<b>UR</b>	To	tal	Po	int	ts:					

#### Week FIVE Point Goal:\_\_\_\_\_

Fitness-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Exercise minutes							
Be active outside for minutes							
Park in the furthest spot							
Stretch for minutes							
Make your own fitness goal:							
Make your own fitness goal:							
Nutrition-5 Points per Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Drink ounces of water							
Eat servings a fruit							
Eat servings of veggies							
Stop eating by pm							
Make your own nutrition goal:							
Lifestyle-5 Points per Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Get at least 8 hours of sleep							
Watch less than hours of TV							
Take minutes to unwind							
Tell people about your Get Active goal.							
Attend a class or program							
Make your own lifestyle goal:							
Bonus Challenges!	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Bonus Challenge # 13- 10 points							
Bonus Challenge # 14- 10 points							
Bonus Challenge # 15- 10 points							
Daily Totals:							

Week FIVE Total Points:\_\_\_\_\_