

Quick Start Instructions

Up the ante by adding a little healthy competition. You can do it by yourself, but a buddy or a team will help you with accountability. For additional fun, ask participants to contribute to a gift basket for the winning team. Quick Start was designed for 6 weeks, but you and your buds can decide the time-period.

The Plan incentivizes healthy choices without imposing limits that stimulate binges. Here are the guidelines:

1. Buy a device to track your steps. Inexpensive counters are okay. Or revert to time only for your exercise.
2. Be honest with your point totals.
3. Junk food definition: Any food you can't grow in the ground, pick from a tree, shoot, or catch. Low fat dairy products are not considered junk food! However due to the high sugar content, granola bars are.
4. Check labels for servings. Many packages have more than one! This can be a real eye-opener, especially with candy bars and chips. You buy one candy bar, you figure one serving. Not. Read the label. Many single candy bars include servings for two, three, or maybe four!
5. Eat at least 3 meals of healthy foods per day. Add healthy snacks, such as raw fruits and vegetables in between meals to ward off hunger.
6. The really bad news: you must weigh yourself. It doesn't have to be in front of anyone, but you've got to do the deed. Yep, I know it sucks, but belly up to the scales and suck it up. If you don't have a benchmark, how do you determine success?
7. The rest is simple math. Read the point system, track your points, and add your total per day, and then per week, and finally for the entire period. At the end of the period, the winner is the participant or team with the highest point count. And of course you.

Quick Start Point System (1)

Points	Healthy Behavior
5	Keep your daily food log. Anything that goes in your mouth.
5	5/Day: Eat 5 servings of fruits or vegetables each day
2	2/Day: Eat 2 servings of low-fat dairy products
5	Limit fried foods to 1 serving per day
3	Eat at least three small meals per day
10	Drink > 127 ounces of water per day
6	Drink 64-127 ounces of water per day
3	Drink 32–63 ounces of water per day
-5	Eat more than one serving of junk food (candy bars, chips, cookies, etc.) <ul style="list-style-type: none"> • If you eat 1 serving, your daily score = 0 • If you eat 2 servings, your daily score = -5 • If you eat 3 servings, your daily score = -10
-5	Drink > 24 ounces of Soda or Alcoholic beverage per day <ul style="list-style-type: none"> • If you consume 0-24oz, your daily score = 0 • If you consume 25+oz, your score = -5
	Healthy Activity. Because steps count regardless of our activity, like walking to the parking lot, you may count the steps you walk. The time points are for dedicated exercise time. Therefore, if you walk the neighborhood for your exercise, you may count the time required and the number of steps taken. If you get in an additional 1,000 steps moving around the house, you count the steps but not the time.
10	Exercise > 1½ hours per day. The most you can score is 10 points per day for 91 + minutes of exercise
8	Exercise 1½ hours per day (61-90 minutes)
6	Exercise 1 hour per day (60 minutes)
4	Exercise 45 minutes per day (45-59 minutes)
3	Exercise 30 minutes per day (30-44 minutes)
2	Exercise 15 minutes per day (15-29 minutes)
15	> 12,000 steps/day using pedometer

Quick Start Point System (2)

Points	Healthy Behavior
10	10,000 – 11,999 steps/day using pedometer
9	9,000 – 9,999 steps/day using pedometer
8	8,000 – 8,999 steps/day using pedometer
7	7,000 – 7,999 steps/day using pedometer
6	6,000 – 6,999 steps/day using pedometer
5	5,000 – 5,999 steps/day using pedometer
4	4,000 – 4,999 steps/day using pedometer
3	3,000 – 3,999 steps/day using pedometer