Jenn's

4 Week Challenge Guide

Build healthy habits. Track progress. Win weekly prizes.

Inside this guide

01	**Water** Hit your personal water goal	$10 prize
02	**Fitness** 30 minutes of movement	$20 prize
03	**Nutrition** 5 servings of produce	$30 prize
04	**Final** Combine all three habits	$40 prize

WEEK 1

The Water Challenge

GOAL

Hit your personal water goal.

Complete your goal for the number of days shown in your game's Water Challenge post.

64 oz. is the standard challenge goal, but everyone's needs are different. Adjust the amount if another hydration goal fits you better.

TIP

Spread your water throughout the day instead of trying to catch up at night. A reusable bottle makes tracking easier.

$10 CASH DRAWING

Track your progress

Day 1	Day 2	Day 3	Day 4	Day 5
☐	☐	☐	☐	☐

Check a box for each day you hit your goal.

✓ **Report in by 10:00 PM PT on Saturday in your DietBet game to be entered into the drawing.**

WEEK 2

The Fitness Challenge

GOAL

Move for 30 minutes a day.

Complete the goal on 5 days this week.

No gym required. Walking, a workout video, dancing, gardening, active chores, or any movement that works for your body can count.

TIP

Busy day? Break it up. Three 10-minute walks still add up to 30 minutes.

$20 CASH DRAWING

Track your progress

Day 1	Day 2	Day 3	Day 4	Day 5
☐	☐	☐	☐	☐

Check a box for each day you complete 30 minutes.

✓ **Report in by 10:00 PM PT on Saturday in your DietBet game to be entered into the drawing.**

WEEK 3

The Nutrition Challenge

GOAL

Eat 5 servings of fruits and/or vegetables.

Complete the goal on 5 days this week. Mix and match any combination that gets you to 5 total servings.

SERVING GUIDE

1 cup	raw leafy vegetables
1/2 cup	other vegetables or vegetable juice
1 medium	fruit, about the size of a baseball
1/2 cup	chopped, cooked, or canned fruit

TIP

Fresh, frozen, canned, and cooked options can all make this easier.

$30 CASH DRAWING

Track your progress

Day 1	Day 2	Day 3	Day 4	Day 5
☐	☐	☐	☐	☐

Check a box for each day you reach 5 servings.

✓ **Report in by 10:00 PM PT on Saturday in your DietBet game to be entered into the drawing.**

WEEK 4

The Final Challenge

GOAL

Bring all three habits together.

Complete all 3 parts on 5 days this week.

WATER

Hit your personal water goal

FITNESS

Get at least 30 minutes of movement

NUTRITION

Eat 5 servings of fruits and/or vegetables

TIP

This week is not about perfection. It is about practicing the habits together and finishing strong.

$40 CASH DRAWING

Track your progress

	Day 1	Day 2	Day 3	Day 4	Day 5
Water					
Fitness					
Nutrition					

✓ **Report in by 10:00 PM PT on Saturday in your DietBet game to be entered into the drawing.**

Optional habit challenges. Modify as needed.