










































































































WELLNESS WORKS PARTICIPANT CHALLENGE LOG

Participant's Name: _____

Week Beginning Date: _____

Week Ending Date: _____

WEIGHT	Points Earned: BMI in green zone (see back for chart) or weight loss of 1% per week = 35 points Up to .9% weight loss this week = 30 points Up to .4 % weight loss this week = 25 points No weight gain this week = 20 points Weight gain this week = 0 points						See back of log for instructions on how to calculate % of weight loss.	
Beginning week weight	End of week weight	% of weight loss this week	Or	If current BMI is in the green zone = 35 points (see back for BMI chart)			Total Points Earned	
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week Total
WALK	Record the minutes you walk each day. Each shoe equals 10 minutes. Earn one pt. per 10 minutes walked up to 5 pts. per day.							
	    	    	    	    	    	    	    	Total points earned _____
WATER	Record the ounces of water you drink each day. Each glass equals 10 ounces. Earn one pt. per 10 ounces of water consumed up to 5 pts. per day.							
	    	    	    	    	    	    	    	Total points earned _____
WHOLE LOT OF FRUITS AND VEGETABLES	Record the servings of fruits/vegetables you eat each day. Earn one pt. for every serving consumed up to 5 pts. per day.							
	    	    	    	    	    	    	    	Total points earned _____

Individual Participants must return Challenge Log to Team Captains weekly.

Team Captains must return log by noon every Tuesday. Logs may be faxed to 678-2708, mailed to: 500 Bourne Ave. Somerset, KY 42501, or e-mailed to: carola.huckelby@ky.gov

WELLNESS WORKS PARTICIPANT CHALLENGE LOG

To Calculate Your Percentage of Weight Loss

Use simple math to calculate the percentage of weight lost. Subtract your end of week weight from your beginning of week weight. Divide the result by your beginning of week weight. Multiply your answer by 100. The number you come up with will be the total percentage of your body weight you have lost this week.

For example, if your weekly starting weight is 135 pounds and you lost 1 pound this week, your new starting weight(for next week) is 134 pounds.

Step 1: $135 - 134 = 1$ **Step 2:** $1 \div 135 = 0.007$ **Step 3:** $0.007 \times 100 = 0.7\%$ of weight lost this week.

If you still have problems calculating your percentage of weight loss, please contact Carol at 606-678-4761 ext. 140 for assistance.

To Determine Your BMI

Using the chart, find your height then follow the column over until you are aligned with your current weight. The intersecting line is your BMI. If you are in the green zone your BMI is in the ideal range.

Ideal Body Weight Chart/ Body Mass Index BMI

		WEIGHT (POUNDS)																															
HEIGHT (FEET)		100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	
5'0"		20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
5'1"		19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46	47	
5'2"		18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45	46	
5'3"		18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43	44	
5'4"		17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42	43	
5'5"		17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41	42	
5'6"		16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	31	32	33	34	35	36	36	37	38	39	40	40
5'7"		16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38	39	
5'8"		15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37	38	
5'9"		15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36	37	
5'10"		14	15	16	17	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	35	36	
5'11"		14	15	15	16	17	17	18	19	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34	35		
6'0"		14	14	15	16	16	17	18	18	19	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33	34		
6'1"		13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33	
6'2"		13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31	32	
6'3"		12	13	14	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31	31	
6'4"		12	13	13	14	15	15	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30	30	31	

Source: [Shape Up America! www.shapeup.org](http://www.shapeup.org)

Here is a shortcut method for calculating BMI (if you are too short or too tall for the table)

Step 1) Multiply weight (in pounds) by 703
 Step 2) Multiply height (in inches) by height (in inches)
 Step 3) Divide the answer in step 1 by the answer in step 2 to get your BMI !!

Example: for a person who is 5 feet 5 inches tall weighing 149 lbs.

Step 1) $149 \times 703 = 104747$
 Step 2) $65 \times 65 = 4225$
 Step 3) $104747 \text{ divided by } 4225 = 24.8$

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