

JOURNAL



FOCUS ON THE FAMILY® FAMILY HEALTH CHALLENGE

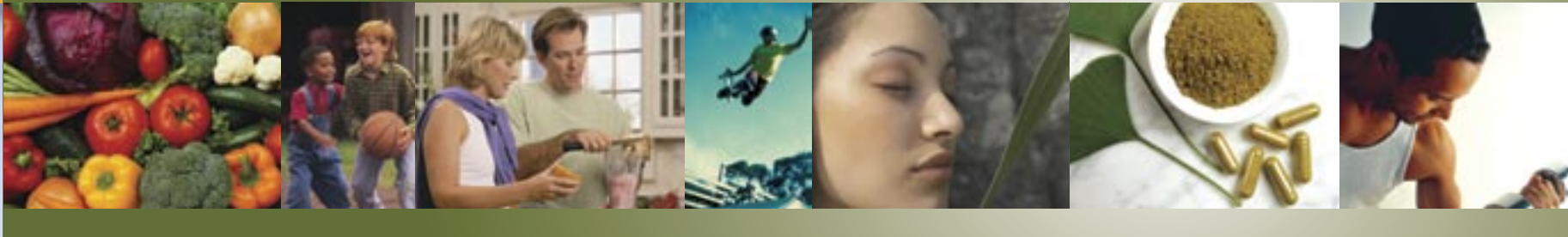
“Long life to you! Good health to you and your household!
And good health to all that is yours!” (1 Samuel 25:6, NIV)

The mission of Focus on the Family is to cooperate with the Holy Spirit in disseminating the gospel of Jesus Christ to as many people as possible, and, specifically, to accomplish that objective by helping to preserve traditional values and the institution of the family.



PARABLE®

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BUILDING YOUR BODY,
MIND & SOUL —
ONE DAY AT A TIME.



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HOW TO USE THIS JOURNAL

How to Use This Journal

We are so pleased you have made the decision to improve your health and that of your family! To enter the Family Health Challenge, you need to review the Challenge contract with your family (contained in this journal, item #5) and print one out for each family member to sign.

We encourage you to include family members of all ages to whatever extent possible, even though the Challenge is meant for children ages 5 and up. If your child is kindergarten age or older, he or she should have his or her own fitness and nutrition goals (discussed with mom and/or dad, of course) and journal pages (again, completed with adult help).

In this journal, you will find a list of suggested goals as well as a master tracking sheet (item #6), which you can print copies of for each family member. (A sample tracking sheet is on the right-hand side of this page.) We've provided this for your convenience so that you only have to print the number of pages needed for each family member to complete the eight-week Challenge.

We encourage you to adapt any activity for a child with disabilities, and to include younger children (in a stroller, bike trailer, etc.) in activities whenever possible so that they are exposed to the importance of a healthy lifestyle. Be sure that your goals reflect something challenging for each participant. If you are inactive and know you don't eat right, your goals will be very different than those of someone who is already active and eating a balanced, healthy diet.

For consideration as an entrant for the Family Health Challenge grand prize:

- Each family member needs to complete eight weeks of journal pages.
- You need to count up the number of points for each person, add all family members' points together for your total points and divide that number by the total number of family members tracking their Challenge points. You will then have your TOTAL AVERAGE POINTS, which need to be filled in on the entry form (item #8 in this journal). If you do not enter your family's TOTAL AVERAGE POINTS in the space provided, your family will not be eligible to win prizes.
- Each family must answer one required essay question and one additional question (from the list of "Other Questions").

Journal Tips

- Journal your thoughts weekly (using the weekly tracking and journaling pages provided on page II).
- Use your journal to document the changes you are experiencing.
- Before writing the answers to the essay questions on your entry form, draft them on a separate piece of paper and review them.
- Write or print clearly on the entry form, or attach typed answers in the appropriate places.
- Judges will look for originality, sincerity and honesty.
- Share your family's story as if you were talking with a friend over

FITNESS — Exercise Basics

Here is a sample page that has been filled out with the name of the Challenge participant, his or her goals, how he or she did each day and total points. This is not a contest — it's a Challenge toward a healthier lifestyle. It's easy! Have fun getting fit!

(Name of Family Member) – (Adult or Child)

	Overarching Fitness Goal Improve cardio-vascular health	Overarching Nutrition Goal Increase my consumption of healthy foods; decrease junk food and empty calories.	Daily Points*
	Specific Activity Hike, bike or jump rope for 15 minutes per day; increase after four weeks	Specific Activity Add a serving of fruit to my daily diet; increase over next six weeks.	Record point for each Y
DAY			
Mon	Y	Y	2
Tue	Y	N	1
Wed	Y	Y	2
Thur	N	N	0
Fri	N	Y	1
Sat	Y	N	1
Sun	Y	Y	2
			9

*Y = Achieved goal for this day N = Slipup
Record one point for every Y and no points for any N.

“Don’t you know that you yourselves are God’s temple and that God’s Spirit lives in you?” (1 Corinthians 3:16, NIV)

FITNESS — Exercise Basics

Children (ages 5 to 18)

- Try out for a team sport at school, or try after-school sports.
- Start walking, jogging or even running with a member of your family at home, after school and on the weekends.
- Take an exercise class through school or a gym, or buy an exercise video and do a class at home.
- Ride your bike to school when the weather permits.
- If you have a free period at school, walk or run at the track or elsewhere on the school grounds.
- At recess, join in a game such as basketball or soccer.
- Spend no more than one hour (and definitely less than two hours) every day watching TV or playing video games.

Adults

- Increase your activity level (walk instead of driving or taking the elevator; do yard work; go hiking; play ball with the kids; go on bike rides; swim)
- Strengthen (load/unload your own groceries instead of letting the bagger do it; do Pilates or resistance training)
- Lose weight (inches/body fat), if needed (increase activity while decreasing intake of processed foods and empty calories such as sugar)

Target Heart Rate

It’s useful to know your target heart rate, which you can use to estimate how hard this all-important organ is working.

Most experts maintain that you benefit most from exercise when your pulse stays between 50 and 75 percent of your maximum heart rate, which is calculated by subtracting your age from the number 220. You probably won't expend a tremendous amount of energy to reach the lower end of the target zone, and you may feel that you are putting forth Olympian effort to keep it at the upper level.

Beginners should stay near the 50 percent mark for a few weeks. They may then gradually increase the intensity of exertion over the next several months until their heart rate approaches the 75 percent level for most of the workout (after an appropriate warm-up, of course). If you've been exercising consistently for six months, you may consider pushing up to 85 percent of your maximum rate.

Exercising in the Heat

Several practical measures will help prevent heat-related problems while exercising:

- Wear loose, light-colored clothing.
- Avoid working out during the hottest time of the day, typically 10 a.m. to 2 p.m.
- Avoid exercising outside (excluding swimming) when the temperature is over 85 degrees or the humidity over 90 percent.
- If you are going to be exercising regularly in the heat, take time to become acclimated.
- Adequate hydration is extremely important. Pre-hydrate with 16 ounces of fluid before the activity, then consume eight ounces every 20 minutes while exercising.
- Drinks containing alcohol and/or caffeine should be avoided because they tend to provoke diuresis (an increase in urine output that could result in further loss of fluid).

Benefits of Weight/Resistance Training

- Enhances physical appearance
- Increases capacity for everyday activities
- Decreases risks of injury
- Enhances weight control efforts
- Increases bone density

FITNESS — Tips

#1: Stretching Principles

1. Stretch *after* muscles are warmed up, not before.
2. In all stretches, stretch to the point of mild tension, but not pain.
3. Do not bounce when stretching, but hold the stretch in place.
4. Hold the stretch for 10 to 15 seconds.
5. Do not hold your breath while stretching.

Like muscle strength, flexibility is a “use it or lose it” commodity. Over time, muscles and tendons tend to tighten unless they are regularly stretched.

#2: Warm up before you open the throttle. If your exercise includes brisk aerobic activity — running, jogging, fast walking, vigorous dancing, etc. — spend a few minutes at a slower pace before accelerating to your target speed.

Allow a few minutes to cool down when you are done.

If walking, jogging or running is going to be your primary form of aerobic exercise, invest in a good pair of shoes for that specific activity.

“Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.”
(Proverbs 3:7-9 NIV)

NUTRITION — Basics and Tips

#3: Exercise can provide enriching experiences for families. Aside from setting a positive example, parents who join their children in age-appropriate physical activities are able to build some powerful memories. Walks, bike rides, hikes, swimming, skiing and other vigorous pursuits in which the entire family participates can provide wonderful opportunities to interact, share good times (and challenges) and forge powerful bonds.

#4: There are a number of ways to obtain a moderate amount of activity; and clearly, some are more vigorous than others. The more vigorous activities may not be appropriate for you because of age, general health or certain medical problems. If in doubt, you should begin with exercise that's less vigorous, even if it takes more time to obtain the desired results.

For more information, please refer to the *Complete Guide for Family Health, Nutrition & Fitness* by Paul C. Reisser, M.D.

NUTRITION — Basics

Power Foods: Fruits and Veggies

Fruits and vegetables provide a rich supply of basic nutrients that you need every day, along with vitamins, minerals, dietary fiber and healthful compounds known as phytochemicals. Some are sources of vitamin A, while others are rich in vitamin C, folate or potassium. Almost all fruits and vegetables are naturally low in fat and calories, and none have cholesterol. All of these healthful characteristics may protect you from getting chronic diseases such as heart disease, stroke and some types of cancer.

Sugar Aliases

Sugar has many aliases — brown sugar, sucrose, fructose, dextrose, corn syrup, high-fructose corn syrup, molasses and honey. Try to avoid foods in which some form of added sugar is the first or second ingredient on the list.

Servings

One serving equals:

- ¾ cup (6 oz.) of 100 percent fruit or vegetable juice
- ½ cup raw, canned or cooked fruits or vegetables
- 1 cup raw, leafy vegetables (e.g., lettuce or spinach)
- 1 medium-sized piece of raw fruit (e.g., medium banana or apple)
- ¼ cup dried fruit
- ½ cup cooked legumes (e.g., lentils, pinto beans, kidney beans, garbanzo beans)

NUTRITION — Tips

#1: Try to eat five to nine servings of fruits and vegetables every day. And while you're at it, **try to eat a variety of colors — green, red, yellow/orange, blue/violet and white/tan — every day.** It appears that phytochemicals associated with different colors of fruits and vegetables provide a variety of health benefits.

#2: Cooked beans and peas are good sources of dietary fiber and protein, are also low in fat and are cholesterol-free. In addition, they provide magnesium, iron, zinc and folate. Americans often don't get enough of these nutrients.

#3: You've heard that "carrots are good for your eyesight." That's because carrots contain vitamin A — a vitamin that helps keep your eyes healthy. Broccoli, spinach, pumpkin, winter squash and sweet potatoes are also good sources for vitamin A — so are tomatoes, apricots and cantaloupe. In addition to your eyes, vitamin A is good for your skin and also helps protect you against infections.

#4: Determine your hunger level before eating a snack and while you are eating. If you're considering a snack and you aren't really hungry, consider foregoing the snack. While eating, if you notice you're no longer hungry, try stopping (or at least slowing down) at that point.

CHALLENGE GOALS

Feel free to set your own nutrition and fitness goals. We've provided some suggestions for you, along with ideas for reaching those goals. Your overall goal for nutrition may change during the Challenge, while your overall fitness goal remains the same. Your activities to achieve those goals may also vary from week to week or stay the same.

Nutrition Goals

- Add more fruits and/or veggies to my daily diet.
- Eat fewer foods high in sugar and “bad” fat.
- Learn how to make wise food choices.
- Eat a more balanced diet.

Ways to achieve your goal(s):

- **Learn to read nutrition labels.** Sugar has many aliases — brown sugar, sucrose, fructose, dextrose, corn syrup, high-fructose corn syrup, molasses or honey. Try to avoid foods in which some form of added sugar is the first or second ingredient on the list. Also check for trans-fats (hydrogenated or partially hydrogenated oils), and try to avoid buying products that contain them.
- **Increase the amount of fruits and vegetables you eat by one serving every day per week.**
 - Substitute fruit for higher-calorie desserts.
 - Add fruit to breakfast cereal.
 - Add some mixed frozen vegetables to your favorite soup as you heat it.
 - Encourage yourself and your family to munch on fresh vegetables, fresh or dried fruit instead of chips and cookies for appetizers or snacks.

- Use a variety of lettuce/leafy green vegetables for salads (spinach, romaine, red or green lettuce) and add a mix of fresh vegetables.

- **Replace white/refined flour bread products** with whole wheat or multi-grain bread at least once each day per week, increasing the replacement amount each week.
- **Eat fish** at least twice per week.
- **If you drink soft drinks regularly, replace half of them** with lower- or no-calorie alternatives such as sparkling water (plain or flavored).
- **Reduce fat in the milk you drink.** If you're drinking whole milk, try switching to milk containing 2 percent fat. If you're used to 2 percent, try some 1 percent. If the watery texture isn't a turnoff, see how you do with nonfat.
- **Change your pace of eating.** Are you a “speed eater”? If so, try slowing down by putting down your utensils between each bite and savoring the taste of your food.

Fitness Goals

- To improve my stamina and energy level
- To lose weight
- To increase my activity level
- To strengthen and tone muscles

“I pray that you may enjoy good health and that all may go well with you” (3 John 1:2).

Ways to achieve your goal(s)*:

- **Outdoor/yard work** — Rake leaves, weed/garden, mow the grass, sweep out the garage

EMOTIONAL, SPIRITUAL AND FAMILY HEALTH

- **Walk the dog** — if you have a dog and you don't do this already, your dog will love it! Or, you can join the person that does and build *that* relationship.
- **Play with your kids or your spouse** — Frisbee, volleyball, tag, push them in a swing
- **Other outdoor fun** — Ride bikes, push the baby in a stroller, walk the neighborhood, jump rope, swim, take a family hike and picnic together
- **At work:** walk the stairs instead of taking the elevator. Park farther rather than closer to get in those extra steps. Walk with a co-worker during your lunch hour.
- **At home:** Form a neighborhood walk group.
- **At school:** Get a group of friends together for a team sport or game. Jog around the school yard or track.
- Involve everyone in **spring/summer cleaning** — windows, floors, cabinets, floorboards, closets, basement and garage.
- **Limit time in front of screens** — TV or computer

**“A heart at peace
gives life to the body.”
(Proverbs 14:30, NIV)**

For more information, please refer to the *Complete Guide for Family Health, Nutrition, and Fitness* by Paul C. Reisser, M.D.

*Be sure to adapt for child/adult, current activity level and situation (work/school/home).

EMOTIONAL, SPIRITUAL AND FAMILY HEALTH

Emotional

The healthiest, strongest and most beautiful body is of little use if it is governed by disordered thoughts and emotions. The heart, lungs and other organs can work perfectly well inside the body of someone who is delusional, suicidal or a career criminal. Furthermore, we tend to think of what goes on inside our head as somehow disconnected from the rest of the body. But in fact, the brain is also a physical organ, profoundly affected by what goes on from the neck down. Conversely, what goes on in the brain can have powerful effects elsewhere.

Ongoing patterns of thought and emotion can affect the functions of other organ systems that are normally beyond our conscious control. Any primary care physician will testify that a substantial number of any day's patient visits are generated by physical symptoms arising directly from the emotional weather. Furthermore, headaches and pains arising from other parts of the body — especially the neck and back — frequently are intensified by stress, anxiety and depression.

Spiritual

Many scientific studies indicate that religious commitment and activity — manifested in a variety of ways, including involvement in a faith community, regular prayer and affirmation that a relationship with God is an aspect of life — are associated with:

- Longer life span
- Decreased likelihood of cardiovascular disease, stroke and cancer
- Better ability to cope with illness
- More rapid recovery from illness
- Less anxiety and depression

- More rapid recovery from depression
- Decreased likelihood of alcohol and drug abuse

Family

Try to eat as many meals together as possible.

Family meals can be particularly powerful events in the lives of both children and adults. They can and should be the occasion to share the day's events,

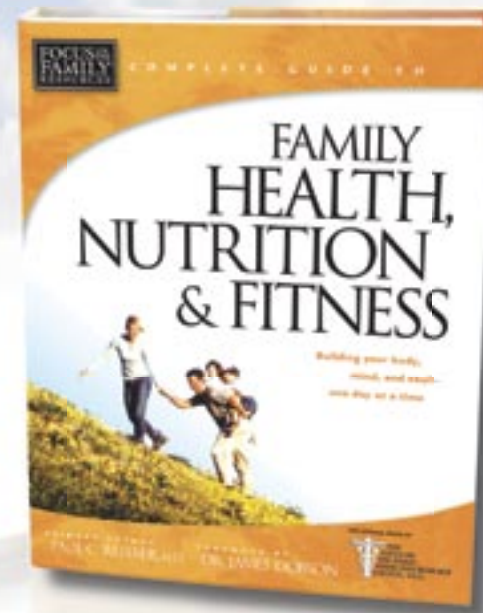
decompress, commiserate and encourage one another, laugh, learn how to speak and listen politely, instill values, establish one's identity as a member of a family, welcome guests and acknowledge God's provision on a day-to-day basis.

**“You were bought at a price.
Therefore honor God with
your body.”**
(I Corinthians 6:20, NIV)

Family dinners are, unfortunately, an endangered species, threatened by over-commitment, crowded calendars and electronic distractions such as TVs and phones. If you take away nothing else from this section, make a decision that shared family meals will become a priority in your home.

For more information, please refer to the *Complete Guide for Family Health, Nutrition & Fitness* by Paul C. Reisser, M.D.

The family health equation: body + mind + soul, one day at a time



Now available at your local Christian bookstore.

For more information about Focus on the Family,

log on to www.family.org.

MY CHALLENGE CONTRACT

(Print and complete one for each family member.)

I, _____, commit to start the Family Health Challenge on _____
and continue for a minimum of eight weeks. I believe that I can accept and complete my challenge to
the best of my ability:

- I realize this is work and accept the self-care price I must pay to achieve my personal goals for improved health.
- I commit to keeping a daily journal that tracks my progress and forgives my slipups.
- I will expect and adapt to adversity and see tough times as opportunities to learn from God.
- I will strive to take action and not to complain, whine or moan.
- I will be self-assertive and fight for the right to take care of the body that God has given me.
- I will acknowledge my achievements along the way and share these with the rest of my family.

TRACKING SHEET

Week 1 for _____

	Fitness Goal	Nutrition Goal	Daily Points*	Inspiration for the Week
	Specific Activity	Specific Activity	Record a point for each Y	
DAY				Record in the journal space below what helped you
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

*Y = achieved goal for this day N = Slipup
Record one point for every Y and no points for any N.

Journal what you did, read or heard/listened to that inspired you to reach your goal this week:

VERY IMPORTANT:

- (1) PRINT AS MANY COPIES AS YOU NEED TO TRACK EACH FAMILY MEMBER'S EFFORTS FOR EIGHT WEEKS.
- (2) ALL ENTRIES MUST BE RECEIVED NO LATER THAN SEPT. 10, 2006.
- (3) KEEP ALL TRACKING SHEETS UNTIL AT LEAST OCT. 1, 2006!

Week 2 for _____

	Fitness Goal	Nutrition Goal	Daily Points*	Inspiration for the Week
	Specific Activity	Specific Activity	Record a point for each Y	
DAY				Record in the journal space below what helped you
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

*Y = achieved goal for this day N = Slipup
Record one point for every Y and no points for any N.

Journal what you did, read or heard/listened to that inspired you to reach your goal this week:

**Finalists will be notified by Oct. 1, 2006.
If you are chosen, you will be required to submit your tracking sheets.**

TRACKING SHEET

Week 3 for _____

	Fitness Goal	Nutrition Goal	Daily Points*	Inspiration for the Week
	Specific Activity	Specific Activity	Record a point for each Y	
DAY				
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

*Y = achieved goal for this day N = Slipup
Record one point for every Y and no points for any N.

Journal what you did, read or heard/listened to that inspired you to reach your goal this week:

VERY IMPORTANT:

- (1) PRINT AS MANY COPIES AS YOU NEED TO TRACK EACH FAMILY MEMBER'S EFFORTS FOR EIGHT WEEKS.
- (2) ALL ENTRIES MUST BE RECEIVED NO LATER THAN SEPT. 10, 2006.
- (3) KEEP ALL TRACKING SHEETS UNTIL AT LEAST OCT. 1, 2006!

Week 4 for _____

	Fitness Goal	Nutrition Goal	Daily Points*	Inspiration for the Week
	Specific Activity	Specific Activity	Record a point for each Y	
DAY				
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

*Y = achieved goal for this day N = Slipup
Record one point for every Y and no points for any N.

Journal what you did, read or heard/listened to that inspired you to reach your goal this week:

**Finalists will be notified by Oct. 1, 2006.
If you are chosen, you will be required to submit your tracking sheets.**

TRACKING SHEET

Week 5 for _____

	Fitness Goal	Nutrition Goal	Daily Points*	Inspiration for the Week
	Specific Activity	Specific Activity	Record a point for each Y	Record in the journal space below what helped you
DAY				
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

*Y = achieved goal for this day N = Slipup
Record one point for every Y and no points for any N.

Journal what you did, read or heard/listened to that inspired you to reach your goal this week:

VERY IMPORTANT:

- (1) PRINT AS MANY COPIES AS YOU NEED TO TRACK EACH FAMILY MEMBER'S EFFORTS FOR EIGHT WEEKS.
- (2) ALL ENTRIES MUST BE RECEIVED NO LATER THAN SEPT. 10, 2006.
- (3) KEEP ALL TRACKING SHEETS UNTIL AT LEAST OCT. 1, 2006!

Week 6 for _____

	Fitness Goal	Nutrition Goal	Daily Points*	Inspiration for the Week
	Specific Activity	Specific Activity	Record a point for each Y	Record in the journal space below what helped you
DAY				
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

*Y = achieved goal for this day N = Slipup
Record one point for every Y and no points for any N.

Journal what you did, read or heard/listened to that inspired you to reach your goal this week:

**Finalists will be notified by Oct. 1, 2006.
If you are chosen, you will be required to submit your tracking sheets.**

TRACKING SHEET

Week 7 for _____

	Fitness Goal	Nutrition Goal	Daily Points*	Inspiration for the Week
	Specific Activity	Specific Activity	Record a point for each Y	Record in the journal space below what helped you
DAY				
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

*Y = achieved goal for this day N = Slipup
Record one point for every Y and no points for any N.

Journal what you did, read or heard/listened to that inspired you to reach your goal this week:

VERY IMPORTANT:

- (1) PRINT AS MANY COPIES AS YOU NEED TO TRACK EACH FAMILY MEMBER'S EFFORTS FOR EIGHT WEEKS.
- (2) ALL ENTRIES MUST BE RECEIVED NO LATER THAN SEPT. 10, 2006.
- (3) KEEP ALL TRACKING SHEETS UNTIL AT LEAST OCT. 1, 2006!

Week 8 for _____

	Fitness Goal	Nutrition Goal	Daily Points*	Inspiration for the Week
	Specific Activity	Specific Activity	Record a point for each Y	Record in the journal space below what helped you
DAY				
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

*Y = achieved goal for this day N = Slipup
Record one point for every Y and no points for any N.

Journal what you did, read or heard/listened to that inspired you to reach your goal this week:

**Finalists will be notified by Oct. 1, 2006.
If you are chosen, you will be required to submit your tracking sheets.**



FAMILY HEALTH CHALLENGE ENTRY FORM

Date: _____

Family name: _____

Name of contact person: _____

Street address: _____

City: _____

State: _____ Zip: _____

Daytime phone: _____

Evening phone: _____

Name and date of birth for each participant:

NOTE: A "family" is defined as a traditional family including a minimum of two persons related by blood, marriage or adoption.

TOTAL AVERAGE POINTS* FOR FAMILY: _____
(Must be completed to qualify for the Challenge prizes)

*Total each participant's points, add together and divide by the number of family members participating.

ALL ENTRIES MUST BE RECEIVED NO LATER THAN SEPT. 10, 2006.

You must answer the following question plus ONE of the additional questions to qualify for the Challenge prizes.

What will your family do to continue the healthy lifestyle changes you made during the Family Health Challenge?

Additional Questions (choose one):

How did the Family Health Challenge impact your family life? Tell us about any changes to your family relationships.

What was a difficulty you or your family had to overcome to complete the Challenge? Tell us what it was and what you did to overcome it.

Were any of your family members or friends inspired to a lifestyle change because of your participation in the Family Health Challenge? Tell us about it.

(Use additional paper if necessary.)

PLEASE MAIL TO: Family Health Challenge
Focus on the Family
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Colorado Springs, CO 80935-6127