



Aloha Azuritas! Can you believe we are ready to wrap up week 1? It went fast! How are you doing? What's working well and what's holding back your progress? Each week, try to identify "the good, the bad, and the ugly"... Keep the good, change/modify the bad, and dump the ugly! Keep refining your plans until you are working successfully: Workouts that help to burn those calories that you enjoy and can sustain, foods/meals that hold you over better than others, your "best" bedtime for an energetic tomorrow, etc. Keep sharing those tips and gathering all the pieces of info you can to work with your body and really tune in to keep it in ultimate working order! If you're just dragging yourself around for the day, doesn't it make things harder and more stressful? More energy and a good routine will make you feel in control and able to handle more things you want to. Your life can be more fulfilling and your self-confidence will soar when you embrace the leader in you! Lead on, Azurita! You CAN do this.

WEEKLY TRACKING SHEET

WED. 9/19 - TUES. 9/25

WEEKLY DATA:

	WED	THU	FRI	SAT	SUN	MON	TUE	TOTAL
WEIGH-IN		XXX	XXX	XXX	XXX	XXX	XXX	XXX
STRONGend GOAL MET?:	XXX	XXX	Y/N	Y/N	Y/N	Y/N	XXX	____/4
POSTED IN CHAT:	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	____/7
AZURE TRAVEL:								____/21
FITNESS MINUTES: STILL A STREAKER? (5X per week, 20 min +)								____ MINUTES



Important News:

1. **BLC-WIDE BACK TO SCHOOL CHALLENGE (from Week 1) - Total up your points!**
Please follow the link here to tally and post your points for the weekend challenge (9/14-9/17):

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24268x57695x49903804



2. **Weigh-in is Wednesday, Sept 19th!**

Please follow this link, copy the template, and reply to post your own template. Fill in last week's weight, this week's weight, and the +/- difference, as well as your overall BLC +/- total!

http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=-1x57695x49526833

Example:

**Current weight:

PREVIOUS WEIGHT: 221.5 (mine from 9/12)

WEEKS +/- -11.5

BLC 20: -11.5

9/12 - 221.5

9/19- 210 (really wishful thinking)

9/26 -

10/3 -

etc.

3. **Posting in the Team Chat!** Remember, it is a **REQUIREMENT** to post at least **3 times** per week (or more) on the Azure Chat thread. This is a BLC rule!
4. **How about those STRONGEND plans?**



If you are doing them week to week or have not yet posted plans, don't forget to pre-plan this coming STRONGend!

- Remember to find the thread with your name on it in our AZURE DESTINATIONS DEPOT (A.D.D.) - BLC 20 Team.
http://www.sparkpeople.com/myspark/team_messageboard.asp?board=24193x57695
(example: STRONGEND 20 – SEVEN - that's mine!), click on that thread and reply to type in your plans. This is YOUR place to write your STRONGEND plans. You can revise by editing your post or keep replying to take it week by week.
 - Again, you may wish to plan out all 12 STRONGends at once or take them each STRONGend at a time. Just be sure to plan BEFORE.
5. **Contact Info** (optional, but requested): If you have not filled in your contact info, please do so on the following thread. Remember this info is kept only for our own Azure Team. Thanks!
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x57695x49535582

CHALLENGE



Azure Destinations Passport to HappiNESS Challenge



Join us for an Azure Destinations tropical cruise as we sail island to island! This is an ongoing challenge where we will sail into a different port each FOCUS week. We are now entering port at the beautiful island of Hawaii!

Earn your passport stamp as you FOCUS on your own happiNESS!



This week's FOCUS theme is: Back to Basics (Log your meals, Drink your water, Exercise)

FOCUS weeks are all about developing the healthy habits that lead to our own happiNESS. We find happiNESS as we work on goals in these four areas:



Nutrition



Exercise



Sleep & stress relief




SparkFriends

How do you earn your passport stamp for Hawaii?

1) Work on each happiNESS area over the strongend: Friday=Nutrition, Saturday=Exercise, Sunday=Sleep & Stress Relief, Monday=SparkFriends. (NOTE: Azure is flexible and you may pick any four days of the challenge week to FOCUS on your happiNESS if the strongend is inconvenient.)

2) You get to decide what your goal is for each of these areas, but make sure you push yourself so that you are making progress.

3) Report back on the Azure chat thread using this seashell  saying that you participated and what your specific goals are.

4) Extra! Extra! Blog or post in the Azure thread about the FOCUS topic & either how you plan to or how you did work the topic into your happiNESS goals for this week and you'll earn some personal attention from a special

bartender



and some island goodies too!

Azurita Travel:



Week 2 Travel News!

Sandy (SMERTZ) has advised that this week's focus will be to do a little Intra-Azure Travel. It's all about getting to know your Teammates better! Try to stop by each one of your teammates' pages this week. You can do this in many ways:

- Check out their **Team Bio's**, (if they are posted), located in our private Azure Team (A.D.D.):
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x57695x49535615
* If you have not posted your own Bio yet, please start working on that! (same link above)
- Look at their **STRONGend goals**, either in the STRONGEND FORUM, under each teammate's name:
http://www.sparkpeople.com/myspark/team_messageboard.asp?board=24193x57695
OR
Go right to their **SparkPage** and read their blogs. Based on last week's challenge, most everyone will have posted some goals, somewhere!
* Again, if you have not posted your own STRONGend goals yet, please do so! (same link above, and find the thread with your name on it)
- **SparkPages!** Read about your teammate right on their SparkPage, in their intro, in their goals and personal information areas, their blogs and photos! Here is the thread that gives you links to all of our Azuritas' pages!
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=0x57695x49535649
- **Then... Post some of that interesting information you found in the team chat thread for Azure on BLC20.**
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24174x57683x49504004



Motivation Station!

Word of the week: **BELIEVE**

“Believe and act as if it were impossible to fail.” ~*Charles F. Kettering*

Really Believe in yourself, Believe you can do this! It is critical that you totally believe in what you are doing and your goals, even if you don't always know how you are going to get there. Your belief is often what carries you through until you are able to figure out the exact plans.

The prep work you do now will cement your success in the future, creating and maintaining healthy habits of eating right and exercise, adequate hydration and sleep. It may not happen overnight, but it WILL happen. Believe.

Many times what happens is that you keep doing the actions, the activities that you Believe will get you to your goals, but don't have the exact results you desire, or it's “not quick enough”. Remember, this is a journey, not a destination! Sometimes the journey will be slower, but it is still progress. And this is no TV show, this is real life! Many things will pull at you from day to day, but keep that affirmation that you will succeed, and you will make it happen.

So whatever it takes to keep believing, do it. For some people, it can be self talk (look in the mirror and say, “I Believe in you!”), meditation, music, a great workout, prayer, or journaling. It really doesn't matter how you maintain belief, just do whatever it takes, because your beliefs will lead you to success, not just here in the BLC, but in everything else that is important to you as well!





Island Extras:

Special News!! Wednesday, September 19th is our very own Coach Jen's birthday (JENS_DOIN_IT)!! Stop by the chat thread or Jen's page to wish her a Happy Birthday!

Refine! It's hard to instantly pick a plan and know that it's going to work for you. Everyone is different! Modify different aspects of your plan to see what is going to work better for you and also figure out what you can live with. Remember, this challenge may run 12 weeks at a time, but in reality, we are looking for a lifestyle change that can last, get us to our goals, and KEEP US THERE!

Quote: "How am I going to live today in order to create the tomorrow I'm committed to?" ~Anthony Robbins

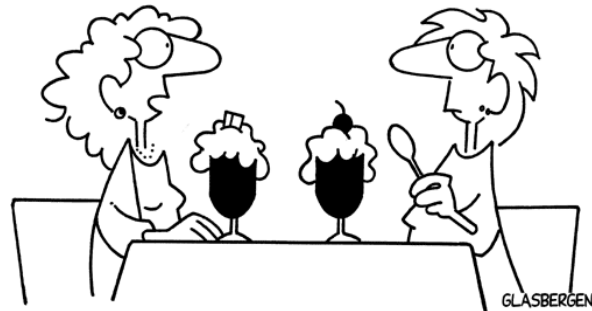
Tips:

One of the things I have asked doctors about repeatedly in my travels, is fatigue- their common answer was to suggest taking a multi-vitamin. This is actually good advice, as sometimes when we are reducing our intake, our food choices may not cover all the bases in nutrients we need. Choose a multi-vitamin that does not contain added colors, fillers, artificial flavors, and generally things that seem odd. Most often, choosing a multi-vitamin from the health food section of your grocery store or a health food store is the best way to go. There are many that are geared just for women. Always consult your doctor, ESPECIALLY if you are in treatment for other medical conditions and/or are taking prescription drugs- he or she may have a great suggestion or counsel you on whether or not you need something specific, (for example, with or without iron).

Speaking of vitamins... and I do many times, as I grew up with a mother who owned a Health Food store! Some of us girls in the Northern parts of the globe tend to be Vitamin D deficient, due to lower sunlight levels. Vitamin D deficiency is linked with many diseases and problems, and has become a hot topic over the years. Consider being tested for your Vitamin D level to see where you are at! If you need a boost, take a look at the SP article: http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1357 for foods that help and possibly (again) consider a supplement, preferably Vitamin D3, rather than a synthetic Vitamin D.

Funnies!

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“If you put a crouton on your sundae instead of a cherry, it counts as a salad.”

Contributed by Sandy (SMERTZ):

“I’ve been to a lot of places, but I’ve never been in Cahoots. Apparently you can’t go alone. You have to be in Cahoots with someone. I’ve also never been in Cognito either. I hear no one recognizes you there. I have however, been in Sane. They don’t have an airport, so you have to be driven there.” ~unknown

Superhero Powers!!

If you missed it in the team chat, you can now find out your Superhero name and your powers!

www.blogthings.com/superheronamegenerator/

But you must see our bartender, Blender Bob, to get your powers activated! He has the activation powder and will mix up the power drink only for those who have posted their goals.

Warning! Anyone that gets a superhero Identification WITHOUT posting their STRONGend goals will have inert powers until their goals are posted! (Don’t try to use your powers, if they are not yet activated! Something could, uh, go wrong...)

Questions! As always, feel free to ask any of us questions, anytime.

Aloha, and have a great week #2!

~Ursula/ Seven~