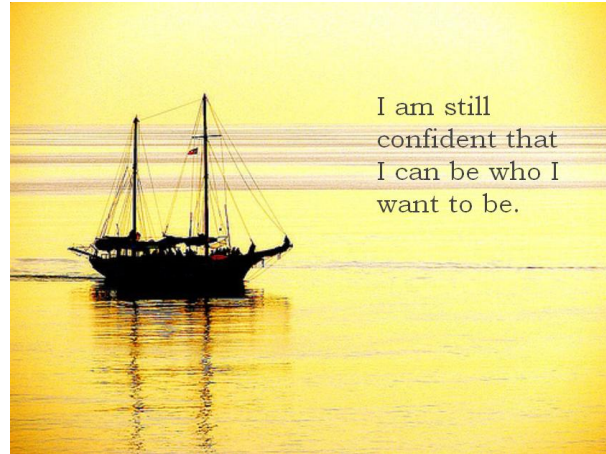


# Azure Beachcomer & Cabana News “ABC News”



Aloha! Welcome to Week #6. We are coming up on the half-way point, Azuritas!!

Some of us are making some slow, steady progress (CONGRATS!!), and others (cough-cough), myself included, aren't really making the most of this challenge. Yes, I did peek at the spreadsheet. So I will ask myself, and you may join me if you wish, "What's holding you back?"

Well, there's probably a good-sized laundry list for any one of us, but focus on 1 or 2 things this week that you CAN fix. This may not be your biggest BLC ever, but we'd like the continual downward trend. And we are only 5 weeks in! So now is not the time to throw in the towel. In fact, it's a GREAT time to renew your efforts! Examine your habits and pick something to really work on this week for the better!

## Here are a few examples:

**Problem:** "I have too many things going on right now to focus on eating right and exercising."

**The Fix:** Block out time for YOU this week to make a plan and fit in the exercise, even if you break up the minutes throughout the day. Try scheduling 3 days for yourself, or whatever you can fit in. If you are "booked" this week, schedule *next week* now. Make yourself a priority!

**Problem:** "I am so stressed out, I can barely make time to be here."

**The Fix:** Deep breaths! Remember, the very basic requirements to be here are to post 3x per week in your chat thread and weigh-in on Wednesday by midnight in your time zone.

Yes, being able to be more engaged here with us helps you more, but there are some weeks that are just going to be insane. Re-group and always let us know if you are struggling with any aspect of what we are doing (challenges, travel, etc). We WANT everyone to succeed, leaders and team-mates alike, and not feel like you have to slip into Floater status.

**Problem:** "I can't stop eating the wrong foods (too much, poor choices, on the go, or stress eating)."

**The Fix:** Try this- plan for 1 day. Remind yourself why you want to lose weight. Commit to 1 day. See it through. Then build on that... stretch it. Can you make it 2 days? 3 days? Yes, you can!!

**Alternatively, try this-** if you find you do great with certain meals, but not others, focus on a plan for those tough times. Is it snacks that are getting to be too much? Dinnertime too stressful and rushed? Eating in the evening? Plan it out and stick to it. Try those age-old tricks for night-time success: brush your teeth, do some kind of hobby or read, or go to bed early!

**And so on....** Pinpoint the problems, and come up with "The Fix". Choose 1 or 2 to focus on this week to bring some life back into your Round 20! And down the scale we go....



**WEEKLY TRACKING SHEET**

WED. 10/17 - TUES. 10/23

**WEEKLY DATA:**

	WED	THU	FRI	SAT	SUN	MON	TUE	TOTAL
WEIGH-IN		XXX	XXX	XXX	XXX	XXX	XXX	XXX
POSTED IN CHAT:	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	____/7
STRONGend GOALS MET?:	XXX	XXX	Y/N	Y/N	Y/N	Y/N	XXX	____/4
FITNESS MINUTES: STILL A STREAKER? (5X per week, 20 min +)								_____ MINUTES
BLC-WIDE CHALLENGE POINTS	XXX	XXX					XXX	____/650



## Important News:

1. **Weigh-in is Wednesday, October 17<sup>th</sup>! Your post is due by midnight in your time zone!**

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=-1x57695x49526859](http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=-1x57695x49526859)



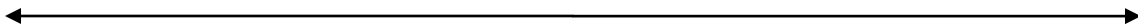
2. **Posting in the Team Chat!** Remember, it is a **REQUIREMENT** to post at least **3 times** per week (or more) on the Azure Chat thread.  
[http://www.sparkpeople.com/myspark/team\\_messageboard\\_thread.asp?board=24174x57683x49504004](http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24174x57683x49504004)

**This is a BLC rule!**

3. **International Travel Week SparkPage Decorating Challenge!**  
**Take a look at all the wonderfully decorated SparkPages for this challenge!**  
[http://www.sparkpeople.com/mypage\\_public\\_journal\\_individual.asp?blog\\_id=5093383](http://www.sparkpeople.com/mypage_public_journal_individual.asp?blog_id=5093383)

4. **STRONGENDS**

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



## Azurita Travel & Cabana News:

**If you haven't already, please bid your host teams a fond farewell, until we meet again, and head back to the Island. Week #6 is a non-travel week, so unpack and do the laundry!**  
If a special call goes out, you will be notified! Thanks ☺



**Week #6: BLC – Wide Challenge: The Mid Round SLUMP!**  
**Oct 19<sup>th</sup> - Oct 22<sup>nd</sup>:**

**Link to online document:**

<http://blc20.weebly.com/week-6-blc-wide-challenge-mid-round-slump.html>










**BLC-WIDE CHALLENGE: The Mid-Round SLUMP**  
Friday Oct 19 - Monday Oct 22

**WELCOME TO WEEK 6, THE HALFWAY MARK!**

This WEEK, our FOCUS is on AVOIDING THE DREADED MID-SEASON SLUMP!

Look back to your BLC20 CHALLENGE GOALS. Remember, our very first challenge involved writing a 12 week plan. How are you doing? Are you half way to meeting all of those goals? (any of them?) When you think of your

challenge results thus far are you  OR  ?

We have a plan to get YOU back on track!   


You must PLAN to be SUCCESSFUL! Take a look at your original goals - were they reasonable for 12 weeks? Are they going to help you get where


you want to be? Are you  on track to MEET THOSE GOALS? If so,

you get to follow the  Challenge!

### 1. TUNE-UP - BLOG it or COLLAGE it!

You must PLAN to be SUCCESSFUL! Take a look at your original goals - were they reasonable for 12 weeks? Are they going to help you get where

you want to be? Are you  on track to MEET THOSE GOALS? If so, SHOW us your success, how you got there and your reward plan for the remainder of the challenge!

If NOT,  time to start over with our SPECIAL, ONE-TIME ONLY BLC20.5 RESTART! At NO additional charge, you will start our NEW 6 Week Challenge TODAY! Same great team, brand NEW attitude - YOURS! Remember how excited you were that first week? Well, get excited ALL OVER AGAIN! Write NEW goals, tell us what has worked and what hasn't and what you plan to do DIFFERENTLY!

(50 points - one time) Either show us your success and how you're rewarding yourself or tell us (in detail) how you're going to get things going again!

### 2. PIT CREW

Catch a teammate doing something right and reward them with a goodie or Sparkpage comment (5 points - up to 25 pts per day)

Make a pit stop (visit your team thread) each day with some fun and interesting information about one of your team leaders (5 points - up to 10 pts per day)

Post about a Non-Scale Victory YOU've had or something POSITIVE you've done for YOU today (1X per day - 15 points)

Goodie/comments - 5 points/25 max

Captain/Co trivia - 5 points/10 max

POSITIVE - 15 points/15 max

3 START YOUR ENGINES - 5 points for every 10 minutes of exercise to a max of 50 points

All intentional exercise counts

4 FUEL YOUR MACHINE PROPERLY - 10 points for every nonstarch Veggie serving (that means french fries DONT COUNT) Max of 50 points

**BLC-WIDE CHALLENGE: The Mid-Round SLUMP**

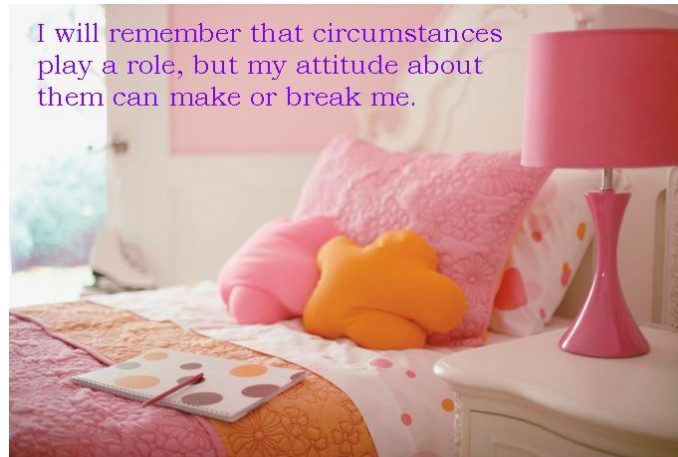
**Challenge runs FRIDAY - MONDAY**



WEEK 6 Outrace the Mid-Round SLUMP	Blog or Collage 50 points	Reward a teammate with goodie or page comment 5 pts each Max 25 pts daily	Pit stop on team thread with info about team leaders 5 pts each Max 10 pts daily	Post your NSV or something positive done for YOU today 1 time 15 pts daily	5 pts per 10 mins intentional exercise Max 50 pts daily	10 pts for each Non Starch veggie Max 50 pts daily
FRIDAY	One					
SATURDAY	Time					
SUNDAY	Points					
MONDAY						

**Total Points**

## Motivation Station!



Word of the week: **Attitude!**

**“Life is 10% what happens to us and 90% how we react to it.” ~Dennis P. Kimbro**

The daily grind. It can be so... daily. We can look upon each day as a repeat of the last, doing the same thing over and over, OR we can find ways to change our view of “the daily grind”. Having a positive ATTITUDE can help us take each new day as an opportunity to begin again, as we lift up our minds to perceive it as a fresh, new canvas to draw or paint your next journey.

**The following is from “The Power of Positive Attitude” by Remez Sasson:**

**“Negative attitude says: You cannot achieve success.**

**Positive attitude says: You can achieve success.**

**Positive attitude manifests in the following ways:**

**Positive thinking, Constructive thinking, Creative thinking, Expecting success, Optimism, Motivation to accomplish your goals, Being inspired, Choosing happiness, Not giving up, Looking at failure and problems as blessings in disguise, Believing in yourself and in your abilities, Displaying self-esteem and confidence, Looking for solutions, Seeing opportunities.**

**A positive attitude leads to happiness and success and can change your whole life.”**

For more, see: [http://www.successconsciousness.com/positive\\_attitude.htm](http://www.successconsciousness.com/positive_attitude.htm)









**Island Extras:**

**Quote:** *"Nothing will work unless you do."* ~ Maya Angelou

**Funnies!**

<p>I stay in shape by doing yoga two or three times a week.</p> <p>And by "doing yoga", I really mean shaving my legs.</p>  <p>your  cards someecards.com</p>	<p><b>GLASBERGEN</b></p> <p>© Randy Glasbergen. www.glasbergen.com</p> 
	<p><b>"I'd like a garden salad, some fresh fruit and a slice of tofu carefully arranged to look like a cheeseburger, shake and fries."</b></p>

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

**Aloha, and have a wonderful week #6!**

**~Ursula/ Seven~**