



aZure beachComer & Cabana news "abc news"

Aloha Azuritas! How did your week #3 go? Are you still giving it your all? We have just finished up our 1st quarter of Round 20! So if you were to grade yourself (like in school), what would your grades look like for the "1st Marking Period", in the following areas? (Use any or all of the categories listed.)

Once completed, review your "Report Card" to help you identify weak spots and pinpoint what is holding you back. Make recommendations to help move yourself in a better direction, if needed.

Category	Comments/ Recommendations	Grade Be kind!
Nutrition: planning, daily choices, any weekend/vacation disasters?, weigh-in results, balanced meals and nutrition content (sodium, sugar, fiber, fat, carbs, etc)	Example: Comments: "Ursula does well about 75% of the time, but some days, does not consider her end goal when choosing what to eat. She also tends to choose poorly when time is tight." Recommendation: Start pre-planning, and resume using the nutrition tracker on SP to get a more balance day, every day. Allow for flexibility as well for busy days.	C+
Fitness		
Time Management		
Sleep		
Me-time		
Mind-set (motivation, enthusiasm, perseverance, etc.)		
Water		
Misc Category (this one's up to you!)		



WEEKLY TRACKING SHEET

WED. 10/3 - TUES. 10/9

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
TNT: WEDNESDAY OR THURSDAY!	Tracking Template: A, B, or C (0/18) + Cardio (0/5) + Stretch (0/5)= Total (0/28)							____/28
STRONGend GOALS MET?:	XXX	XXX	Y/N	Y/N	Y/N	Y/N	XXX	____/4
FOCUS WEEK CHALLENGE: FREGGIES	#____	#____	#____	#____	#____	#____	#____	____/20+
Earn your passport to FIJI!	Eat a rainbow of freggies on at least 4 days this week AND have at least 5 (or more) servings on those 4 days. Bonus: Make a meal plan for the Focus Week							
FITNESS MINUTES: STILL A STREAKER? (5X per week, 20 min +)								____ MINUTES



Important News:

- 1. Weigh-in is Wednesday, October 3rd! 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=-1x57695x49526850
- 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
This is a BLC rule!
- 3. Last weekend's RINGO BINGO Challenge!** Please Report your results from the Weekend Challenge here, ASAP, if you haven't already:
http://www.sparkpeople.com/myspark/team_messageboard_thread.asp?board=24268x57695x50154437
- 4. Tighten N' Tone Challenge, against the Spies and Hunters!!** You can choose either Wednesday, October 3rd **OR** Thursday, October 4th to participate in this challenge!
For details and choice of printing options, please see:
<http://blc20.weebly.com/week-4-tighten-n-tone.html>

NOTE from Nicole:

The SPIES are Hosting, and Gals they are BIG on Participation, so let's show them Azure Can Compete!

**Please log your points in the Azure Destinations Depot (A.D.D.) no later than Friday! Look for the thread for the TNT challenge.

5. 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!

freggies

Week #4 Challenge! Week #4: Oct 3rd - Oct 9th:

FITNFUNJEN (Jenny) has provided this week's challenge!

Link to online document:

<http://blc20.weebly.com/passport-to-happiness-challenge.html>

Link to Fruit and Veggie Color List:

<http://blc20.weebly.com/fruit-and-veggie-color-list.html>



Azure Destinations Passport to HappiNESS Challenge



We are cruising into the tropical port of Fiji! Our FOCUS this week is on the nutrition part of happiNess with our Over the Rainbow Freggie Roundup.

Earn your passport stamp as you eat a rainbow of veggies!



How do you earn your passport stamp for Fiji?

1) Eat a rainbow of freggies on at least four days of the Focus week: Red,

Orange/Yellow, Green, and Blue/Purple.



2) Eat 5+ servings of freggies on at least four days of the Focus week.

3) Report back on the Azure chat thread using this seashell



saying that you participated.

4) Extra! Extra! Make a meal plan for the Focus week and you'll earn some

personal attention from a special bartender



and some island goodies too!

Azurita Travel & Cabana News:



Week #4 is a no-travel week! Direct your focus to the TNT challenge, the weekly challenge, and your STRONGends. Reconnect with your Azuritas as well in the chat! Enjoy the break.



Motivation Station!

Word of the week: [VARIETY!](#)

“Variety is the Spice of Life!”

This phrase comes from William Cowper's poem, "The Task" (1785): "Variety is the very spice of life, That gives it all its flavor."

Since we are spreading our FREGGIE “wings” this week in our weekly challenge, we might want to consider how we are eating while trying to lose weight or maintain. Sometimes we fall into the trap of “this is what works for me”. And it does... for awhile. You eat the same foods day after day, you lose some weight, and then... one day you get bored. And you fall head over heels for that delicious <insert food here>! Sometimes you can control that slip, and other times it begins a cascade of days where you make poor choices- too much of the foods that should be consumed only now and then.

The holidays come to mind when we think about this kind of eating. All that special, once a year food, and your regular diet is not so exciting, sooooo.... But if we are satisfied EVERY DAY with a variety of foods, and even treat ourselves now and then, we learn how to stay in control. We learn how to better handle that holiday / birthday/ Super Bowl food (etc). If we are able to eat a variety of foods, there is no deprivation. You may think that you won't make as much progress this way- yes, it MAY be slower than eating perfect diet meals, but factor in the yo-yo-ing that deprivation can cause, and it may just be a better way to go! Consider adding in some new foods this week, and a treat now and then to keep yourself moving in the right direction. Focused, determined, satisfied, and working toward a more balanced life, full of Variety!





Island Extras:

Quote: "The only thing that ever sat its way to success was a hen." ~*Sarah Brown*

Funnies!



"No, it's not water. You seem to be retaining food."

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

Aloha, and have a wonderful week #4!

~Ursula/ Seven~